Rewire Your Brain For Success...

In As Little As 6 to 8 Weeks!!!

By Gene Anger

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I am a firm believer in giving back to help others eliminate self-limiting beliefs and overcome self-sabotage. You too can experience the true joy and happiness felt when your life is on track and “good things” are automatically flowing to you, instead of away from you.

This free report explains a brief, but powerful technique to quickly rewire your brain; resulting in a subconscious that is programmed to seek out and help manifest success in any area of life you choose.

**First – Understanding Why You Fail**

Regardless of how much we try to change, understand the subconscious is pre-programmed to be negative through genetic DNA, childhood training and lifetime experiences.

This programming normally runs on auto-pilot, outside of our conscious awareness. The subconscious mind will do everything within its power to keep us safe – which translates to keeping us exactly as we are right now.

To make permanent, positive changes you need to discover these previously hidden subconscious thoughts and beliefs; then deal with them in a constructive manner.

**How Your Current Beliefs Were Created**

1. **Genetic DNA** passed on from ancestors: To remain safe, our ancestors had to constantly be on the lookout for potential danger; otherwise they ran the risk of being killed by predators – both animal and human.

   We have a “fear” center in the Neanderthal part of the brain called the “amygdala”. Whenever we experience any form of nervousness, anxiety or fear, the amygdala interprets this as “danger” and sends a signal to the brain which causes chemicals to be released and our bodies enter into what is referred to as the “fight or flight response.”
In fight or flight, energy is diverted from other areas of the body to increase blood flow to the muscles, getting us ready to take action.

However in today’s world, even a minor degree of anxiety or nervousness can be interpreted by our “fear center” as danger and therefore start the fight or flight response.

This alone stops us cold and prevents many from attempting to change.

2. **Childhood training**: Brain researchers used to claim we operated in mainly the alpha and theta brainwave states up to about age six. Now many claim age 4 as more probable.

While in the alpha and theta, we absorb everything without judgment. Everything our primary caregivers express becomes part of our programming. If the lessons are repeated over and over, they are reinforced in the subconscious and create our habits.

Through repetition (especially with strong emotion) we create neural pathways in the brain and the neuron groups that are the used the most become the largest and strongest. These are the thought patterns that will therefore fire quickest and easiest – on automatic pilot.

3. **Life lessons**: We have a negative experience. Then we reinforce the experience by repeating it over and over, usually with emotion. This creates strong neuron groups which fire easily.

For example, look at any negative experience you can easily recall. Now, thinking back to that experience, can you remember telling everyone the details of the experience and just as importantly all the emotion you expressed while doing so?

Effectively, you have programmed the mind with that negative experience through the use of repetition accompanied by strong, negative emotion.
Mindfulness – Cognitive Therapy

Now you know how your brain was wired to be negative. We can quickly and very effectively change this programming and begin attracting a new reality in as little as 6 to 8 weeks.

Zen teachings talk about “mindfulness” and in treatment for mental disorders in the Western world; many therapists employ a technique called “cognitive therapy”.

To me, these are virtually the same process. It is all about learning to catch the negative subconscious thoughts as they fly through our conscious awareness.

At first, this is not easy because we are so programmed to allow these spontaneous thoughts to go unchecked 24/7.

However, we have been blessed with a human trait we call “emotions”. Emotions are a window to our preprogrammed non-conscious thoughts and beliefs.

Begin by monitoring how you feel. If you are in a “good” mood, then your thoughts are mostly positive. However, when you catch your mood changing to a negative emotion (anger, fear, worry, anxiety, etc.) look for the thought immediately preceding the change in your attitude.

That is the negative thought or belief that is the root cause of your negative emotion.

How to Rewire Your Brain – The Setup

1. Buy a cheap notebook or journal.
2. Install a big “Cancel Button” through visualization, on your left palm, which is wired through your arm, shoulder, neck and right into the fear center of your brain (the amygdala).
3. Search your memory for your absolute best “feel good” memory. If you don’t have one, no worries, make one up. Scientific brain research has
proven the subconscious cannot tell the difference between real and imagined, true and false or negative and positive.

How to Rewire Your Brain – The Technique

When you discover a negative thought or belief, it is important to accept it as yours. Don’t try to push it away or ignore it. That creates internal resistance and depletes huge amounts of our energy and personal power.

Be thankful you have discovered the thought (after all, if you hadn’t become aware, you would never be able to neutralize the power it has over you).

Write it down in your journal or notebook. When we expose our negatives to the light and record them, they immediately begin to lose power over us.

With your opposite hand, push your “Cancel Button” and visualize the signal being sent through your wiring to the brain to cancel out the negative thought.

Then, breathe deeply and relax. Close your eyes and visualize your “feel good” memory. You only need to do this for a minute or two.

Enlist the help of all your senses and really get into the “feelings” associated with this memory. The more senses you can use (taste, touch, smell, etc), plus the stronger your positive emotions, the more profoundly you influence the subconscious.

The language of the subconscious is pictures, symbols and images. When you practice this, you will become extremely proficient at communicating your desires to the subconscious; imprinting it with indelible, positive impressions.

The subconscious will then begin working 24/7 to create situations which reproduce similar feelings as your “feel good” memory.
Here’s Why This Technique Is Effective

Imagine a jungle full of lush vegetation. Now imagine a clean, well travelled path cut through the jungle.

Compare this to your current negative subconscious thoughts which easily travel down neural pathways which up to now your subconscious has been using non-stop on automatic.

Now, as you catch a negative thought, accept it as yours, record it and then refocus your mind, you are no longer choosing to go down that same jungle path (neural pathway).

If a jungle path ceases to be travelled on, it quickly gets overgrown with vegetation and becomes impassable. This is similar to neural pathways in the brain that will atrophy from lack of use.

Since you are focusing on a good memory, this neural pathway then becomes the one most travelled.

By focusing on your feel good memory every time you catch a negative, you are rewiring your brain by creating these neural pathways which become dominant in the subconscious.

Here’s another way to understand why this technique is effective. When we take the time to stop the subconscious immediately after we catch a negative thought or belief, we are very effectively slowing down the “firing” of that neural pathway.

Then by refocusing on a feel good memory we are shifting our focus from fear based (lower brain) thoughts to a higher brain function.
What’s the Next Step?

Many have become frustrated trying to manipulate the Law of Attraction (especially since The Secret movie came out).

The problem with “trying” to think your self successful is you are fighting the hidden subconscious thoughts and beliefs which were pre-programmed to be negative.

When you understand and accept human nature is to be negative (to keep you safe) you let go of any resistance to what is.

Then you are easily able to move forward by communicating with your subconscious exactly what feelings you want to reproduce.

We get what we focus on – and the subconscious automatically focuses on the negative by default.

When you rewire your subconscious by creating new neural pathways, it automatically focuses more on the same positive images you consciously desire. This creates harmony between your conscious thoughts and subconscious thoughts.

Only when you have this harmony can you truly state your focus is now on the “good” in life.

The subconscious is a powerhouse. It functions well over 900 times faster than the conscious mind. Can you imagine the possibilities when you have that much power working for you, instead of against you?
I trust you will have found this information invaluable.

The next step is to learn more about rewiring the brain, eliminating self-limiting beliefs and how to overcome self-sabotage. Check out the in depth “Free Self Help Tutorial” on my website http://www.best-self-help-sites.com

Feel free to subscribe and receive my free e-course “How To Get What You Want – Fast!” In it, you will learn techniques to turbo charge your results and move you to the next level.

To learn about tips, tools and innovative ideas in the personal development and self improvement fields, you can check out my blog http://www.lifewithgene.com

All the best,

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