

SELF-DIRECTED NEUROPLASTICITY (Rewiring your mind/brain!)

How to easily change your mind, habituated patterns, trigger responses, remove cravings, and thereby **CREATE NEW** neural-pathways. Have fun! Reprogram away!

BREAKING THE PATTERNS – Interrupt the urge, a behavior or feeling using

Bilateral Stimulation

There are many ways to do this, we will just include a few which have been shown to be very effective.

One way to perform bilateral stimulation is handclapping while moving your hands as clapping across the center point of your body.

Another way: toss a small object/ball back and forth, again, ensuring you are crossing the midline of the body.

This stimulates both right brain and left, creating a relaxation state.

Do this and your anxiety and/or cravings will be neutralized.

Peripheral Vision.

Begin by focusing straight ahead at a point straight in front of you.

Begin to expand the awareness to the edges of your peripheral vision, still looking straight ahead, reaching out with your vision/peripherally as if you could reach the space behind you. Do this for a little bit. Then return back into focusing straight ahead. Do it again, each time, expanding your vision peripherally as if you could be aware of the space behind you.

Reduces anxiety, cravings, breaks rumination, obsessive thoughts.

Faster EFT (Robert Smith, creator, has hundreds of videos on YOUTUBE demonstrating this process!)

Faster EFT is yet another very powerful pattern interrupt that allows you to immediately begin to reprogram your subconscious mind. First of all, notice how you feel. When feeling something you want to release, change, let go of - begin tapping! This could be a craving, an obsessive thought, a desire to do a behavior that has been harmful or unresourceful for you in the past. TAP! TAP! TAP!

When you feel a need for a pattern interrupt – begin tapping! See attached instructions (next page)

REWIRING/REPROGRAMMING

Once you have interrupted the pattern with one of the tools above:

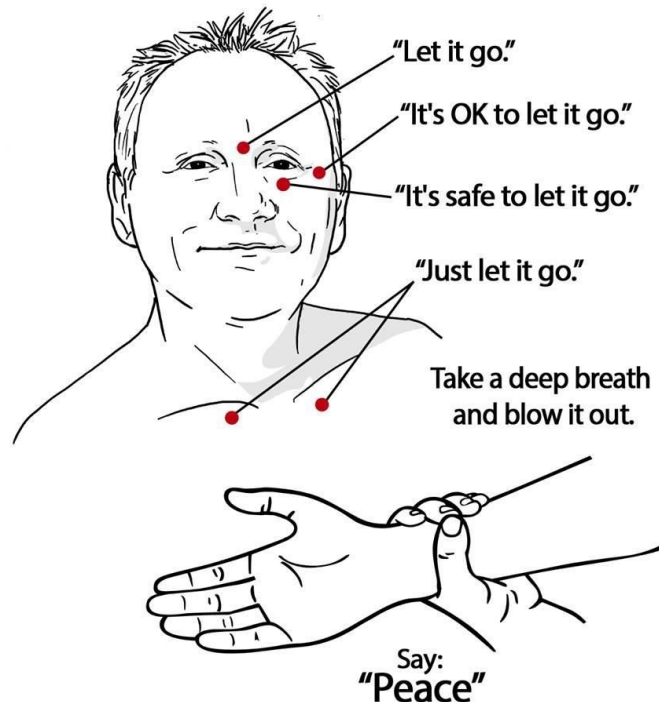
Ask yourself/Say to yourself:

“How do I want to feel?” “I want to feel...” or “I choose...” “So what’s it like when, I feel...”

See, experience, imagine what it is you desire/want to experience more of...and all the benefits that go with the change; imagine and then experience it in your mind – with all your senses!!

SOURCES: Melissa Tiers, co-author of *Keeping the Brain in Mind*. Creator of Self-directed Neuroplasticity – [YOUTUBE VIDEO](https://www.youtube.com/watch?v=KL8ITSS1cNo) at www.youtube.com/watch?v=KL8ITSS1cNo. Robert Smith, creator of FASTER EFT (SEE HIS hundreds of YOUTUBE videos!)

Using Faster EFT – No Matter What the Issue



- 1) Close eyes and notice the feeling.
- 2) Then tap indicated parts of body and say the words in italics out loud:

Forehead: *I release and let it go*

Corner of eye: *It's safe to let that go*

Under eye: *It's okay as I let this go*

Center of collarbone: *It's okay to let it go – I release and let it go – whatever it means, wherever it comes from – whatever it represents – I'm safe as I let it go*

Clasp left wrist with right hand – Take a deep breath – blow it out: “Peace”

Tap however long it takes so when you close your eyes and feel... it's gone.

Robert Smith, the creator of Faster EFT has many videos on YOUTUBE.COM. FASTER EFT been shown to work wonders for helping people to let unresourceful feelings, cravings, habits, self-limiting beliefs, energies, and illnesses go.

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Additional or Alternative Phrases

- 1) *Even though I... I am feeling sad... (or whatever the issue) I love myself thoroughly and completely, fully and unconditionally...*

