

BE BOLD BE BRAVE

Bertha Brain

Learn the number one tool that allowed me to turn my life around and heal my mind.

What is Bertha Brain? Bertha is the name of my negative brain. I am going to teach you how to name your negative brain and why its so important.

Your brain is made up of many amazing parts but today we will be discussing your negative brain. Your brain is not all negative. It's 50 percent negative and 50 percent positive. So often it can feel like we have two people living inside our heads. In truth, we do. We get to decide to feed the negative or the positive. Every single day on average, we have about 60,000 thoughts a day coming into our minds. About 80 percent of those tend to be negative. That is completely normal! However, we still get to choose what we will feed and give power to! When we allow our thoughts to flow through us and we don't cling to any thoughts then our mind can remain in a neutral state. When we allow ourselves to buy into the negative thoughts and actually believe them, more negative thoughts are created and then suffering occurs. After continually allowing patterns of negativity, the negative mind grows in strength and can feel like a negative person living inside of us. Negativity is not the problem, we all have it. It becomes a problem when we believe it and identify it as being who we truly are. This then can lead to anxiety, depression, obsessive thought patterns, etc. Negativity is a practice, just like positivity is. Both take the same amount of energy. I'm excited to teach you this simple, yet very effective tool to help you change your mind.

In order to heal and change your mind, first I want you to understand that you are NOT your mind. Have you ever heard the term or seen the quote "You are not you mind?" Well, its true. You have a mind. You are a SOUL. Your soul is all love, all joy, peace, harmony and pure positive energy. That is who you truly are under all your thoughts and emotions. When you live life with your soul leading the way everything feels easy, happy, loving and more peaceful. You then have an easier time practicing on growing positive thoughts in your mind. As we create this change, I want you to disassociate with the negative brain. Begin to act as if it's not you at all. We are going to name your negative brain! Have fun with this!

Step 1: Name your negative brain

Step 2: Every time a thought comes up that hurts or you just don't like you simply say "thank you for sharing(name of your negative brain),that's very interesting." By saying "thank you" you are creating a respectful relationship with your mind and loving yourself even with all those unwanted thoughts. By

saying “that’s very interesting” your mind has a difficult time trying to explain the word interesting, so the thoughts are then shut down.

Step 3: Shift your mind to what you want to think about. Go to your happy place or repeat positive affirmations. Remember, positive thoughts are hundreds of times more powerful than a negative thoughts.

Step 4: Practice all day every day! This is an ongoing journey and a wonderful tool you can use your entire life. The more you practice this the easier it will get. In the beginning it may feel like a constant battle between you and your negative brain. Your mind may try to fight your new positive practice but keep going! Observe the mind, and use this technique throughout your day.

Thank you for choosing to invest in your mental health! As you heal yourself and shift your mind to a more positive state, you heal those around you as well.

Much love and light to you!

-Britney

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