

## Train Your Brain

Body-Mind-Spirit – Marilyn Gordon, B.C.H., C.I.  
Pathways #44, page 60



### Talking Points

- ❖ Neural pathways in the brain are created by repeating something over and over. For example, turning to cigarettes or food for comfort over and over creates a neural pathway. Thankfully, you can reprogram your brain and create new neural pathways.
- ❖ Author Marilyn Gordon gives us 10 tips to help transform our brain:

1. Identify the habit you'd like to transform and set the intention.
2. Observe what the old habit or pathway is doing in your life.
3. Shift your focus off the old habit and on to the new.
4. You can use your imagination to create new neural pathways in addition to changing behaviors.
5. Interrupt your thoughts and patterns when they arise.
6. Use aversion therapy. Talk yourself out of it.
7. Create a specific plan and choose what to do instead. Stay focused on the new choice.
8. Transform the obstacles. How can you handle the stress, thoughts and/or obstacles differently?
9. Connect with your higher source for inspiration and support.
10. Transform and make the shift. The transformation is always possible.

### Resources

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>

Marilyn writes numerous articles on her website: <http://www.marilyngordon.com/>