



Using the Powers of Our Brain

Mount Kebnekaise, Sweden

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Introduction

Our brain is the most complex part of our body and the most important. It is the central computer that controls all of our body functions. Therefore, it is important that we have a better understanding of it and how it works in our day-to-day life.

This three-pound organ is the seat of our intelligence, interpreter of our senses, initiator of body movements, instigator of our feelings, and controller of our behavior. Lying in its bony shell and washed by protective fluids, our brain is the source of all the qualities that define our human experience.

Neuroscience now tells us that we each have three brains. The one we most often think of is the head, however, we also have a heart brain and gut brain.

When used properly, it can help relieve stress and heart disease, lower blood pressure, reduce chronic pain, improve sleep, and alleviate gastrointestinal difficulties. This is because it is in charge of thoughts, decisions, memories, emotions, movements, motor function, balance, coordination, regulation of organ function, speech and language functions, and perception of various sensations, including pain. Our brain and the spinal cord that extends from it make up our entire central nervous system. About 75 percent of our brain is made up of water. This means that dehydration, even in small amounts, can have a negative effect on our brain function.

For most of us, we rarely give our brains a thought. However, if and when we do, we have a better chance of living a more peaceful, interesting, and loving life. We all have the ability to alter our wiring by altering our own frequency and vibration.

In order to use our brains more efficiently, it is important to understand the intricate workings of it better. In doing so, we can all have the wherewithal to go through our human journey in a more productive and healthy way, no matter our circumstances.

Exercise 1

Our Emotional Intelligence Connected to our Heart

Our emotional intelligence is the ability to access the full spectrum of our feelings and apply them wisely.

Signs of Emotional Intelligence

- Self-awareness
- Problem-solving skills
- Self-motivated
- Well balanced boundaries
- Empathy and integrity

1. Which signs of emotional intelligence do you excel in?

2. Which do you need to work on and how will you do that?

3. Overall, how would you score yourself on emotional intelligence? 1 being difficult, 2 being mediocre and 3 being achieved.

Exercise 2

Our Imagination Connected to Our Creativity

Our imagination is the ability to form mental images of something not present in our immediate reality or senses.

Signs of Imagination

Exploring new ideas
Willing to be different
Out-of-the-box thinking
Risk-taking
Curiosity

1. Which signs of imagination do you excel in?

2. Which do you need to work on and how will you do that?

3. Overall, how would you score yourself on imagination? 1 being difficult, 2 being mediocre and 3 being achieved.

Exercise 3

Our Intellect

Connected to Our Knowing

Our intellect is the ability to understand and filter reasoning for what is good and what is nonsense.

Signs of Intellect

Loves proficiency

Seeks answers

Good decision making

Processes complex information

Thrives on unique topics

1. Which signs of intellect do you excel in?

2. Which do you need to work on and how will you do that?

3. Overall, how would you score yourself on intellect? 1 being difficult, 2 being mediocre and 3 being achieved.

Exercise 4

Our Intelligence Connected to Our Learning

Our intelligence is the ability to acquire and apply knowledge, practicality, and skill.

Signs of Intelligence

Always seeking knowledge

Seeing the bigger picture

Learning from experience

Deriving information

Communicating correctly

1. Which signs of intelligence do you excel in?

2. Which do you need to work on and how will you do that?

3. Overall, how would you score yourself on intelligence? 1 being difficult, 2 being mediocre and 3 being achieved.

Exercise 5

Our Intuition

Connected to Our Gut

Our intuition is the ability to understand something, without the need for conscious reasoning or direct knowledge.

Signs of Intuition

Quick to pick up on emotions

A good judge of character

Deep thinker

Strong inner voice

Sudden realizations

1. Which signs of intuition do you excel in?

2. Which do you need to work on and how will you do that?

3. Overall, how would you score yourself on intuition? 1 being difficult, 2 being mediocre and 3 being achieved.

Exercise 6

Our Insightfulness

Connected to Our Keen Astuteness

Our insightfulness is the ability to have a very clear overall picture of something or someone.

Signs of Insightfulness

- Listens intently
- Does not assume
- Interested in other people's journey
- Wanting truth
- Yearns for a deeper understanding

1. Which signs of insightfulness do you excel in?

2. Which do you need to work on and how will you do that?

3. Overall, how would you score yourself on insightfulness? 1 being difficult, 2 being mediocre and 3 being achieved.

Exercise 7

Our Instinct

Connected to Our Survival

Our instinct is the ability to respond automatically to a situation without having to think.

Signs of Instincts

Sensing that something feels wrong in our body

Sensing that there is danger

Sensing that we need help

Sensing that something is off

Sensing that something is wonderful and right

1. Which signs of instinct do you excel in?

2. Which do you need to work on and how will you do that?

3. Overall, how would you score yourself on instinct? 1 being difficult, 2 being mediocre and 3 being achieved.

Exercise 8

Our Mind

Connected to Our Enlightened Thought Processes

Our mindfulness is the ability to calmly acknowledge and accept things through a gentle and nurturing lens.

Signs of Mind

Does not get hooked on emotions
Pays attention to disarm negative thoughts
Embraces imperfection
Asks questions
Works on quelling ego-driven desires

1. Which signs of mind do you excel in?

2. Which do you need to work on and how will you do that?

3. Overall, how would you score yourself on mind? 1 being difficult, 2 being mediocre and 3 being achieved.

Exercise 9

Closing Exercise

1. What do you feel you learned from this guide that you will incorporate into your life?

2. Which exercise did you like the best and why?

Suggestions

Keeping Our Brains Sharp

Spend time each day reading, writing or both

Never stop wanting to learn

Play board games or card games

Listen to the creative ideas of others

Try something new

Crossword puzzles

Constantly look within

Break old patterns

Go outside our comfort zone

Sense of humor

Physical exercise

Eat good food

Make time to breathe and relax

When doing simple chores, do them in quiet

Brain Power Tips

To be defeated or to be victorious is founded in our ability to choose intelligently.

The right train of thinking makes our ride through life more fruitful.

Success is not to be measured by our position, but where we smartly position ourselves.

Do not think foolishly; challenges cannot be overcome without challenges.

Be smart – swallow hurtful words so they do not have to be eaten afterwards.

People can doubt what we say – but they cannot doubt what we do.

The wise do not let themselves get ruined by instant compliments, but relish intelligent criticism.

The far -thinkers do not listen to the crowds; they create their own reality.

The wise know the tiniest deed is better than the largest intention.

Belief is the result of circumstances, but intelligent belief endures in spite of circumstances.

The master knows that nothing is ever permanent, so they do not become ecstatic in success, nor excruciated in defeat.

The depth of our conviction is far more important than the height of our logic.

For those who are smart, submit to life without complaint or whining.

Wisdom is the art of making a point without making an enemy.

Be careful of thoughts, they create words and worse, they create actions.

The intelligent know that money is an excellent servant, but a terrible master.

The mindful know it is much easier to keep our integrity than to try and reclaim it.

Great wisdom uses foresight instead of hindsight.

Charm may open doors, but mindfulness is what keeps them open.

Never mistake a legitimate excuse for a clear conscience.

Success is when our intelligence puts on our work clothes.

Life is like a chess game – so take it seriously and intelligently.

Deeds, not plaques are the true monument of great intelligence.

The enlightened do not stumble over the truth, they just stick to it.

The wise are not concerned about their ability or inability – they just concern themselves with their availability.