

Ten Brain Boosting Exercises

Strengthen your Mind with Neuroscience

Presented by Lisa Garr
Host of The Aware Show

Featuring advice from 10 brain
science experts:

- Dr Joe Dispenza
- Dr George Pratt
- Mark Waldman
- Donna Eden
- Dr Elisha Goldstein
- Dr David Krueger
- Whitney Freya
- Dr Andy Newberg
- Anat Baniel
- Dr Siegfried Othmer





Introduction

Hello, I'm Lisa Garr, host of The Aware Show.

Ever since the mountain biking accident that nearly claimed my life, I have been fascinated with the field of neuroscience. The trauma to my brain, and the journey I took to heal it, are described in detail in my book *Becoming Aware*.

For nearly two decades I have interviewed the foremost experts in the fields of neuroscience, consciousness, and spirituality on *The Aware Show*. This has enabled me to continue my study of the brain, and find the best practical exercises for boosting brainpower.

Within this short ebook, I'm happy to share some of my favorite exercises with you.



Dr Joe Dispenza

To start teaching your body emotionally what your life is going to be like, Dr Joe recommends spending ten minutes in a state of gratitude every day.

He has done the scientific research to show that just by creating an elevated emotion for ten minutes, it creates immunoglobulin A in your system. This is the very first signal to make white blood cells, the cells in your immune system that fight foreign invaders in your body.

Gratitude will literally make you healthier!

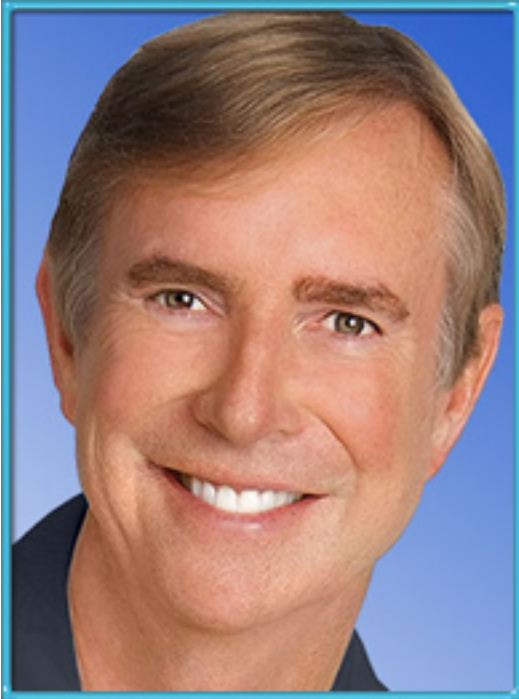
Of course, the opposite is also true. When you are angry or frustrated or impatient, you are more susceptible to bacteria and viruses. "How we think and how we feel creates our state of being," he reminds us.



Brain Boost Exercise: Gratitude Practice for Healing and Miracles

Set a timer for ten minutes. **Think only grateful thoughts.** Everything you see, feel, or experience, feel gratitude for it.





Dr George Pratt

When our brain experiences disruption from trauma, it affects the brain's ability to normally function. The amygdala, the fear processing center, is overstimulated, and the prefrontal cortex shuts down. Dr Pratt has developed brain balancing exercises that help people calm down, and promote greater coherence in the brain.

Think of issue you're dealing with, says Dr Pratt. While you are thinking of this issue, or an area of your life that needs healing, tapping your body and reciting an affirmation can leverage the massive power of your subconscious mind to heal your brain.

"I deeply love and accept myself," he had me say during one of our interviews. He directed me to rub on a spot he calls "the middle of the Pledge of Allegiance position." It's halfway between the left collarbone and left nipple, and it's a nerve bundle called the neurolymphatic reflex. Massaging this point, he had me say, "I deeply love and accept myself" several times, and it made me feel so clear, calm, and connected!

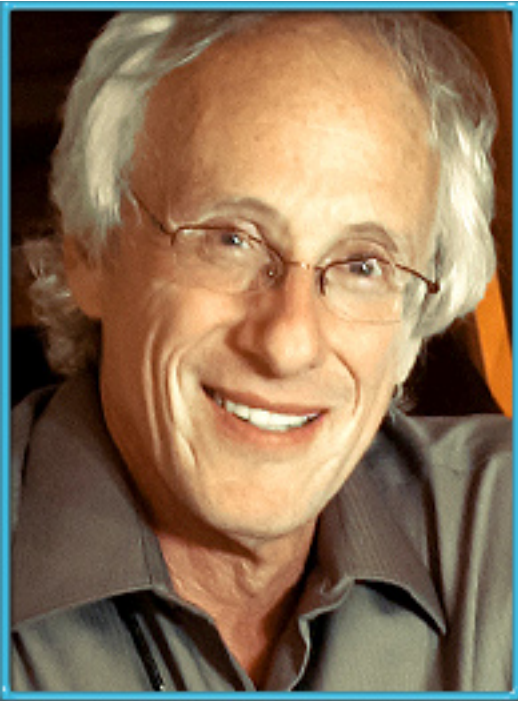
"All healing occurs
in a relaxed state."

Dr George Pratt



Brain Boost Exercise

Massage the neurolymphatic reflex, and say
“I deeply love and accept myself” ten times.



Mark Waldman

The brain can only stay highly focused for 10-20 minutes, Mark Waldman says, and after that the dopamine that inspired you to do the activity is exhausted.

What's the solution? Mark recommends giving your brain a break at regular intervals. He uses a 'mindfulness bell' that goes off every 20 minutes. When the bell goes off, he does something very specific:

Yawn. When you yawn, your brain takes a break and rejuvenates itself.

Then, he takes a full 60 seconds to roll his head around his neck, one single time.

Have you ever tried to roll your head that slowly? We tried it during one of our interviews, and I was surprised at how hard it was! Try it right now, and see if you notice, as I did, all the tiny little pockets of pain in the neck.

Those are muscle tensions, Mark says, that get in the way of our productivity. It is only by rolling the neck super slowly that we can release that tension. Try it again twenty minutes later, and the pain is gone!

"The slower you go,
the more awareness
is created."

—♦ Mark Waldman ♦—

Brain Boost Exercise: Neuroscience of Productivity

Set a timer for twenty minutes when you begin a focused activity. When the timer goes off, yawn deeply, and then spend sixty seconds doing one head roll.





Donna Eden

One of the callers during a live interview with Donna Eden asked, "Why do I stay up so late at night?"

Donna reminded us that our body's meridians reset every two hours. There is a "Triple Warmer" energy that travels along the Radiant Meridians, and this energy is active between 9 and 11 pm. If we stay up past that time, then the Triple Warmer energy, which was evolved to keep us safe and help us survive ages ago, won't let us rest.

That's why it is so important, Donna says, to go to bed before 11 pm.

Triple Warmer also governs our habits. By releasing Triple Warmer energy, which Donna demonstrated in an amazing 3-breath exercise, you can release bad habits, as well.

Underneath our own stresses
are what I call "Radiant Circuits."
They are the circuitry of Joy
and Wonder and Gladness and
Appreciation, and a sense of
"Oh my god - it's all so
FABULOUS!"

- Donna Eden

the aware show



Brain Boost Exercise: Release Triple Warmer Energy

1. Lay your fingers sideways across eyes, breathe in, exhale as you move your fingers to your temples. (Donna calls these points the Triple Warmer neurovasculars.)
2. Rub your temples lightly, take a deep breath, and pull your fingers behind your ears, and exhale as your hands come down your neck to your shoulders.
3. Breathe in deep, and exhale as you bring your hands over your heart.

This exercise will take energy out of Triple Warmer, and let you know that you're safe. This releases a lot of stress out of your body, and is a wonderful way to decelerate your body at the end of the day and prepare for a good night's sleep.





Dr Elisha Goldstein

There are two things besides death and taxes that we can be assured of, says Dr Elisha Goldstein, and that is pain and stress.

Pain and stress will never go away, but we can decide how we will relate to them when they occur. Dr Goldstein teaches mindfulness, which teaches us to notice the pain we are having, and bring attention to it without making it worse.

If you hit your thumb with a hammer, saying to yourself, “Oh, I can’t believe how stupid I am, this hurts so much, it’s the worst thing that ever happened to me,” will only enhance the pain and make it worse. It increases our suffering, while mindfulness teaches us to observe and release the pain.

The best way we can do that, Dr Goldstein says, is with the STOP exercise. This is a simple, powerful experience that will release your pain and stress.

**As humans, we’re wired with
an automatic negativity bias,
paying more attention to
what’s negative than what's
positive.**

Elisha Goldstein



Brain Boost Exercise: STOP for Mindfulness

Stop what you're doing, and pause.

Take a few deep breaths. This interrupts your suffering, brings more oxygen into your body, and widens the space between the stimulus and your response.

Observe your experience, and what is happening within you - the sensation in your body, the emotions you feel (anxiety, fear, calm, joy, fatigue), and the thoughts you are having. Just observe them without judgment.

Proceed by deciding - what is the most important thing for you to pay attention to right now, in this moment? You can insert that into the widened space between the stimulus and response, and have a considered and mindful way to proceed in this moment.



Dr David Krueger

Dr Krueger is a psychologist who demonstrated how powerful stories can be when he revealed a startling statistic: 95% of people who experience significant weight loss gain it all back.

The problem, he says, is that they have not made the changes in their inner story about who they are.

This is one of the most powerful aspects of the human psyche: we always return to our core identity. If you make changes in your behavior, without changing your core identity, without changing both your surface story and your shadow story, then you will go back to your old self.

This is the basis of his NeuroMentor program: uncovering your story, and incorporating your changes into your identity.

If you are able to uncover your shadow story, you might find out that you are subconsciously associating pain with your surface story, and pleasure with your shadow story. What is your shadow story? What is your surface story? Where you have conflict, there is a shadow story that needs to be uncovered.

Dr David Krueger

“Your mind is an energy field and responds to focus. Where you focus your attention creates brain connections.”

Brain Boost Exercise: Visualize with ABCs

Ask - Ask specifically for what you want. With details.

Believe - Imagine having what you desire. If you feel uncomfortable with any facet of this new belief, dig deeper, and try to uncover your shadow story.

Create - Align your belief with your shadow story, the unconscious imperatives that are really running your mind.





Whitney Freya

Our minds speak a visual language, says artist Whitney Freya. There is a reason we are attracted to certain shapes over others - we have a preference for circles or squares, triangles or crosses, based on our personality and neurology. Embracing this knowledge and uniqueness, something that artists are adept at doing and expressing, opens a door inside of your mind.

You have two very distinct personalities within your mind, Whitney says, embodied in the left and right hemispheres of your brain.

You are probably familiar with your left brain voice, which we can call the ego mind, because this is the voice that is the platform for most of your day. The left brain is responsible for keeping you safe, and for processing the logistics of your daily life.

Your right brain voice is different, and for most people, much quieter. Instead of focusing on your own world and experience, the right brain is focused on the infinite experience. This is the source of creativity, of spirituality, and intuition.

Our mental muscles respond the same as our physical muscles. The more you use one side of your mind, the stronger and louder it becomes. Whitney has exercises and programs to use art therapy to increase the capacity of each side of the brain.





Brain Boost Exercise: Patterns in Random Scribbles

This exercise is just like looking for pictures in the clouds. All you do is make a quick swoosh or scribble with a pen, and then see what comes to your mind.

The first mark you make on the paper should take about 3 seconds. Put your pen on the paper, close your eyes, and 1-2-3, LIFT your pen or pencil up. Open your eyes. What do you see?

After your quick scribble, you are going to look to see what you see in your scribble. After you spend around 5 minutes adding to your scribble, you are going to write down the first 5 words that come to your mind. ANYTHING. You don't want to edit, critique or judge those words. Just write them down. Somewhere in those five words will be a message for you.

(This is how the right brain communicates, so pay attention.)



Dr Andy Newberg

In today's cognitive neuroscience labs, there is usually a great amount of time spent focusing on small areas of the brain that do one particular thing. But meditation, prayer, and spiritual experiences affect many different parts of the brain, including our emotional centers, thought centers, and experiential centers. And typically, these different parts of the brain operate in a coordinated manner.

Some meditations use passive techniques, in which the person simply pays attention to his or her natural breathing patterns. These gentle forms of breathing enhance awareness and relaxation, while vigorous breathing actually can increase emotional intensity at the expense of feeling relaxed.

Research has shown that breathing exercises lowers stress and anxiety, improves coping, improves one's general sense well being, and improves self-esteem.

The brain is a stubborn organ.
Once its primary set of beliefs
has been established, the
brain finds it difficult to
integrate opposing ideas and
beliefs.

DR ANDREW NEWBERG

Brain Boost Exercise: Candle Meditation

The candle meditation is a simple concentration meditation, and neurologically, it is designed to interrupt endless stream of chaotic thinking that normally occurs in the frontal lobe. Ideally you should do this in a darkened room, but it isn't essential for the practice.

1. Begin by placing a candle that will burn for about 15 minutes in a safe holder, on a dining room table or coffee table, close to a comfortable chair. Smells can augment meditation experiences, so a scented candle may be used. Sit down, with your feet flat on the floor, with a lighter or matches in your hand.
2. Take a few deep breaths just focusing on the unlit candle. Then, in slow motion, light the candle, and take another deep breath of air. Slowly put the lighter down, and sitting up straight, begin to gaze at the candle. Try to blink as little as possible. Even though your eyes may water, this is OK since your tears can help cleanse your eyes.
3. Now bring your visual focus to the flame. Let it fill your entire consciousness as you observe how it dances and flutters. What colors does it make? Does the flame grow taller? Keep watching all of the qualities of the flame for three or four minutes.
4. If interruptive thoughts come into your mind, just let them be there, acknowledge them, and let them go. Then bring your focus back to the candle flame.
5. Now close your eyes, and visualize the flame in your mind. Watch how it dances and flutters in your own imagination. If the image of the flame fades, open your eyes, study the flame again for several minutes and then close your eyes again. Keep doing this until you hold the image of the flame in your mind for five minutes with your eyes closed

That's it! It's simple, powerful and enjoyable. Each time you do the meditation, try to extend the duration. In some practices, you can try to use your imagination to become one with the candle. To do this, imagine that the flame is coming closer and closer to your closed eyes. Then imagine that you are actually inside of the flame.





Anat Baniel

Movement is the language of the brain, says Anat Baniel. By changing our body with subtle movements, we can change the chemistry of the brain and the structure of the brain.

If your body is aging, and in pain, you can revitalize your body by changing your brain through movement. The brain is very responsive to its experience, and literally changes its structure based on what it experiences.

A brain that has differentiated more, and has the skill of differentiating, has the skill to shift things around to do new things, things it has never done before. This is why learning new ways of moving the body is an effective way to decrease the effects of aging on the brain.

Our brain changes its neural pathways based on how we move our body. Surprisingly, Anat does not recommend big, sweeping movements, but instead,

subtle moves. Less movement allows you to feel, and then the feeling it is distributed throughout your whole self. That registers massive changes in the brain, whereas large movements overwhelm your senses.

One of the challenges of adults is that we've already been successful. Moving in a new way doesn't come naturally to us, which is why we have to practice new movements, like Anat's NeuroMovement exercises.

"People tend to confuse repetition with information," says Anat. "Repetition is not the same as opportunity for improvement. That's why so many people never get past mediocre."

*A Radiant Body expresses
spontaneous, authentic confidence,
freedom, love and happiness. It's a
body that expresses vitality,
intelligence, and creativity. It's you
being strong, flexible, and full of life.*

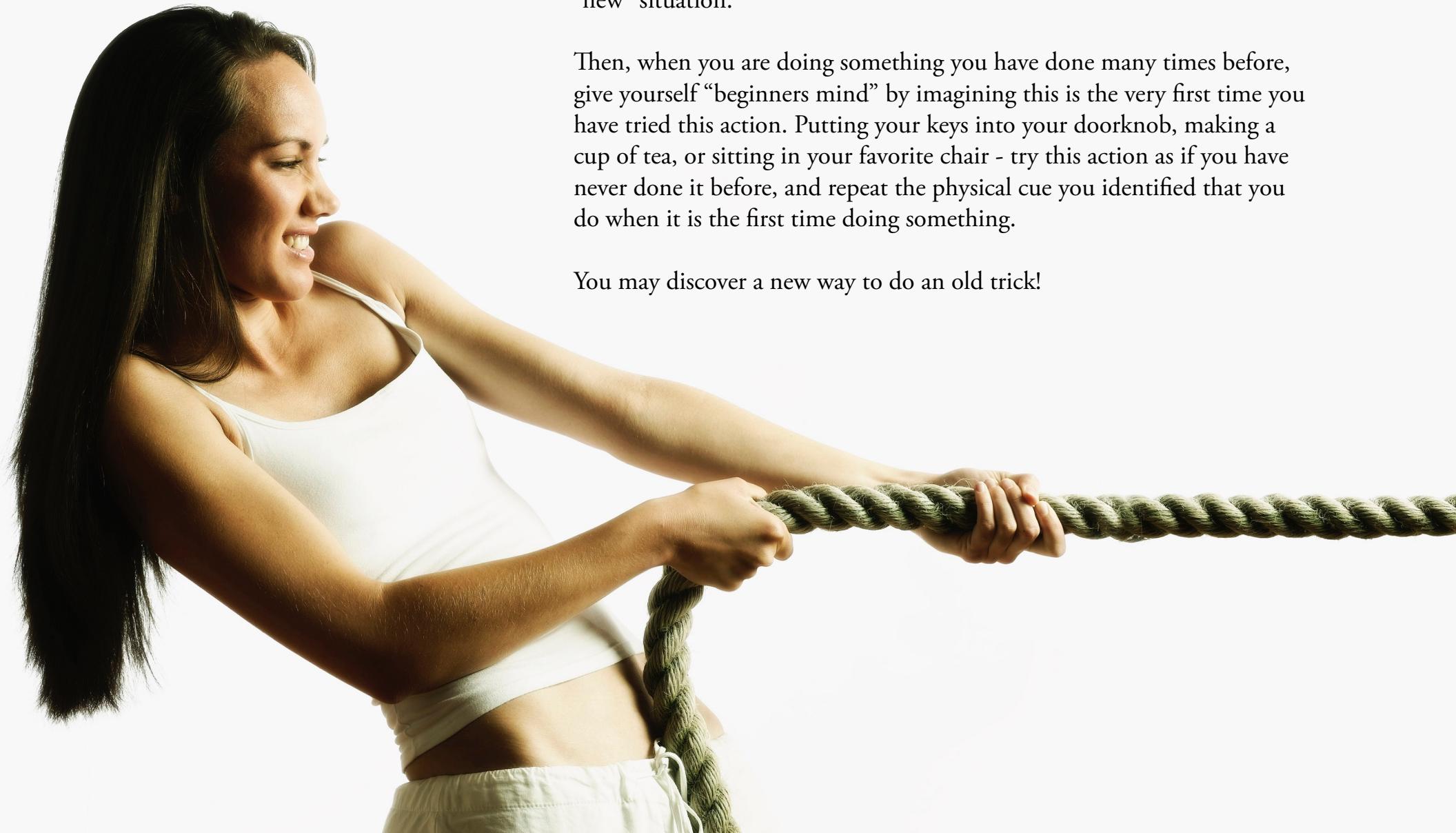
- Anat Baniel

Brain Boost Exercise: Beginners Mind in an Old Situation

First, you will need to notice the physical cues that you have when you are doing something new. Do your shoulders or belly tense up? Do your eyebrows raise? Try doing a small action or activity that you have never done before, and notice any physical cues that your brain creates for this “new” situation.

Then, when you are doing something you have done many times before, give yourself “beginners mind” by imagining this is the very first time you have tried this action. Putting your keys into your doorknob, making a cup of tea, or sitting in your favorite chair - try this action as if you have never done it before, and repeat the physical cue you identified that you do when it is the first time doing something.

You may discover a new way to do an old trick!





Dr Siegfried Othmer

The brain has the advantage of large numbers. We have some 10 billion neurons in our cortex, and these have to be organized in such a way that we can react very rapidly to events.

The organization of our neurons becomes visible to us through the electroencephalogram, the EEG.

We can actually “see” the brain regulating its own affairs by watching the EEG as we are thinking. Using the brain to change the EEG output is called “neurofeedback,” and it is a pioneering field of brain research that Dr Siegfried Othmer is studying intently.

Something quite remarkable happens when we allow the brain to witness its own EEG. It is effectively looking at itself in a mirror. Watching that activity, it does not take long for the brain to recognize its connection to the signal on the screen.

It is witnessing its own neuronal dance, and that provides a basis for the brain improving on its dance.

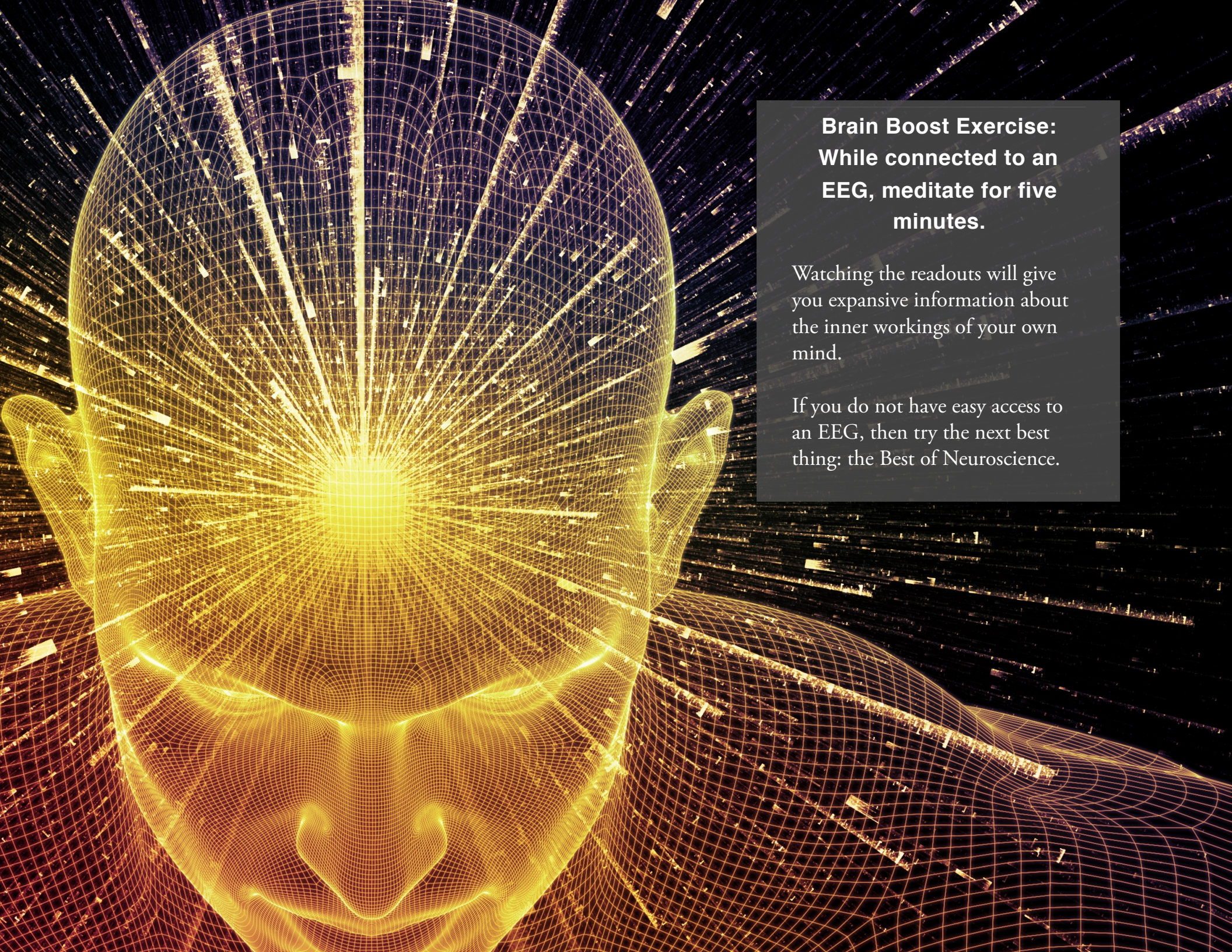
Neurofeedback, then, is nothing more than a guided way for the brain to improve its own function based on the information it is getting on its own activity.

Using neurofeedback was one of the key methods I used to heal my brain after my mountain biking accident, and it may have been responsible for my recovery.

Failures in brain function, of whatever kind, have functional consequences that may be usefully targeted with neurofeedback.

- DR SIEGFRIED OTHMER





Brain Boost Exercise:
While connected to an
EEG, meditate for five
minutes.

Watching the readouts will give you expansive information about the inner workings of your own mind.

If you do not have easy access to an EEG, then try the next best thing: the Best of Neuroscience.

The Best of Neuroscience

If you found the exercises from these ten brain experts to be helpful in boosting your own brain power, then I highly recommend the multimedia package we have put together based on their works.

A collection of guided meditations, PDF articles, and audio lectures, the Best of Neuroscience package combines the practical exercises of these ten experts with the multimedia presentation of the [Life Empowerment Network](#).

This collection contains:

- Sensory Serenity Meditation by Dr George Pratt
- Outsmart your Brain by Dr David Krueger
- The Neurosecrets by Mark Waldman
- Breaking the Habit of Being Yourself Meditations by Dr Joe Dispenza
- The Science of Whole Brain Creation by Whitney Freya
- The Emerging Frontier of Neurofeedback by Dr Siegfried Other
- 5 Steps to Starting your Mindfulness Practice by Dr Elisha Goldstein
- Finding the Right Meditation Practice by Dr Andy Newberg
- Your Immortal Brain by Dr Joe Dispenza
- Daily Energy Routine by Donna Eden
- The Learning Switch by Anat Baniel
- Loving Kindness Meditation by Mark Waldman

<http://bit.ly/best-of-neuroscience>



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