

## Your Brain Map

Category – Research and the mind/body connection

It's frequently assumed that some people are smart, while others are not; and a person's brain is predetermined with a certain amount of intelligence, at conception. On this premise, you either have it or don't! Intelligence that is...

This just isn't the case. The truth is, many factors affect, change and grow our neurology and determine our mental health and capabilities, ranging from the embryo to the elder.

For example, the environment and stimulation we receive while we are in our mother's uterus greatly affects the foundation of our future growth. "There is no period of parenthood with a more direct and formative effect on the child's developing brain than the nine months of pregnancy leading to the birth of the full term baby." *Dr. Marian Diamond.*

At the opposite end of the spectrum, with the aging, if we don't use specific neuro nets for a long time, they become inactive, hence the saying "If you don't use it, you lose it!"

While we all naturally have our areas of special interests and strengths, how our brain develops, functions and responds is based on the accumulation of all our life experiences lived to date. ***It's like a map which reflects where we have been, what we've seen, felt, how we've been treated...all that we have experienced.***

Brain research shows that if we give ourselves positive, nourishing and integrative experiences our brain will grow, rewire and respond accordingly. On the contrary, negative, competitive and aggressive environments will limit and diminish our cognitive potential.

"Bad memories or losing one's memory can affect how we structure our reality, keeping us in fear and unable to learn and grow. A group of researchers at the Massachusetts Institute of Technology discovered they could wipe out bad memories, decrease depression, and reinvigorate genetic expression with lots of nurturing and integrated movements like walking, swimming, dancing, Brain Gym, Tai Chi, yoga, qigong and aerobic activities...which unmasked the fearful memories and made new connections between healthy neurons." *Dr. Carla's Hannaford, Neurobiologist and Author of "Playing in the Unified Midfield"*

Evidently this wisdom transcends the ages, as ancient Hawaiians believed that all humans are born as bowls of pure coherent light with amazing power to live harmoniously and creatively. If, however they interrupt that pure light by putting stones or *pohaku* (incoherent thoughts, words, actions that disconnected their true nature from that of others and their environment), in their bowls, their light becomes diffuse, making their lives less harmonious and powerful. They also felt that through reconnection and congruity with their light nature, they

could simply turn over their bowls, causing the stones to drop out and bring their lives back to that coherent pure light.

In modern day life, stress is our major “pohaku” and because of it, we become less able to live meaningful, effective and powerful lives. The pressure of situations such as meeting a deadline, speaking in front of a group of people, sharing one’s needs, test-taking, making tough decisions, running an efficient and joyful household, workplace or classroom, etc., can easily cause stress to our body-mind system and interfere with our ability to achieve results.

To access brain agility (neuroplasticity), and shift from fight/flight/freeze brain reactions to the ‘response-able’ brain, requires awareness and tools that can release survival patterns and move to a more coherent, creative and conscious place.

***Are you ready to activate your Brain Map and access an abundance of personal and professional treasures?***

Cognitive Fitness and Brain Gym will create new connections and neuro pathways that allow for a more rich, productive, and healthy life experience, at home, in school and the workplace.

Jill Hewlett and Sharon Todd are co-founders of Brain Works Global Inc., licensed Brain Gym® Trainers and *Cognitive Fitness* Experts. Their company trains clients on how to maximize their learning potential while working in conjunction with their individual goals.

For over a decade [Jill Hewlett](#) has been providing inspirational and educational [keynotes](#). As well, Brain Works Global provides [in house](#) and [community training](#) and personal and professional coaching services to a wide range of [organizations](#), [schools](#) and the [community](#). For more information go to <http://www.brainworksglobal.com> or call Sharon Todd, Director of Sales and Operations 905.235.5546



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