



**Bertha Brain** is a simple, yet very effective tool you will be learning today.

What is Bertha Brain? Bertha is the name I gave to my negative mind (ego). I am going to teach you how to name your negative mind and why it is so important to your growth and healing journey.

Our brain is an incredible organ, made up of many different parts. It houses our mind/ego. Today we will be discussing the negative mind and how we can manage it. The mind can be positive or negative. Often, it can feel like we have two different people living inside of us. In truth, we do. Every single day, on average we have 60,000 thoughts running through our minds. About 80 percent of those thoughts tend to be on the negative side.

As we think thoughts, we either believe them or toss them aside and we usually do that completely unaware. Certain thoughts will grab our attention more, we cling to them and then we feel an emotional reaction from them.

Our thoughts create our emotions. So, overtime if we are listening to and believing the negative thoughts that come up, we will most likely develop things like anxiety, depression, stressful states of being as well as undesirable physical ailments.

How we manage and use our thoughts is so powerful. We can have the opportunity to choose to grow positive thoughts or negative thoughts. If you want to cultivate a lifestyle of happiness and positive vibrations within you and your outer reality, then you are going to want to manage how you are using your thoughts and which ones you will grow.

In order to manage your mind, first you must understand that you are NOT your mind. You are a soul who has a mind. All those thoughts you hear all day long swarming in your mind are not actually you. Your soul would not agree with most of the thoughts you believe. When you feel a negative emotional reaction from your thoughts, that is your soul communicating with you to change your thought patterns. How amazing is that? Our emotions can be used as our guidance system and help us to choose our thoughts more wisely. The Bertha Brain tool helps you to honor your soul by listening to your emotions and changing the thoughts that are creating those undesirable feelings within you.

So now, let's practice managing and choosing our thoughts wisely so we can experience more joy, states of positivity, and blissful outer experiences in our reality.

**STEP 1:** Name your negative mind

**STEP 2:** Every time a thought comes up that feels stressful, painful, intrusive or negative you simply say, "thank you for sharing (name of your negative brain) that is so interesting!" By saying "thank you" you are creating a respectful relationship with your mind and loving yourself even when those unwanted thoughts come up. By saying, "that's very interesting" your mind has a tough 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 that positive thoughts are 100 times more powerful than negative thoughts. So flooding the mind with positive affirmations will have a great effect on you!

**STEP 4:** Practice all day, every day! This is an ongoing journey, and you can use this tool your entire life! Repetition is key. The more you practice, the better you will get and the less negativity you will experience. In the beginning it may feel like you are in a battle with your mind. It may try to fight and resist your new positive practice but keep going! Observe the mind and use this technique throughout your day.