

Changing Your Negatives Into Positives

Our human nervous system contains about 28 billion nerve cells, called neurons. Every one of tiny neurons is like a self-contained computer capable of processing about one million bits of information.

All told, the two and one-half pounds of gray matter each of us has between our ears is capable of processing up to 30 billion bits of information every second. To do this, it uses a little oxygen and a little glucose from our blood.

The neurons in our brain also communicate with each other through an amazing network of 100,000 miles of nerve fibers -- that's enough to go around the Earth four times!

But unlike an electronic computer, like the one you may have on your desk which must work by making only one connection at a time, in our brains a reaction in one neuron can spread to hundreds of thousands of other neurons in less than one-fiftieth of a second. To give you perspective, it could do that ten times while you blink your eye!

Every time you think a given thought or experience a feeling or sense something with your eyes or ears or behave in a particular way, impulses race down different pathways and establish those connections among neurons and neurons and neurons - - ultimately involving hundreds of thousands of neurons. Keep in mind, that the brain does not distinguish between something we perceive outside ourselves and something we think or imagine inside ourselves. It does not distinguish between something we do out there in the world and something we imagine we do.

So, that is how you create patterns of thought and behavior. Clearly, the more you indulge in any pattern of behavior the stronger that physical pattern becomes. That is: the more you are told negative things or tell yourself negative things or experience negative emotions or repeat negative behavior or imagine negative images, and so on, the more those neuronal pathways become reinforced. The stronger they become. So often, you are completely unaware consciously of these negative patterns and habits. Yet, they exist, and they sabotage our goals and hopes and dreams.

Changing negative patterns of thoughts and behavior takes a while. Sometimes quite a while. If you make sporadic attempts or a few attempts, thoughts, emotions, and behavior will not be transformed. Recall, those patterns are like millions upon millions of strands of metal cable. That is pretty strong.

That is also why, when you attend a motivational seminar, or listen to just one tape for just one time, even though you feel good for awhile, you find that it just does not last.

The next day, your old, negative, unhealthy programming in your brain dominates and you relapse. Old thoughts and habits return.

However, if you practice new thoughts and behaviors with regularity, enthusiasm, strong personal belief and conviction, the old neural connections will weaken and atrophy. Other neuronal connections will be established among hundreds of thousands of neurons. Thus, change becomes possible and transformation begins to appear.

If you have reviewed this website, you know that there are many ways I can help you make these positive connections which change your attitude, your emotional patterns, your thoughts, your habits, your self-image, and your self-confidence.

If you think it is not possible to make such changes, then you are stuck in strong, negative neuronal patterns.

However, if you really want to transform yourself and your life, you can and you will.