

ALLOWING *The Light*

Rewire Your Brain for Happiness A Step-by-Step Process

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Your brain changes all the time, regardless of whether you are aware of it. How does it change? Through your experiences and the lasting traits they leave in your brain. What influence can you have on this? Through your awareness: what you pay attention to, what you dwell on, what you rest your mind on... is the primary shaper of your brain. Hence the popular *moto*: you can actually rewire our brain!

Here is a simple yet powerful process that you can follow to help your brain rewire for happiness:

1. Laying the ground for the practice:

- a. **Cultivate the good by being aware of it in your daily life**, making sure that you are noticing those small instances where the good is / creating those experiences when needed, and being grateful for them. In that process, **identify also what is deeply nurturing you on a daily basis** (a walk outside to connect with nature, exercising, dancing, reading a poem, listening to music more rest and sleep, meditating on a daily basis, connecting with your spiritual guides...).
- b. **Revisit those experiences, personalize them, repeat them so that they become an anchor** that you can go back to, even when you are in the middle of a crisis (hence the importance of daily practices and rituals). Repetition is part of how our brain learns and how we can change our neuro-structure.
- c. Each time something makes you feel good, make sure that you are **pausing and letting the good sink into your with the intention of "filling your pot"** (this is where gratitude and intention come back into play). This is a very important part of the process so that any positive experience can be converted into actual learning.
- d. **Ask** (the Universe, God, Spirits...) for support, requesting the knowledge (or information) and energies to support you in this process. Learning how to ask the Universe and progressively trusting that you are being supported is also an important part of the process.

2. The practice itself (when a negative thought or emotion comes in and is taking you away from your happiness):

- a. **Pause and acknowledge what is with compassion** – Ignoring the negative and jumping into replacing it with the

positive does not always work. Because of our brain's negativity bias, it is way more easily impressed by the bad than the good. So, being with what is, allow yourself to breathe deeply again and acknowledge with compassion what might be hurting. The research shows that by the simple act of pausing and observing what is happening, we calm down the alarm system and we activate different parts of the brain.

- b. **Then get back to at least one major good experience in me and to the feeling of it and I let it sink in.** Go back to how it feels to be deeply supported by spirits, connected with nature, loved by your friends... Your brain will tap into the stocked images, sensations, words... that you have deeply felt and can get back to.

- c. **You might need to go back and forth between the two a few times, but after a while, you will feel a sense of release.**

For more information about the background to this practice, visit my post:

<https://shamanicspiritualhealing.com/rewire-brain-for-happiness-practice/>

For more information about the neuroscience behind, visit:

<https://peacerewire.com>