

## Permanent Transformational Pivot

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### Speak the Language of your Subconscious Mind

How many times have we heard things like, 'master your mind', or, 'your thoughts matter', or 'if you think it, you can have it'? And while these statements are correct, they do not tell you HOW!!!

So why is it then, that even when we know better, we still engage in habits or behavior patterns that we do not prefer?

From a brain/neuroscience perspective, it's because it simply is not enough to know better. Self Development 1.0 teaches you to "know better". That's why people are not seeing the results that they actually want, and are frustrated but continue to consume more and spend more on fixing themselves.

And you may find, as I did, that this is where you are at.

Your mind should be your biggest cheerleader, and your best friend. Your mind should be your personal assistant, and it should be working for you every single day.

Our minds should be saying things like: Great job! Your skills are exceptional! That was phenomenal! You are extraordinary!

But most minds do not do that. Unfortunately, many people have enrolled their minds and brains to work against them.

They say things like: Oh that was terrible! Who do you think you are? You are a fraud. You may as well give up.

Does this sound familiar?

I found that most people think that the mind and brain is so complex, and so complicated that it takes a lifetime to master, and then another lifetime to put it into practice. However, contrary to what you might believe is true, or what you have been told, your mind is not complicated, it does not take a lifetime to master, and it does not take a lifetime to put it into practice.

Having interacted with over 10,000 fascinating people and studying the behavior and belief patterns, and through working with clients in this field of business, what I have found is that there are 3 important things you need to know about your mind.

1. Your mind's job is to keep you alive on the planet. Because this is your mind's job, the type of language that you use is vitally important because it directs the results that you are experiencing in your life.
2. The second thing about your mind is that it responds to the pictures you make in your head. As your mind thinks and imagines, you actually change the structure and the function of your brain.
3. The third thing about the mind, is that your mind loves what is familiar. And it avoids anything unfamiliar.

This is why those new year resolutions you make do not last!

It is unfamiliar to the brain and no amount of coaxing is going to do the trick! Coaxing is no match for those deep, familiar neuro synaptic connections going on in your brain!

## **Theory / Method / Workflow**

Our brains are an amazing technology, and every brain is composed of an amazing operational web of neurological networks. These networks are composed of neurons that communicate via neurosynaptic connections. Neurosynaptic connections are not fixed, but moldable and can be grown/created, or weakened/removed depending on how much you use them, or make them familiar to you.

At birth, an infant has over 50 trillion synapses in the brain, and by the age of one, this number is increased to 1,000 trillion synapses. Side note, this is part of why babies sleep so much! They are learning so much, and busy building so many synaptic connections their first year, it is exhausting!

Synapses that are more active are strengthened, and synapses that are less active are weakened and ultimately pruned. The process of removing the irrelevant synapses during this time is referred to as synaptic pruning.

All of this happens through a process called neuroplasticity. Because of neuroplasticity, we can see that the way we think about something is not fixed for life from birth, but that we have the ability to change our lives by making a new decision (choosing better language, etc), which causes new synaptic connections, anytime we want to. We must first decide to do something, or change something, which makes the first small neurosynaptic connection and our brain goes to work strengthening the connection the more we think about and live out that decision with neural pruning and understanding how your subconscious mind operates.

## **Conclusion**

The amazing thing about this is that now you can be in control of your circumstances. When you know this, your circumstances can no longer control you!



You can take responsibility for the state that you are in because response ability means that you have the ability to respond. You have the ability to change your outcomes simply by changing your thinking and your thoughts.

We are not just temporarily covering up something we don't like. We are choosing to change our inputs, the language we use, so we can get a different output, or result.

So I encourage you to change your words, and look at the words you use, and change those words to something more in alignment with what you want to have or create in your life.