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COACHING



**HOW TO HAVE MORE CONTROL OVER
YOUR MIND AND LET IT ACT IN YOUR
BEST INTEREST**

1.YOUR MIND CAN BE YOUR BEST FRIEND OR YOUR WORST ENEMY

In this e-book we are going to talk on how to have more control over your mind and let it act in your best interest.

I give you an example:

When your mind tells you that you should do your very best to prepare for tomorrow's important meeting, it is acting as your friend.

When it wakes you up at 3 am anxious about the meeting and thinking about bad consequences, it is acting as your enemy.

The objective is to get your mind serving you most of the time versus sabotaging you.

2. NEGATIVE THOUGHTS GET FUELED BY STRESS AND ANXIETY AND IN RETURN THEY GENERATE A TON OF STRESS AND ANXIETY THAT GET YOU INTO A LOOP.

That's quite painful!

And because right now we are living in times where your anxiety is probably higher, I will give you some tips to improve the situation.

Negative and positive patterns are fueled by different regions of the brain and are strengthened when you activate those regions.

Basically you have to see it as an internal war for domination between different parts of your brain.

You have to imagine you have internal enemies.

They are a set of automatic and habitual mind patterns, each with its own voice, beliefs, and assumptions that work against your best interest.

These negative thoughts are fueled by the reptilian and limbic brain.

Once you are in survival mode, you are only focused on seeing signs of danger.

When you are being chased by a lion, it is not time to create, it is not time to trust, it is not time to learn. It is time for emergency. Most of the people spend their time preparing themselves for the worst case scenario and prepare for that.

Survivor brain fuels negative thoughts and negative thoughts fuel the survivor brain back. This is a vicious circle until you quiet your survivor brain.

These negative patterns are universal. The question is not whether you have them, but which ones you have, and how strong they are. They are universal because they are connected to the functions of the brain that are focused on survival.

We each develop these patterns early in childhood in order to survive the perceived threats of life, physical and emotional.

By the time we are adult, we don't need them anymore, but they have become invisible inhabitants of our mind. We often don't even know that they exist.

Who are the worst enemies?

The ones who have convinced you through their lies that they are your friends. They have been accepted and trusted into your inner circle.

They lie to you about being happier or more successful.

In reality they create exactly the opposite effect in the long run.

They make you win the small battle and lose the bigger war.

The reason why we keep these negative patterns is because they give us some goodies.

In reality they give us bread crumbs when what we really need is the bread. So we settle for the bread crumbs.

The most common negative pattern is the one that finds constantly faults with yourself, with others and with circumstances.

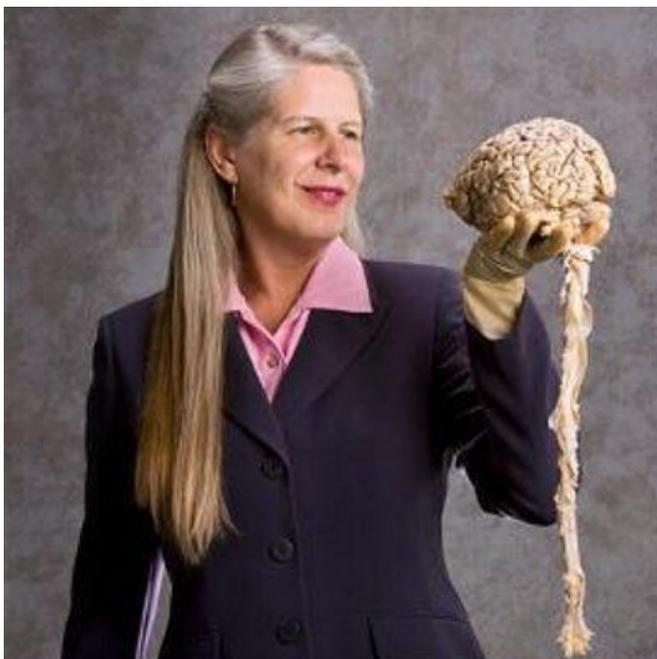
“What's wrong with me? What's wrong with you?”

It is lying to you making you believe that without this judgement pushing you, you won't get anywhere. Without this judgement punishing you for mistakes, you will not learn from them. Without this judgement scaring you about bad future outcomes, you will not work hard to prevent them.

The positive and uplifting feelings of peace, joy and true happiness are impossible to feel when the survivor brain is in charge, and this would be true even if you are in heaven.

On the other hand you will experience joy when the neocortex brain is energized, even if you are in hell.

In other words ... **HOW YOU FEEL DEPENDS ON WHICH REGION OF YOUR BRAIN IS ACTIVE, RATHER THAN ON YOUR SITUATION.**



Dr. Jill Taylor, a brain researcher from Harvard experienced this herself. She suffered a stroke which shut down much of her survivor brain regions and left the neocortex mostly in charge. She experienced a complete cessation of her anxiety and felt peace, joy and compassion despite the fact she was almost totally paralyzed.

[Listen to her wonderful speech about her experience.](#)

Do you want to activate your neocortex brain?

1.If you are feeling negative emotions STOP! If you stay in your negative emotion for more than 1 minute you are hijacked by the survivor brain.

2.Do some exercises to activate you neocortex brain.

4. HOW TO ACTIVATE THE NEOCORTEX BRAIN

If you want to develop your biceps you have to lift weights repeatedly.

The neocortex equivalent of lifting a dumbbell is: shift your attention to your body and any of your 5 senses for at least 10 seconds.

These simple exercises require and activate your wisdom brain.

Commanding yourself to stop being lost in thoughts and instead become aware of your physical sensations require neocortex.

In a scan of the brain you see certain parts of the brain activating when you focus on physical sensations.

These studies have shown that such exercise permanently rewires the brain by forming new neural pathways.

Just as you can't develop your biceps by reading about body building, you cannot strengthen your neocortex through thinking & reading.

YOU MUST DEVELOP THESE DAILY ROUTINES:

When you brush your teeth feel the vibrations of the tooth brush

When you have a shower feel the water on your skin, or the sound of the water.

Focus on your breathing when doing sport

Look around with attention when you are running.

While eating take a bite and close your eyes. Pay attention to the flavor of the food as you chew.

While listening to music: pick only one instrument.

While being with other people: look at the pupils, at the color of their eyes.

IMPORTANT: Any activity that focus for more than 10 seconds on ONE of the five senses will do. Focus on one sensation at a time.

Exercise every day for at least 6 weeks. You will experience incredible changes.

Repeat each exercise 10 seconds x 100 times per day.

Or any combination of that, for example: 5 minutes x 3 times per day. Or 2 minutes x 8 times per day. Etc..

To get more exercises and tips or if you have any question, contact me at daniela@danielarussocoaching.nl.

If you want to book a free discovery call click [here](#).

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I hope to see you soon.

Love,

Daniela

