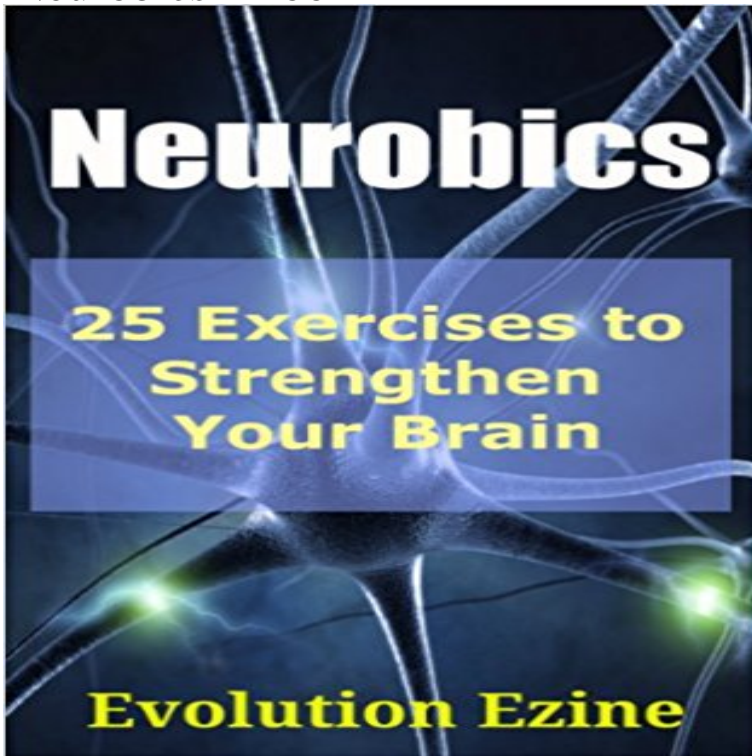


## Neurobics - Book 1



In recent years, ground-breaking studies have proven that Neuroplasticity (the brains ability to reorganize itself through neural pathways and connections in response to real or imagined experiences) is not limited to youth and does not have to diminish with age. We dont have a set number of brain cells that die off as we grow older. Not only can we generate new brain cells, we can establish new stronger neural pathways through deliberately creating new associative patterns. We can strengthen our brains with Neurobics.

Neurobics are exercises that use all of our senses in new and novel ways. Neurobics is something anyone can do anywhere in just minutes a day. Its not a quick fix, but a conscious lifestyle choice. Its a way to make mind-building exercises out of everyday activities. Were going to provide you with 25 Neurobic exercises to get you started. You can design your own Neurobic Exercises but be sure that the activities provide the kind of nerve cell stimulation needed to activate new brain circuits. \* Enhance your learning, ESP and mind power by tuning in to our planets rejuvenating frequency - the Schumann Resonance mixed with stunning music. \* Boost your energy and feel great with uplifting music and words mixed with positive brainwave entrainment. \* Experience deep healing pain relief, enhanced intuition and moments of bliss, with the deep delta frequencies mixed with beautiful acoustic guitar Plus... EXPERIENCE A NATURAL HIGH ...and the deepest relaxation ...with Alpha, Theta and Delta Frequencies with the powerful brainwave entrainment. Here are a few tips to consider before you get started Carefully select what you expose your brain to Remember that the brain doesnt distinguish between whats real and whats imagined. Exposure to sensationalized news stories, gossip and negativity can affect our brains as if we lived those very experiences.

Limit your exposure to people, places and experiences that are not a positive influence. Begin and end each day on a positive note. When you wake up each morning before getting out of bed, think of the things you are thankful for. Smile. State your intention for the day. As you drift off to sleep think of the good things that happened in your day. Visualize your dreams. Resist the urge to criticize and judge. This especially applies to you. When you feel challenged, take a deep breath and really think about your words and thoughts.

It's easy to get caught up in self-defeating language. Think Big. Set your intentions much higher than your desires. As you visualize and imagine this highest intention you are not only triggering positive psychological benefits, you are also making your core desire feel more easily attainable. Meditate. We all know that meditation has numerous benefits to our mind, body and spirit. Meditation can also help us install changes in our life. It can help us strengthen our neural pathways. When we meditate we are synchronizing both hemispheres of the brain. There is available to us a great technological way to assist with meditation. This specially prepared music can take the listener into Alpha brain wave patterns of pre-sleep and then down into Theta patterns of memory, dreams and deep meditation. Listening to this music on a regular basis can have a dramatic effect on our moods and energy which assists in strengthening our brains! Have Fun. Long lasting changes are easy to achieve when we make them enjoyable and add plenty of laughter and fun.

NEWAGEOFTRUTH There's been too many lies and not enough truth stay updated via rss MY NEW PLAYLIST Why are some looking forward to the end of days? Posted: July 26, 2016 in Cheating, Education, Evil, Politics, Religion, Social Issues Tags: Armageddon, bible, Christianity, Conspiracy theory, Prophecy, Y2K 0 end of days Some temptations are just too good to pass up. My curiosity got the best of me the other day and I gave in by watching one of those "End of the World" conspiracies videos. This time around the date is set for July 29, 2016. So in three days the biblical prophecies will come true and we will be swallowed up by hell fire while the others who are "saved" will rejoice in the heavens.

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