

Be the Boss of Your Brain or Your Brain Will Be the Boss of You

CREATING A CLEAR MIND THROUGH PRACTICE

The brain's job is to take in information from our senses and make up a story that informs the mind about the world around it for the purpose of survival. It relies a lot on memories of past experiences so it's not always in this moment, it's in the past or the future.

The mind sorts information out based on what we think about. Imagine thoughts are like railroad tracks. We lay them down and every time the train goes over them they sink deeper into the earth. It becomes very hard to change the course.

When you meditate you become aware your thought patterns. You can't stop the brain from having thoughts because that's its job. All kinds of thoughts come up because the mind has stored everything you have ever experienced, but you can get better at sorting the thoughts out and moving on. If you're often sad, angry or worried, you can change your life by practicing how to come back to a calm space.

Someone who meditates learns to control their breathing. A slower heart rate tells the mind that there is nothing to worry about. They can stay calm even when under stress. This person learns to recognize a feeling and control their reaction to it by slow breathing.

The other thing a meditator learns to do is to become an observer. An observer can respond reasonably to a situation, not emotionally. For example, if someone gets angry, 30% of their brain (the prefrontal cortex) activity is surpassed making it hard to make good decisions. So that person can only react, not respond to a situation.

This is why

- Meditation Increases Your IQ Level
- Lowers Your Stress About Classes and Homework
- Helps Your Brain Work Better, Controls How You Feel and Act
- Your Able to Achieve More of What You Want
- Your Focus Improves
- You Feel Less Anxious and Sad
- It Makes You Feel Happier
- You Become Very Alert Yet Calm

If you practice meditation at least once a day, your positive thoughts and ability to observe will transfer into your daily life. Combined with your principles and being conscious of how your brain is working, you will have more tools to see the world as it is and make it a better place by making better choices.