

THINKING - FEELING - BEING *Your Best*

"A double-minded man is unstable in all his ways." James 1:8

NEOCORTEX: What You Think

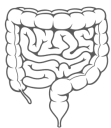


- Allows you to learn, remember, plan, analyze, reason, create, invent.
- This is information that you have based on study and reason, but does not necessarily match what you feel.
- When you relive past experiences in your thoughts, you condition the body with the same chemicals that were originally released. This solidifies "fight, flight, freeze" adrenaline, and makes it difficult to get control of your body and behaviors.



LIMBIC BRAIN: What You Feel

- This brain releases the chemical that help us remember our experiences.
- This is what you feel.
- When our thoughts and feelings are in opposition, we can not change.



CEREBELLUM: Who You are Being

- The subconscious mind: stores habitual thoughts, behaviors and attitudes.
- Habit: when the body knows better than the mind.
- Who we are being is the evidence of what we believe.

ALIGNMENT

