

Brain Bites - Efficient by Nature – July 2009

Category - Creating climate for success

As human beings, our systems are naturally governed for efficiency.

This means, we are capable of leading meaningful, productive and successful lives, at home, at school and in the workplace. At every age, we have the potential for life balance, resolving conflicts, creative thinking, learning new skills, problem solving, adapting to new situations, following our dreams, and making them a reality.

Navigating this adventure called life, can be done with a sense of aliveness and joy! **We are wired for it!**

Although this potential resides within us, we don't necessarily actualize it. Not because we don't want to, but because, we don't know how, or we don't even know there is a better/alternate way. For many of us, the knowledge that we are "Efficient by Nature" can be hard to grasp when we haven't been taught this sacred wisdom as youngsters.

While our parents and teachers did the best they could, in many cases they passed along coping strategies. Instead of drawing out our natural efficiency based on our individual personalities, learning styles, and gifts; their coping strategies conditioned us to adapt to imbalance, stress and effort.

Really, there is nothing enlightened about adapting to an unhealthy, imbalanced society, yet we do it all the time.

When the warmer climate of summer is upon us we get a good taste of what "ease of living" might feel like. The sunshine, warmer temperatures, longer daylight, change in pace, no snow to shovel, or extra layers to wear, we save time, and conserve energy. This sense of renewal and extra fuel, allows us to be more playful, spontaneous, and relaxed. Inevitably, in this state, we are more productive and efficient - by nature!

As well, we are apt to socialize, be creative, start projects, make new friends, join teams, try new activities, learn new skills, take risks & meet challenges. Why? Because we are in the mood, as our perception of stress during this period is lowered and we feel more capable.

Whether we are someone who has learned to live in a state of efficiency or not, more sunshine and a warmer climate will yield more positive results in ones daily life experiences and interactions. If we don't have the skill set and ability to access our natural efficiency when the days get shorter and the cooler temperatures set in, we will inevitably be less productive, more stressed, and less joyful. This ultimately affects our spouses, children, colleagues, friends and most of all, ourselves.

So, when the weather changes....do you? If you are like the majority of society, then you likely will.

What do we do for the other 8 months of the year, when the climate isn't as favourable? Further more, what do we do when other factors as big as the emotional climate of a heated boardroom, or as simple as the unexpected spill of milk at the kitchen table throws us out of balance and into stress? As well, other factors like deadlines, communicating our feelings, time management, financial decisions, navigating a technology based society etc., are also apt to affect us.

What's the solution?

The key is developing the awareness to recognize when we aren't operating at top efficiency, in our best interest or repeating unhealthy patterns, and then have the tools to do something about it.

Brain Gym® is a quick, easy and effective way to shift from stress to balance, in just minutes! People of all ages benefit greatly from this internationally recognized modality that allows us to self-regulate and put us in a learning ready state. We give people tools to change their brain chemistry, create new neurological pathways, and strengthen already established ones.

Whether in the classroom, boardroom or day-to-day life, Brain Gym® can be used successfully to create the ideal climate for us all, to access our natural abilities, and become efficient by nature, 12 months of the year!

Jill Hewlett and Sharon Todd are both Educational Kinesiologists and Licensed Brain Gym® Trainers. Their company, Brain Works Global Inc., trains clients on how to maximize their learning potential while working in conjunction with their individual goals.

They provide keynotes, in house training, and sponsored events to a wide range of organizations, schools and the community. For more information go to <http://www.brainworksglobal.com> or call 905.830.6902.