

Using Our Brain Wisely

Our brains are so very complex, containing approximately 100 billion neurons and 100 trillion connections. It is the command center for what we think, feel, and do. Therefore, this guide could have been 1000 pages long. However, the information provided is meant as a simple jump-start to a better understanding of ourselves and what makes us tick.

Our world is filled with an abundance of chaos, negativity, and senseless noise. In order to quiet and center our brains, we need to find and incorporate stillness and consciousness into our daily life. Brain chatter and over-active brains do not help us fill our lives with love, serenity, wisdom, or success.

Our brains are tailor-made for learning. Therefore, if we are wise, we will want to train or re-train our thoughts and feelings. We want to focus on the positive, the wonderment, the mystical, and the magic and infuse all these incredibly magnificent merits into our brain power.

It is clear that our brains can be our best friends or our worst enemies. In truth though, we have so much more control than we ever realized. Luckily, there is an incredible amount of information and many modalities available to help and assist us.

We do not have to limit ourselves in any way, shape, or form. The human brain constantly re-organizes itself to change, whether physically or through life experiences. We can have a much wider and positive cinematic view of ourselves and our involvement in this very wounded, yet wonderful world.

To Be or Not to Be – It Is Up To Thee

Right Brain versus Left Brain

The brain is a highly complex organ that plays an essential role, not just in thinking, but in all body functions. It is divided into two halves or hemispheres, the right, and left. Specific areas are responsible for different functions, but the brain works as a whole. The two sides look very much alike, but there is a huge difference in how they process information. Despite their contrasting styles, the two halves do not work independently of each other.

Right Brain

Holistic Thinking – Analog Comparative Brain

The right brain is more visual and intuitive. People who are more right-brained are more creative, and imaginative and have a less organized way of thinking. Fear and anxiety are housed in the right brain.

Characteristics of Right-Brained People

Guided by the heart

Watches non-verbal cues

Loves the arts

Emotional

Visionary

Interested in the occult

Expansive

Takes time to think things out

Sees the bigger picture

Subjective and personal

Left Brain

Linear Thinking or Digital Brain

The left brain is more logical, analytical, and orderly. People who are left-brain dominant do well in careers that involve linear thinking, math, and verbal information. Anger and pride are housed in the left brain.

Characteristics of Left-Brained People

- Delves into fact-finding
- Tends to Calculate Things
- More Dominant in Verbal
- Orderly and sequencing
- More Mental and Cerebral
- Likes Reading and writing
- Attends to details more
- Good at languages
- Better at quick responses
- Objective or non-personal

Brain imaging technologies like MRIs suggest that, on average, we use both sides of our brain equally. This is what they call 'brain-ambidextrous'.

Brainwaves

Brainwaves are basically evidence of electrical activity produced by our brain. When a group of neurons sends a burst of electrical pulses to another group of neurons, they create a wave-like pattern. They can and do change, based on what we are doing and how we are feeling.

There are five widely recognized brain waves. Each wave helps us cope with different types of situations; from processing and learning new information, to helping us calm down after a lot of stress. If one of the five types of brain waves is either overproduced and/or under produced in our brain, our daily lives can be compromised.

There is still much to learn about brainwaves. Perhaps one day, there will be more knowledge which will improve our ability to relax, and our ability to learn more effectively.

The Five Main Brainwaves

Gamma

Gamma waves are the fastest brainwave. They mainly occur when we are highly alert, fascinated, intensely focused, or in a higher state of consciousness. We are likely at peak concentration when our brain fires gamma waves, like firing on all cylinders.

Beta

Beta waves are the most common pattern in the normal waking state. They occur when one is engaged and focused on problems solving. We have faster beta waves when we are involved in very complex thought processes. Or, we can have slower beta waves that tend to occur more when we are mulling something over.

Alpha

Alpha waves indicate that the brain is when we are quiet and contemplative. When one puts electrodes on our scalp while we are sitting, but not thinking too much, it's likely that the alpha waves would dominate the EEG results. Therefore, it has been suggested that adjusting alpha waves can help with anxiety disorder.

Theta

Theta waves occur when we are sleeping or dreaming, but not during the deepest phase of sleep. They occur just before we wake up. Experts believe that Theta waves are important for processing information and making memories. They tend to be more dominant when we are deeply relaxed or in a meditative state.

Delta

Delta waves are the slowest. They are the strongest when we are in a deep dreamless, restorative sleep. This is the state where healing and rejuvenation are stimulated the most, which is why having proper sleep is so very important to our life. Lack of sleep can disrupt the healthy balance we all need.

Sleeping Better

Identify the stressors
Do not get stuck in the analysis
Reassess
Think of a good action
Rename thoughts
Journal the Process

Living Better

Watch fish swim
Avoid alcohol, smoking, and recreational drugs
Exercise, even a little
Remember to breathe
Listen to soft, beautiful music
Be of self-less service
Spend time in nature
Take time with animals
Focus on gratitude
Meditate or just be quiet
Face fears in order to replace fears
Take time to rest
Develop or work on faith