Hypnosis Columbia LLC
5570 Sterrett Place, Suite 310
Columbia, MD 21044

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

Self-directed Neuroplasticity starts with BREAKING THE OLD PATTERNS. That is, when you Interrupt the thought, feeling, urge, behavior, habituated pattern and, then DO something else. When you interrupt the habituated pattern repeatedly and do something else, you collapse the old neural networks and create NEW ones. Repeat, and connect a positive emotion to the change, eventually absorption occurs, HENCE, new habituated patterns of thinking, feeling, doing, etc.

Some VERY Effective Pattern Interrupts

BILATERAL STIMULATION

There are many ways to do this. 1) Put your hands on your lap - one on each side. Alternative tapping. Focus on that action. 2) Toss or hand a small object such as a pen or a ball - back and forth- ensuring you are crossing the midline of the body/brain. 3) Give yourself a butterfly hug, alternately tap arms (left, right, left, right). This can help with reducing anxiety, eliminating urges and cravings; and help to change your state very quickly.

DEEP BREATH/KEY WORD ANCHOR

Take a deep breath and as you exhale connect to the word relax (or peace or calm - whatever most resonates). Imagine how you want to feel (get an image in your mind).

HEART FOCUSED BREATHING

Focus your attention on the area around your heart, the area in the centre of your chest. Breathe deeply, but normally, and imagine that your breath is coming in and going out through your heart area. Continue breathing with ease until you find a natural inner rhythm that feels good to you. **THEN: While** Maintaining your heart focus/breathing, activate a positive feeling (recall a positive feeling, a time when you felt good inside -- imagine with all your senses/re-experience the feeling. One of the easiest ways to generate a positive, heart-based feeling is to remember a special place you've been to or the love you feel for a close friend or family member or treasured pet. This is the most important step.

TAPPING

Stimulate Third Eye (stimulates the Pineal & Pituitary Gland)

Tap the middle of your forehead. Reduces anxiety, cravings, breaks rumination, obsessive thoughts.

Other Powerful Points: Karate chop (side of hand); collarbone, side of eye, under the eye, gamut spot (between ring finger and pinky finger). Find the right tapping combo and you can eradicate fears, phobias, pain etc!)

FASTER EFT (Robert Smith creator)

Another way to quickly shift state or to change a thought, feeling, urge or pattern is tapping! TAP TAP TAP! Faster EFT involves fewer points than the original EFT created by Gary Craig but it is still very powerful! See next page.

NOTE: ANYTHING can be a pattern interrupt. If you get into an unresourceful or undesired state of thinking, feeling, doing - drinking a glass of water, clapping your hands, creating laughter, stretching, etc.

After the Interrupt

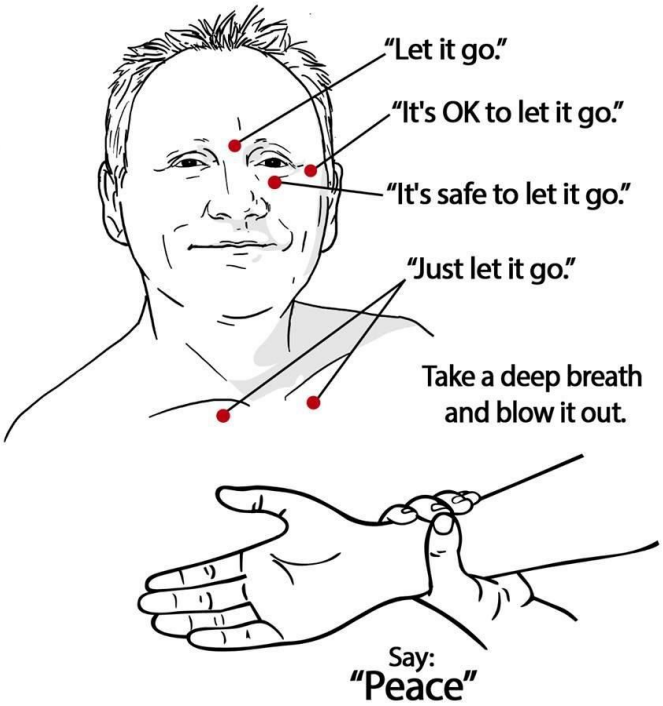
ASK & SAY TO YOURSELF -

> *"How do I want to feel?" "I want to feel…" or "I choose…"* ***"So what's it like when, I feel…"*** *See, experience, and imagine the next step to achieving your desired thought, feeling, behavior - and imagine all the benefits; use all your senses (or as many as you can when you imagine the benefits, eg. I will feel so happy, so proud of myself; I will breathe better; I will feel more confident; joy, peace!!* ***Personalize this!***

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

Hypnosis Columbia LLC
5570 Sterrett Place, Suite 310
Columbia, MD 21044

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 feelings, cravings, habits, self-limiting beliefs, energies, and illnesses go.