



Reprogramming Your Brain to Feel Strong

What You'll learn

You're going to learn

- What are strengths and how are they different than skills
- You're going to Uncovering Your Sensory Experiences for feeling both weak and strong
- And then do a Meditation to Reprogram Your Brain to Feel Strong

What Are Strengths?

We are all born with unique strengths that contribute to the whole of society. It is when we use those strengths as gifts given that we are being our authentic self. Our life then becomes one of ease and synchronicity.

There will still be challenges, but they will be easier to navigate.

Strengths are inherent inside you and give you the tenacity to succeed at something because they move you in the direction of your soul's purpose. They are those qualities that help you climb over obstacles. They give you the continuous support to keep moving forward toward your end goal. For example you may have a strength of

persistence while another has a strength of integrity. Both of you using them together can accomplish amazing feats.

Skills are learned practices and your strengths support you in continuing to practice your skills. For example you learned a story writing skill and you use your strength of persistence to complete a novella. Now there are some strengths that can be learned as skills. Let's take communication for example. It is a strength when you communicate to people naturally with a soul connection.

Talents are also gifts, but talents more relate to your approach to thinking and processing information. A talent would be that the right spot on words come to you that touch people when you write your stories. That is explained more in module 4.

In this lesson you will:

Fill out the 4 step worksheet for uncovering sensory experiences for feeling both weak and strong. Then

Do the meditation for Reprogramming Your Brain to feel Strong

Worksheet a 4 step process

Filling out the worksheet has four steps to complete.

Completing the worksheet for "Reprogramming Your Brain to Feeling Strong" is very important to do before the meditation.

Let me walk you through these worksheet 4 steps now.

Step 1 Reprogram Your Brain to feel Strong:

Uncovering Sensory Experiences For feeling Weak

Think of an event that is currently causing you to feel weak without judging if your feelings are justified or not. Close your eyes and notice how you experience it. Do you see it as an image? Do you feel or sense it in some way? What feelings do you feel? Here is a (hint of some feelings: powerless, unsafe, not loved, uncourageous, lack of joy, not valuable, or not at peace). Do you hear it somehow either in sounds or people saying things to you? Write these down in the worksheet provided.

Step 2 Reprogram Your Brain to feel Strong:

Locate your sensory experiences for Feeling Weak in Relationship to Your Height

Now where do you sense it in relationship to you? It could be a visual image, maybe just a sensing of energy or you hear a sound. Is it in front of you? Is it in front and upward or downward? Is it straight on to the right? Is it upward or downward on the right? Is it straight on to the left? Is it upward or downward on the left? Note where that sensing is. Now don't worry if you are not sure, just go with what first comes into your mind. Note the images you may see. Note any sounds you hear. Note the feelings or other senses you feel or sense.

Step 3 Reprogram Your Brain to feel Strong:

Uncover your sensory experiences for Feeling Strong

Now imagine how you would experience your life if you felt strong. Are there any images you see? What do you hear? What feelings do you feel some (hints of strong feelings: powerful, safe, loved, courageous, joyful, valuable, or peaceful)?

Step 4 Reprogram Your Brain to feel Strong:

Locate your sensory experiences for Feeling Strong in Relation to Your Height

Again, now where do you sense it in relationship to you? Is it in front of you? Is it in front and upward or downward? Is it straight on to the right? Is it up or down on the right? Is it straight on to the left? Is it up or down on the left? Note where that sensing is. Don't worry if you are not sure, just go with what first comes into your mind. Now note the images you may see and the sounds you hear and the feelings or other senses you feel or sense.

Next do the meditation for reprogramming your brain to feel strong

When you have a clear idea in your mind after filling out the reprogramming worksheet in this lesson, do the guided video meditation for "Reprogramming Your Brain for Feeling Strong".

This video meditation guides you through minimizing your constricting emotions and maximizing your expanding emotions. The meditation does this 4 times.

And remember to be gentle with yourself and surrender to your unique process. Don't be concerned if you got it right or wrong. It will work for you even if you are not sure where it is located or what the exact sensory image is. Enough sensory images are in

the meditation to help this work regardless of how clear your sensory experiences are. Just go with the flow. Your brain will reprogram just as you guide it to.

An Important Point:

The meditation guides you through the sensory experiences coupled with theta music and binaural beats. You can have the best experience when using ear phones or ear buds for this meditation. You can actually reach deep theta.

When you can feel strong, you will be able to recall your success stories more easily in the next lesson, which will be used to discover your unique strengths. The link to that lesson 2 is below.

Download the worksheet now and watch the guided meditation

Also don't forget to also download the bonus tip sheet - muscle test beliefs that get in the way of discovering your strengths.

If you feel like you have some of those beliefs, you may want to use the bonus tip sheet.

After the Meditation, go to Lesson 2.