NeuroWisdom 101

Train Your Brain, Transform Your Life

An 8 Week Program for Achieving Inner and Outer Wealth

58 Lessons to Build Confidence and Self-Esteem, Enhance Creativity and Work Productivity and Reduce Anxiety, Negativity, and Stress

Mark Robert Waldman
Faculty, College of Business
Loyola Marymount University, Los Angeles
How to Use This Program

Welcome to NeuroWisdom 101, a program that incorporates a new brain-based experiential learning and teaching process that has grown out of the past 10 years of my neuroscientific research and its application to classroom and work environments.

The program is easy to use: just set aside 5 to 15 minutes, preferably in the morning, to listen to one audio track each day. At the end of each lesson, take a couple of minutes to daydream and relax. Then jot down a few notes about your experience in the journal contained in this workbook.

**First:** Read the introductory pages in this workbook. Become familiar with the 10 principles of the brain-based experiential learning model, and review the six levels of human consciousness that will be referred to throughout this brain-training program.

**Second:** Listen to Track #1 on super learning. You’ll again be introduced to the 10 principles, but your brain will have a different experience because listening encodes information in a different way. This form of “super learning” is based on extensive research showing that a combination of brief periods of listening, writing, and self-reflection is the best way to change old behaviors, enhance performance, and increase happiness and wellbeing. But you must also learn how to consciously shift between different levels of consciousness. Track #2 will experientially guide you into a deeper understanding of these neurological states of awareness. Outer knowledge leads to inner wisdom, so trust your intuition as you research the experiential strategies throughout the day. Feel free to repeat any track on different days, and when you finish the entire program, start to listen to your favorite tracks in any order you wish.

**Third:** After you’ve listened to one track, stop the program and briefly write down your intuitive thoughts and reactions. Then, using the mindfulness clock and app, which you’ll find on my web page at [http://markrobertwaldman.com](http://markrobertwaldman.com), set one bell to go off every 15-20 minutes. Stop whatever you are doing and take a 10-second “relaxation-and-pleasure” break. Set another bell to ring at the top of each hour, and then take sixty seconds to reflect on the daily lesson.

**Fourth:** The Daily Commitment Sheet (included in this workbook) contains eight essential strategies that have been proven to generate enhanced productivity and emotional wellbeing. Using this tool on a daily basis substantially increases your ability to achieve any realistic desire or goal you have. When you have completed these 58 lessons, you will feel tremendous improvements in self-confidence and self-esteem. And if we were to put you into a brain-scan machine, you’d see changes in your brain that signify lower stress and anxiety, with increased abilities for empathy and compassion. You’ll experience greater work productivity, and you’ll feel more pleasure and satisfaction in everything you do. So remember: relaxed attentiveness, when combined with intuitive awareness, is the neuroscientific secret for optimizing your brain and achieving inner and outer wealth. *Enjoy!*
# Table of Contents

- Introduction Page 5
- Learning How to Learn Page 7
- The 10 Principles of Brain-Based Experiential Learning Page 9
- The Spectrum of Human Consciousness Page 15
- Shifting Between Levels of Consciousness Page 22
- Using a Daily Commitment Sheet Page 25
- Keeping a C.R.A.P. Board Page 27
- Your Daily Journal Page 29

**Lessons:**
1. Super Learning
2. The Spectrum of Human Consciousness
3. Shifting Consciousness
4. The Limitations of Everyday Consciousness
5. The 10-10 Rule – Say More with Less Words
6. Reality is Not Real
7. Your Mind is Never Quiet
8. Learning How to Play and Playing While You Learn
9. Yawn and Stretch Your Way to Enlightenment
10. Deepening Awareness With a Bell
11. Transcending Inner Speech
12. Creative Daydreaming
13. Pleasure Increases Productivity
14. Expand Your Consciousness by Slowing Down
15. Negative Feelings Aren’t Real
16. Eliminate Worry with Math
17. Discovering the Inner Voice of Wisdom
18. Values are the Key to Happiness and Success
20. Three Words That End Conflicts Before They Begin
21. Optimism Heals, Negativity Kills
22. Squeezing the C.R.A.P. Out of Your Brain
23. Don’t Get Rid of Your C.R.A.P.
24. Pleasant Memories Eliminate Stress
25. Improve Your Self-Image with Touch
26. Don’t “Work Through” Your Negativity: Suppress It!
27. Run Away from Your Stress…Literally!
29. Enlightenment Part 2: Turning “Something” into Nothing
30. Enlightenment Part 3: Mmmm Your Way to Bliss
31. Crazy Wisdom: The Fastest Way to Solve Problems
32. Pleasure Increases Consciousness and Success
33. Indulge in a Dopamine Dessert!
34. Breathing Awareness Strengthens Emotional Control
35. Novelty Builds a Better Brain
36. Gratitude Boosts Self-Esteem
37. Recording Daily Successes Builds Confidence
39. Dialogue Meditation Builds Cooperation and Trust
40. Movement Meditations Enhance Neural Performance
41. Walk Slow, Accomplish More
42. Eat Better and Lose Weight: Shop in Slow Motion
43. Words are the Worst Way to Communicate Your Needs
44. Sabotage Bad Habits and Achieve More Goals
45. Make Better Decisions by Trusting Your Gut
46. A Strength Board Eliminates Worries and Doubts
47. An Accomplishment Board Builds Confidence
48. A Skills Board Will Guide You to Success
49. Discover Your True Purpose in Life
50. Accepting Your Weaknesses Increases Your Happiness
51. Sharing Inner Values Generates Mutual Respect
52. Free Your Brain by Throwing Out Old Ideas
53. Interrupt the Formation of Painful Memories
54. Crying Washes Away Your Grief
55. Become a Brainiac: Visit PubMed
56. How to Be Happy Whenever You Want
57. Pay It Forward
58. Embrace Your C.R.A.P. and Be Free

Bonus Exercises: 60 Seconds to Change Your Brain
Bonus #2: Reading Facial Expressions
Introduction

What is consciousness?
What gives our life meaning and purpose?
And is there really such a thing as happiness, enlightenment or truth?
Are they real, or are they just figments of an active imagination?

And what about the human brain? What do we really know about this mysterious creature with nearly 180 billion independent minds? First, we need to throw away our old notions about its structure since neurons and glial cells are constantly moving, growing, shrinking, and making new connections.

Each neuron can communicate with thousands of other cells using hundreds of different neurochemical and electrical impulses, and it’s now impossible to say where one “structure” ends and another begins. Take, for example, the image above, which shows only a small portion of the number of axons and dendrites that extend from the thalamus located deep within the center of the brain.

The brain creates consciousness, but that same consciousness can restructure many areas in the brain. For example, when we awake and we sense something new or interesting, dopamine is released from the nucleus accumbens which then stimulates us to evaluate how to achieve the “object” of desire. We have voluntary control over the decisions we make, but we only have conscious access to a tiny bit of information. And yet this limited form of everyday consciousness can be expanded to give us access to deeper levels of creativity, intuition, and self-reflective awareness. New insights emerge as we transform our perceptions of the world.

Over the next eight weeks, I’ll guide you through 58 lessons that will improve the neural functioning of your brain. They have been shown to lower anxiety,
depression, and stress while simultaneously enhancing memory, cognition, empathy, and work productivity. Negativity recedes and optimism increases, and this is the neuroscientific recipe for increasing longevity and life-satisfaction.

These simple strategies grew out of the research I have conducted with Andrew Newberg MD at Jefferson University and Chris Manning PhD at Loyola Marymount University, where I teach, and they have been documented in our books academic articles published in peer-reviewed journals.

By spending just a few minutes each day listening to and practicing the lessons in this program, you can, by the end of eight weeks, see measurable changes and improvement in neural functioning, cognitive performance, and emotional regulation. So please keep this journal by your side because it’s a key component for success.

In this workbook, I will introduce you to a new model of human consciousness that consolidates more than 31,000 studies contained in the database of the National Library of Medicine. In NeuroWisdom 101 you will learn how to move beyond instinctual and habitual forms of problem-solving to tap into the contemplative states of awareness where problems are easier to solve and goals become easier to reach.
But most important, you will experience a brand new educational format that integrates hundreds of studies conducted in the fields of neuropsychology, neuroeconomics, and contemplative neuroscience. It’s an experiential form of learning that transforms worry and procrastination into confidence, satisfaction, and inner peace. Welcome to NeuroWisdom 101.

Learning How to Learn

Despite the enormous advances made in science and psychology, education hasn’t changed much in the last hundred years, especially on the elementary and high school levels which still rely on the 3-R rule: reading, writing, and arithmetic. On the surface, there is nothing wrong with this model, because the development of language, coupled with the abstract reasoning required by math, is essential for survival in today’s world.

But what about creativity, imagination, and intuition? Other than an occasional art or literature or social-science class, these essential tools are rarely addressed until we enter college, where professors demand innovation and original thinking if you want to graduate with an advanced degree. But nobody teaches us how to reflect on the inner processes of awareness. In fact, until recently, there wasn’t much evidence to suggest that intuition and imagination were essential elements for making wise decisions. But thanks to brain research, we now know that there are specific circuits in the brain that generate these exquisite problem-solving skills. And with the emergence of the new field of contemplative neuroscience, we now have a growing toolbox of techniques that have been shown to strengthen specific new neurological circuits that can make us more happy and satisfied – at home and at work.

At Loyola Marymount University in Los Angeles, where I am on the faculty of
the College of Business, we have been developing, testing, and implementing a new educational strategy unlike any other learning system in the country. These brain-based techniques speed up the learning process, but they also have been shown to boost work productivity and teamwork cooperation while reducing physical and emotional stress. We have also proven that for 90% of our students, stress levels dramatically drop and one’s meaning and purpose dramatically increases. Our findings were recently published in the *Journal of Executive Education*, and our strategies are now being taught in schools throughout the world and in many businesses throughout the country.

When you apply the ten key principles of brain-based experiential learning to your daily life, our research shows that you will learn more quickly, solve problems more easily, and eliminate inner and outer conflicts, often before they even begin. Your memory and concentration improves, and your communication skills are enhanced.

And again, it only requires you to spend 60 seconds, once an hour, to relax and observe the inner workings of your mind. In these brief moments of self-reflective awareness, insights intuitively burst into consciousness. When this happens, a person often feels enlightened – a term that describes a nonverbal experience in which we see ourselves and our lives in a very different light. These are the “aha” moments described by mystics and philosophers, and they appear to be directly related to unique circuits of the brain that are stimulated when people engage in different forms of meditation, spiritual practice, and self-reflection.

So what's the easiest and fastest way to improve learning, memory, skill-development, and intellectual growth? Here are the 10 key principles summarizing nearly a thousand recent studies that you can find abstracted at [www.pubmed.gov](http://www.pubmed.gov), an international database sponsored by the National Institutes of Health.

These strategies have been fully integrated into NeuroWisdom 101, and in Lesson #1, the audio track (in combination with the workbook/journal that follows this introduction) will guide you through an experiential description of these 10 principles. But I’d like you to read them first so that you will notice the difference between reading, listening, and then responding in writing to each of these core strategies.
The 10 Principles of Brain-Based Experiential Learning

PRINCIPLE #1: RELAX. To get the most from any lecture, book, or class - you must remain totally relaxed and alert while learning. Any form of physical or emotional stress disrupts memory formation, and if your memory is compromised, you cripple the brain’s ability to recall important information when it’s needed. So throughout this program, you’ll often be reminded to yawn, stretch, and slowly breathe in and out since these have been shown to be the fastest ways to relax. Infants begin yawning in the womb and it is a form of social empathy for animals.

PRINCIPLE #2: BELL ENTRAINMENT. A recent study confirms that when you focus on the sound of a resonant bell, it will enhance the relaxation process. Throughout this program you’ll hear one of three different bells. They serve as a reminder to take just a few seconds to yawn, slow down, and to stretch a little as you consciously relax all of the muscles in your body. Bell entrainment also helps the mind to become more focused and attentive, and it’s now being used in many university and medical programs throughout the country. It helps to bring you into the present moment so that you can remain fully immersed in the learning experience.

PRINCIPLE #3: KEEP YOUR LEARNING SESSIONS BRIEF. Information must be presented to the learning centers of the brain in very small quantities because memory encoding can only deal with one or two ideas at a time. I call it the “10-10 Rule” because your brain can only process about ten words – one brief sentence – and hold it in working memory for about ten seconds. So when it comes to learning something new, key information must be presented as briefly and concisely as possible, and then your brain then needs time to absorb it and encode it into long-term memory. For this reason, most of the NeuroWisdom tracks are between 3 to 7 minutes long. Within each lesson, when a key concept is presented, a bell will be rung to allow you a few seconds to relax and reflect as your brain intuitively integrates the core elements of the information. I also recommend that you only listen to 1 lesson each day, and to contemplate the core elements several times during the day. This gives your brain time to integrate the knowledge into your daily routines.
PRINCIPLE #4: DAYDREAM. At the end of each lesson or neuro-tip, when you hear the sound of a small bell, I recommend that you turn off the program and close your eyes for one or two minutes, and then allow yourself to consciously daydream. This “resting state” awareness, as researchers call it, is essential for absorbing new ideas and embedding them into long-term memory. Technically, it’s also known as mind-wandering, and it’s the opposite of concentration. Mind-wandering allows the goal-oriented processes of your brain to relax while other areas integrate the information in creative and intuitive ways. In the past, educators discouraged students from daydreaming and mind-wandering, never realizing that this imaginative state of consciousness is one of the most important neurological functions for maintaining a healthy brain. The top image, in the brain scan to your right, shows how improvisational and creative activities stimulate areas associated with innovative decision-making and optimism (in yellow), whereas the use of previously learned information (the bottom image) shows a decrease in these areas (in blue). This suggests that a lack of creative experiences may lead to depression.

PRINCIPLE #5: WRITE IT DOWN. The research is consistent: thinking about what you learned, or what you want to accomplish, is far less effective than writing or speaking. It appears that the motor activity involved in both writing and speaking is essential for deep learning and behavioral transformation. So after you’ve listened to a lesson, then spend a minute daydreaming and reflecting on it. Then use this journal to write down the most interesting parts of the lesson. But again, be brief. Trust your intuition, but don’t write down more than a couple of paragraphs – and no more than a single page of notes. Then, after you’ve jotted down some notes, take another 60 seconds to observe and reflect on the words written on the paper. This will stimulate additional learning and memory centers in your brain, as you can see in the brain scan images below. And if you really want to get the most from this program, share a small part of each lesson with someone else because speaking helps to consolidate learned information in extraordinary ways.

One more point: I’m often asked if typing and writing are equally effective. After reviewing the last fifteen years of research on this question, the answer is yes: both writing and typing enhance different learning processes in the brain. So the choice is yours: choose the style you like the most, or experiment with both. But remember this: many studies show that writing down your negative feelings increases anxiety and depression. Instead, state your problem in a single sentence, then write about potential solutions.
PRINCIPLE #6: VISUALIZE IMPORTANT IDEAS. The human brain needs to have a visual anchor in order for us to remember important concepts and abstract ideas. So when you hear or discover something that you feel is important, pause the program and see if you can create simple image, a drawing, or a symbol associated with the idea. You can draw a circle around one concept, a square around a different one, or perhaps a spiral or an arrow to capture some intuitional quality. Or, just close your eyes and notice which images come to mind as you think about a particular lesson or strategy.

PRINCIPLE #7: REPEAT, REHEARSE, REFRAME. Repetition of important information is also needed, so on different days, go back and arbitrarily listen to one of the previous tracks. Then share the information with someone else. Turn it into a Facebook post or blog about it. This form of rehearsal will make it more meaningful, and you’ll have the joy of helping others along the path of enlightenment. Throughout this program, key principles will be recapped, but in different ways.

University researcher Emrah Düzel explains how novelty motivates us and deepens the learning experience: “When we see something new, we see it has a potential for rewarding us in some way. This potential that lies in new things motivates us to explore our environment for rewards. The brain learns that the stimulus, once familiar, has no reward associated with it and so it loses its potential. For this reason, only completely new objects activate the midbrain area [as shown in the left brain scan image in the picture] and increase our levels of dopamine” With more dopamine, we experience more pleasure, motivation, and consciousness. “If you mix new facts in with the old, you actually learn better,” states Dr. Düzel.

Research also shows that important information needs to be repeated, but in novel ways. It’s like looking at a diamond: each nugget of wisdom has different facets, and you need to look at it from different angles to fully appreciate its beauty. So when you practice each lesson during the day, keep it interesting. Innovate, experiment, and personalize the strategies.

PRINCIPLE #8: TRUST YOUR INTUITION. Logic and reason are important elements in education, problem-solving, and goal achievement, but there are many other cognitive processes that are essential for building happiness, contentment, and satisfaction. They involve nonverbal levels of awareness, and the best way to access this level of consciousness is to observe and reflect without judgment, and then trust your intuition as you integrate the information, respond to others, and actively engage in the achievement of your goals.
Some people refer to intuition as a gut-level response, but we all have an inner voice of wisdom that is just as valuable as the outer knowledge we acquire from others. So if a particular lesson doesn’t make sense to you, or an exercise makes you feel uncomfortable, let it go and revisit it at another time. Intuitional awareness is governed by unique spindle neurons located primarily in the anterior cingulate, and area of the brain that takes many decades to mature.

**PRINCIPLE #9: TAKE FREQUENT PLEASURE BREAKS.** Our research has found that taking 2 to 3 breaks during each hour to consciously relax, stretch, meditate, or do something pleasurable – even for 10 seconds – will reduce stress, enhance your awareness, and significantly boost your concentration and productivity. When I consult with corporations, I encourage all employees to download a mindfulness clock onto their computer and to set the bell to go off every 10 to 20 minutes.

**PRINCIPLE #10: DEVELOP UNWAVERING OPTIMISM.** Hundreds of studies confirm that ongoing positivity improves neural functioning. Persistent hope, faith and optimism – about yourself and anything you are about to do – is especially important when it comes to education, relationships, and high performance at work. Even the slightest worry, irritation, or self-doubt is enough to disrupt the motivation and learning centers in your brain. When negative thoughts creep into consciousness, just write them down on a sheet of paper and create what we call a C.R.A.P Board, which stands for conflict, resistance, anxiety, and any other problem dreamed up by your creative frontal lobes. You’ll immediately feel better – that’s what our scientific research has found.

**TO SUMMARIZE:** When engaged in any learning experience, remain completely relaxed. Use the bell to concentrate and bring yourself into the present moment. Keep your learning sessions brief. Consciously daydream for a few moments after each session. Write down key elements of the lesson. Visualize the information. Review the material and rehearse it novel ways. Use your intuition to grasp the information on a deeper nonverbal level. Take frequent pleasure breaks several times each hour. And finally, maintain consistent optimism by interrupting negative feelings and thoughts.
NeuroWisdom 101 integrates these principles into every part of this audio program. But remember, listening is not enough to change your habits or your brain. Writing enhances the learning experience and it stimulates the brain to take action, so make sure you keep this workbook and journal by your side.

Draw Your Way to Enlightenment

Most of the 10 principles of brain-based learning are easy to grasp, but the most difficult one to execute is #8: Visualizing complex information and abstract ideas. The most active part of your brain is your visual cortex (at the back of your head) and it constantly creates “pictorial” maps of our experiences (the red and yellow areas that you can see lit up in the brain scan to your right).

We need these maps to orient ourselves in the world, but they are not the images we see in the mind’s eye, a process that we believe takes place primarily in the frontal lobes just above your eyes. This is where we “see” the world in which we live. When we hear the word “chair” we picture it along with all the associations related to it; for example, sitting down in front of a table. The same is true for action verbs like “run.” Our mind envisions legs moving rapidly across the ground.

But what more abstract concepts like intuition or optimism? These are harder to visualize, which makes them more difficult to understand and apply to our lives. And when we are confronted with a string of abstract concepts like the 10 principles of brain-based experiential learning, it’s easy to forget the most important elements. But if we can turn it into a graph or chart, the symbolic shapes help to anchor the concepts in long-term memory.

Let me give you an example to illustrate this point. If you took out a sheet of paper right now, you probably wouldn’t be able to list all 10 principles described above. You’d forget some terms and probably invent a few original ones. Well the same thing is true for me. This morning, as I was writing this section, I tried to list them myself and I failed! I came up with a different list, and I knew that tomorrow I’d probably recall something else. That’s how memory actually works. It’s not about accuracy – that’s something teachers mistakenly impose on students – it’s about what the brain feels is essential. And since all kinds of non-conscious processes are at work, every person’s memory will be different.

I decided to create a “flow chart,” a symbolic diagram that would help me – and others – visualize the 10 principles more clearly. First, I intuitively wrote down ten key words in a column. Then I looked at my original list and modified them. Next, I arranged them “sequentially,” trusting my intuition. Finally, I drew concentric circles around each word, and as I looked at my visual creation, I began to have new insights about how I could revise and improve my teaching strategies.
As you can see, the diagram I created makes it easier for your brain to grasp the core concepts that took me four pages to describe using words.

By accident, the drawing placed intuition in the center of the map, which pleased me, because I and my colleagues believe that this principle is essential for all learning and decision-making. Why? Because all of the research in the world cannot provide enough evidence to state, with certainty, if a strategy is personally useful for you. This is true in medicine, but especially true with psychotherapy where there are hundreds of techniques that will benefit some people but not others. But when individuals learn to trust their intuition, our research shows that this is the fastest way to build self-confidence and stimulate motivation.

My diagram did not include the principles of taking frequent pleasure breaks, nor did I include one of the most important elements: bell entrainment: So I added an alarm clock icon as a visual reminder to use a mindfulness timer throughout the day. I also forgot to include optimism, along with the entire concept of visualization, which is the strategy I wanted to emphasize in this section of the workbook! But with this rough drawing, I can easily change it and send it to my colleagues – and to you – to brainstorm about improvements. You’ll see my revised model on page 38.

So give it a try. When you come across information that you want to remember and communicate to others, turn it into a graph or chart. Add symbols and arrows, anything that can help to anchor the concept into your visual memory circuits.

Of course, deep learning requires a combination of many strategies: language-based comprehension, visual representations, and an intuitive sense that the information will add meaning or value to your life. So as you listen to each lesson, make sure you stay highly focused but relaxed, because the research consistently shows that when you are in a semi-hypnotic state, comprehension increases.
At the end of each lesson, turn off the program and take a few minutes to
daydream and reflect. Then make some written notes. On the next day, before you
start a new lesson, look back over your writing because you will always discover
something new.

By following this strategy you will have engaged four different types of brain
activity: listening, writing, reading, and reflection. Each involves a subtle shift in
consciousness, and these shifts are essential for learning, memory formation, and
information retrieval. In fact, the ability to deliberately shift between different levels
of consciousness is the neuroscientific secret for attaining true happiness and success.

The Spectrum of Human Consciousness

Before I conclude this introduction to NeuroWisdom 101, I want to share with
you our newest research model, called the Spectrum of Human Consciousness. It is
literally a consolidation of 31,000 studies dating back to 1870, but the most important
discoveries – over a thousand published in peer-reviewed scientific journals – have
been made in the last five years. The chart on the following page is similar to the
earlier one I showed you on page 6, but this one is our “academic” working model
showing which brain areas are associated with each “level” of consciousness.

There are actually hundreds of discrete forms of consciousness that different
researchers have identified, but we find that they fall into five general categories:

- **Instinctual**
- **Habitual**
- **Intentional**
- **Free-Floating**
- **Self-Reflective**

We also postulate a 6th level – transformational – based on my and Dr.
Newberg’s brain-scan studies of people who have practiced different forms of
contemplative and spiritual practices for many years. In these individuals, we find
structural changes in key areas of the brain that are associated with the way we perceive reality. People who exhibit these neurological alterations have sometimes been shown to exhibit profound levels of compassion toward others, along with a deep sense of inner peacefulness.

We believe that everyone has the ability to briefly touch into these transcendent states of consciousness. And the more a person chooses to practice contemplative exercises on a daily basis, the more one’s life will be filled with satisfaction and joy.
Level 1: Instinctual Awareness

We chose a pyramid because each level of consciousness is dependent on the processes that govern the lower levels. If something is neurologically wrong on one level, it can strongly hinder the functioning of the upper levels but only weakly disrupt the functioning of the lower levels.

At the foundation of the pyramid, where the organism is in direct contact with the environment (reality), we basically have the simplest form of biological and genetic functioning of cells. The organism has little or no voluntary control over itself or the environment, and as far as we can tell, awareness does not exist. For humans, it would be the state of deep sleep or coma.

But the moment we wake up, we become consciously aware of our environment. And more important, we can voluntarily shift our attention and move our bodies to take care of our survival needs.

This is also the level where humans and most animals emotionally respond to experiences and interactions with the world. As Jon Kabat-Zinn stated, “The brain is the organ of experience” and our emotions influence virtually every aspect of our interactions with the world. If our emotional circuits are damaged, we can find ourselves trapped in endless fear or rage, or be relegated to a state where we hardly feel anything at all.

Level 2: Habitual Responsiveness

Our motivational impulses also emerge from Level 1, and when we encounter pleasurable events, we instinctually seek them out again and again. Through experience, we develop skills to improve our existence along with strategies to avoid pain. This engages higher levels of neural functioning where learning and memory-formation takes place. This is Level 2. When we have a pleasurable experience, dopamine is released and a basic form of conscious awareness is created. If the experience is painful, awareness is momentarily heightened as instinctual reactions kick in.

Through this pain-and-pleasure learning experience, we build a repertoire of habitual behaviors that soon begin to operate outside of our conscious awareness. It’s
like using a spoon to sample a bowl of soup: we don’t really pay much attention to how we picked it up, we simply did so automatically.

In humans, there is a fair degree of self-awareness when we are learning new material, but as it becomes engrained into our memories, habitual behaviors take over. This is the realm of Freud’s unconscious and the realm where most therapists work to alter poor behaviors that limit our growth, development, and productivity.

Level 3: Intentional Decision-Making

This level of everyday consciousness, as Andy Newberg and I like to call it, is where most of our focus, concentration and daily decision-making take place. It’s also known as short-term working memory and it contains just enough information to allow us to make moment-to-moment conscious choices. For example, you are probably very aware that you are reading right now, but you only have a vague awareness of this book, the chair you are sitting in, or most of the ambient sounds in the room. In fact, it’s impossible to be consciously aware of everything that you are experiencing, and many of the exercises in this program will give you a living experience of just how limited everyday consciousness is.

We’re not even aware of the actual emotional experiences we constantly have. Instead, when we reflect on our feelings and moods, we are mostly calling up old memories and projecting them onto the present moment.

Even though everyday consciousness is incredibly limited, it has the power to arbitrarily alter the functioning of many parts of the brain. We can change our habits and behaviors if we really want to, and we can deliberately create or access higher levels of awareness that few other animals can reach. But we have to learn how to do so, or be taught by others who have mastered the art of shifting between different levels of consciousness.

Level 4: Free-Floating Imagination

When everyday consciousness gets tired – something that can occur within a few minutes when we are concentrating on specific goals – our neural activity shifts into a different state of consciousness where the mind meanders through a dreamlike fantasy world. When we are concentrating on a task (intentional consciousness), our brain becomes less active, but when we slip into what appears to be a resting state, our brain becomes more active.
As the image to the right shows, consciousness, as we are describing it, literally expands throughout the brain as hundreds of thoughts, feelings, memories, and images are rapidly being generated and processed.

It’s also a very creative state of mind, one that is well known by philosophers, artists, musicians, and inventors. It’s the place where Einstein found solutions to baffling problems, and the place where children generate nightmares and irrational fears.

For most of our daily lives, we consciously vacillate between habitual, intentional, and imaginary states of awareness. But when you consciously choose to enter into a relaxed, hypnotic state of free-floating consciousness, you not only refresh your brain, you increase motivation, work productivity, and an overall sense of well-being.

**Level 5: Self-Reflective Awareness**

To enter this level of consciousness you must do two things. First, you must consciously choose (Level 3) to deliberately relax and allow your mind to daydream (Level 4). Then you must become attentive to all the thoughts, feelings, and sensations that drift through your creative imagination. All you have to do is watch them without judgment.

This form of self-reflection is at the center of philosophical and theological inquiry, but today it has given birth to a new field called contemplative neuroscience, and it provides us with some of the most effective ways to lower stress, anxiety, and depression while simultaneously increasing empathy, compassion, and intuition.

It involves some of the newest evolutionary structures in the brain, areas are the slowest to develop, taking decades before they fully mature. But as our brain scan studies have shown, spending just 12 minutes a day will create profound neurological changes in 8 weeks or less. And if you practice diligently, another level of consciousness can be reached.
Level 6: Transformational Consciousness

The more you watch the processes of your mind while remaining in a deep state of relaxation, different feelings and sensations can become more intense. Then suddenly, your whole sense can change as you become aware of the present moment and all that is happening around you.

You can also reach a point where you become aware of watching yourself, and in that moment most people have an “aha” experience. We become aware that we are not our thoughts. In spiritual circles, this is sometimes called a moment of enlightenment, a word that, in the 1600s, referred to a person who had achieved deep wisdom and insight into the “true” nature of existence.

In Western Philosophy, the Age of Enlightenment in which science replaced superstition and self-reflection became the norm. The Age of Enlightenment fought for social justice and equality, and it eventually became the holy grail of education. From a spiritual perspective, enlightenment is a transcendent state of awareness that allows a person to see the deeper truths about ourselves and the world in which we live.

But is there any neurological evidence to support the notion of a transformational consciousness where life becomes more meaningful and purposeful? We believe so, because our brain scan studies show that deep contemplation and consistent self-reflection cause unique structural changes in those parts of the brain that deal with our perception of reality.

In the picture on the right, the upper brain scan shows a normal thalamus, where both sides are active (red) when we are awake. When asleep, both sides become quiet, but as you can see in the lower scan, one side of this person’s thalamus is highly active and the other side looks like it’s asleep. It’s a very rare phenomenon, but in people who have been practicing meditation, self-reflection, and mindfulness for years, it’s a very common occurrence.

It’s as if the person is simultaneously half awake and half asleep, and we suspect that this allows practitioners to have constant access to dreamlike states of imagination, creativity, and intuition. It also provides evidence that an “enlightened” person actually sees the world differently. A growing body of research also shows that people with thalamic asymmetries have different values. They appear to be less narcissistic and selfish, and they demonstrate greater empathy, compassion, and generosity toward others. And when we bring these higher levels of consciousness into our personal relationships and work, the evidence shows that we experience greater satisfaction in all aspects of our life.
NeuroWisdom 101 will guide you through specific exercises that allow you to consciously shift between these different levels of consciousness, giving you the power to experience personal transformation. Even if it only lasts for a minute or two, these brief moments of enlightenment can dramatically change your life, adding deep meaning and purpose as you pursue your dreams and goals.

If you are new to meditation or mindfulness practices, this course will give you all the prerequisites for creating a life-enhancing strategy for peak performance. Also, it doesn’t matter if you are religious or nonreligious, since our brain-scan studies that it doesn’t matter, nor are any of the exercises in this program connected to any spiritual or theological belief. You can add them if you like, or bring them into the public school system as they are currently designed to do.

If you are a seasoned practitioner, you may be surprised by many of these techniques because they significantly differ from traditional models of mindfulness. For example, you don’t need to repeat the same technique for 20, 40, or 60 minutes a day. In fact briefer periods of self-reflection and relaxation (as little as 10 seconds) carried out more often (2-3 times every hour or two) will bring more benefits into your life at home and at work. And by changing the “rules” – the strategies, mantras, postures, etc. – on a weekly or daily basis, you’ll achieve greater results more quickly.

What kinds of changes do we see in the brain? As the following two charts show, they are substantial. In the first chart, when we studied Buddhist and Christian meditators doing a 50-minute practice, we saw changes as high as 26% in key areas of the brain. The brain-scan images show changes taking place in the frontal and parietal regions of the brain.

<table>
<thead>
<tr>
<th>Part of the Brain</th>
<th>P-value</th>
<th>Baseline Mean</th>
<th>Mediation Mean</th>
<th>Percent Change</th>
<th>SD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anterior Cingulate</td>
<td>0.0074</td>
<td>1.25</td>
<td>1.34</td>
<td>7.2</td>
<td>0.08</td>
</tr>
<tr>
<td>Cingulate Body</td>
<td>0.0001</td>
<td>0.91</td>
<td>1.14</td>
<td>25.3</td>
<td>0.13</td>
</tr>
<tr>
<td>Dorsal Lateral PFC</td>
<td>0.0001</td>
<td>1.31</td>
<td>1.45</td>
<td>10.7</td>
<td>0.08</td>
</tr>
<tr>
<td>Inferior Frontal</td>
<td>0.0025</td>
<td>1.25</td>
<td>1.36</td>
<td>8.8</td>
<td>0.09</td>
</tr>
<tr>
<td>Midbrain</td>
<td>0.0166</td>
<td>1.16</td>
<td>1.29</td>
<td>11.2</td>
<td>0.14</td>
</tr>
<tr>
<td>Orbital Frontal Cortex</td>
<td>0.0075</td>
<td>0.97</td>
<td>1.22</td>
<td>25.8</td>
<td>0.24</td>
</tr>
<tr>
<td>Posterior Cingulate</td>
<td>0.0114</td>
<td>1.19</td>
<td>1.29</td>
<td>8.4</td>
<td>0.09</td>
</tr>
<tr>
<td>Sensorimotor</td>
<td>0.0017</td>
<td>1.19</td>
<td>1.26</td>
<td>5.9</td>
<td>0.06</td>
</tr>
<tr>
<td>Thalamus Sensory/motor</td>
<td>0.0114</td>
<td>1.40</td>
<td>1.60</td>
<td>14.3</td>
<td>0.21</td>
</tr>
</tbody>
</table>
When Dr. Newberg compared the structural differences between those who had meditated regularly for years to those who did not meditate, we found that many areas were altered by as much as 13%.

<table>
<thead>
<tr>
<th>Brain Structure Differences</th>
<th>P-value</th>
<th>Non-Meditators Mean±SD</th>
<th>Meditators Mean±SD</th>
<th>Percentage Difference</th>
</tr>
</thead>
<tbody>
<tr>
<td>Right PFC</td>
<td>0.002</td>
<td>1.15±0.14</td>
<td>1.29±0.10</td>
<td>12.2%</td>
</tr>
<tr>
<td>Left PFC</td>
<td>0.009</td>
<td>1.22±0.10</td>
<td>1.30±0.06</td>
<td>6.6%</td>
</tr>
<tr>
<td>Right Parietal</td>
<td>&lt;0.0001</td>
<td>1.13±0.04</td>
<td>1.27±0.07</td>
<td>12.4%</td>
</tr>
<tr>
<td>Left Parietal</td>
<td>&lt;0.0001</td>
<td>1.13±0.03</td>
<td>1.26±0.08</td>
<td>11.5%</td>
</tr>
<tr>
<td>Right Thalamus</td>
<td>0.02</td>
<td>1.19±0.07</td>
<td>1.32±0.20</td>
<td>10.9%</td>
</tr>
<tr>
<td>Left Thalamus</td>
<td>0.04</td>
<td>1.27±0.09</td>
<td>1.37±0.17</td>
<td>7.9%</td>
</tr>
<tr>
<td>Right Putamen</td>
<td>0.01</td>
<td>1.27±0.09</td>
<td>1.37±0.15</td>
<td>7.9%</td>
</tr>
<tr>
<td>Left Putamen</td>
<td>0.01</td>
<td>1.26±0.10</td>
<td>1.36±0.12</td>
<td>7.9%</td>
</tr>
<tr>
<td>Right Cerebellum</td>
<td>&lt;0.0001</td>
<td>1.05±0.12</td>
<td>1.23±0.05</td>
<td>17.1%</td>
</tr>
<tr>
<td>Left Cerebellum</td>
<td>&lt;0.0001</td>
<td>1.09±0.10</td>
<td>1.21±0.06</td>
<td>11.0%</td>
</tr>
<tr>
<td>Right Caudate</td>
<td>0.001</td>
<td>1.13±0.10</td>
<td>1.28±0.12</td>
<td>13.3%</td>
</tr>
<tr>
<td>Left Caudate</td>
<td>0.03</td>
<td>1.16±0.13</td>
<td>1.25±0.13</td>
<td>7.8%</td>
</tr>
<tr>
<td>Right Amygdala</td>
<td>0.01</td>
<td>0.89±0.09</td>
<td>0.99±0.10</td>
<td>11.2%</td>
</tr>
<tr>
<td>Left Amygdala</td>
<td>0.03</td>
<td>0.90±0.11</td>
<td>1.01±0.15</td>
<td>12.2%</td>
</tr>
</tbody>
</table>

**Shifting Between Levels of Consciousness**

There are, of course, many different definitions of consciousness and the term is often interchanged with the word “awareness.” In general, researchers distinguish between conscious and non-conscious (or unconscious) states which occur when one is comatose or in a dreamless state of sleep. Thus, when we are awake, have the ability to voluntarily respond to the outside world.

But we are not consciously aware of our perceptual experiences. First, our body and brain instinctually respond to pleasant and unpleasant stimuli, and this response is our *emotional* experience. Humans are only dimly aware of this level of functioning (Level 1 of the Spectrum of Human Consciousness), nor are we aware of most of our learned behaviors and habits formed by previous emotional responses to our environment (Level 2).

We are, however, aware of the feeling states that we are constantly having as we unconsciously pull up memories from the past that relate to what is happening to us in the present moment. This is the level of everyday consciousness (Level 3) from which we intentionally take action to achieve our goals. This is the level that we operate on throughout most of the day, and when we get tired, our minds will sleep into a momentary state of restfulness where daydreaming and mind-wandering...
predominate. But again, since traditional educational models did not value this level of consciousness, most people pay little attention to this creative state of awareness.

In the chart above, the small circle around Level 3 represents the place where we spend most of time interacting with others and making decisions about our future. For the most part, we pay little attention to habitual and free-floating states of consciousness.

But the moment we consciously choose to examine ourselves – our thoughts, feelings, fantasies, and behaviors – we stimulate unique circuits in the brain that allow us to self-reflect. Within this state, we can glimpse the workings of instinctual awareness and can voluntary control to change poor habits and experience life more fully in the present moment. This, our research shows, increases conscious awareness
in ways that bring us more pleasure and satisfaction, with increased skills to achieve more goals and realize more dreams.

One of the most difficult levels to become aware of is Level 1: instinctual emotional responsiveness. We are usually only aware of our feeling states (happiness, disappointment, worry, etc.), but only barely aware of our raw emotions: primal fear and anger, and the survival emotions governing curiosity and care. But if you look at following three images (it will help if you cover over the second series of pictures) and pay close attention to your “gut level” reaction, you’ll have a sense of instinctual sadness and disgust. You’ll then immediately notice how everyday consciousness kicks in to “judge” the experience you just had:

Now cover up the above images with a piece of paper and look at the following images. Notice how they make you feel. They trigger deep biological emotions of caring, humor and warmth. If you keep gazing at these images, you’ll become aware of different personal memories, feelings, and thoughts that begin to float into consciousness.

Obviously, these pictures make you smile and feel good, but the images have a weaker effect on your brain. If you look at the previous photos, the pleasant images will quickly disappear from memory (I even made the negative images smaller than the positive photos to lessen the neurological impact). And if you want to diminish the impact of negative images – including memories from your past – you’ll have to apply Barbara Fredrickson’s “Positivity Ratio” by spending 3-5 times longer staring at the
positive images above. The same holds true for all feelings and thoughts. If your mind focuses on negativity, your brain literally becomes more anxious and depressed.

Let me explain to you how your experience relates to the Spectrum of Human Consciousness. Your reactions to any of the previous pictures began on Level 1: you had a gut level instinctual response that is genetically programmed into the emotional centers of your brain. The negative images immediately became embedded into long-term memory – Level 2: habitual consciousness – but you had to consciously and intentionally (Level 3) concentrate on the positive images to reduce the negative impact.

In our everyday lives, this is usually where we stop thinking about the experiences that happen throughout the day. However, if you wanted to explore “higher” levels of consciousness, you could begin by deeply relaxing as you gazed at the negative images (Level 4). By letting your mind wander and free associate, all kinds of thoughts, feelings, and opinions will enter consciousness. But then, if you chose not to react to them and just observe (Level 5), your brain would slowly begin to shift from disgust (Levels 1 and 2) to feeling compassion for the people in the photos. This is Level 6 – enlightenment – where you begin to appreciate the full range of human suffering and joy. And that is the power of mindfulness.

By becoming adept at voluntarily shifting between these different levels of consciousness you exercise your brain in ways that enhance empathy, compassion, and social awareness, skills that are essential for becoming more successful in both work and home environments. Then, by consciously tapping into creative and contemplative levels of awareness, deeper insights emerge that give our lives greater meaning and purpose. NeuroWisdom 101 was specifically created to give you the power to shift your consciousness at will.

Using the Daily Commitment Sheet

Here’s another tool that has been proven to be very helpful for our students and business executives. Use it in the morning when you awake and finish it at the end of the day. It’s self-explanatory, and several lessons in the program will guide you into deeper levels of using this tool. It contains eight key elements: relaxing, selecting a daily personal value, identifying a specific goal for the day, identifying ways you could sabotage yourself, writing down counter-strategies, creating a values-based meditation, writing down 3 things you accomplished during the day, and keeping a gratitude list. On a single page, you will have put into practice the core findings of thirty years of research in the fields of cognitive therapy, mindfulness, and positive psychology, and the research shows that if you used these strategies for just 7 days, self confidence and self-esteem will continue to increase over the next 3-6 months.

My recommendation: Make copies of the following page and use them on a daily basis as you complete the lessons in this program.
Daily Commitment Sheet

When you awake, spend a minute slowly stretching and yawning as you relax every muscle in your body. When you feel fully centered and relaxed, ask yourself: “What is my deepest value for today?” Write it down, and then select a simple, achievable commitment for today. Next, briefly write down several ways you might sabotage your goal, and then briefly write down several counter-strategies. At the end of the day, write down your successes for the day and what you feel grateful for. Create a simple breathing affirmation that incorporates your values and positive qualities you want to bring into your life.

TODAY’S VALUE: __________________________ DATE: __________
TODAY’S COMMITMENT AND GOAL:

POTENTIAL SABOTAGE BEHAVIORS:
1.
2.

COUNTER-STRATEGIES:
1.
2.
3.

CREATE A STRESS-REDUCING AFFIRMATION: Pick two words that have deep meaning and value – words that make you feel calm, focused, and confident – and put them into the following sentence:

“I breathe in _____________________, I breathe out _____________________.”

Or select a negative word of a quality you want to release and put it after the phrase “I breathe out ____.” Experiment with different words and then repeat the sentence that feels best each hour of the day.

Today’s Accomplishments and Gratiitudes:
At the end of the day, write down three things you did well and briefly explain why. Then write down several things you feel grateful for. Use the back of the page if you want to make a longer success-and-gratitude list. Positive Psychology research has proven that using these two strategies for just 7 days will cause self-esteem and confidence to gradually INCREASE over the next 3 months. Writing increases goal achievement by 50%.

1.
2.
3.

I feel grateful for:
Create a C.R.A.P. Board and Keep It Handy

The human mind is filled with positive and negative thoughts that continually drift in and out of consciousness. You can’t get rid of the negativity for two neuroscientific reasons: it’s a normal function of everyday consciousness, plus your brain is genetically inclined to encode negative memories because they represent potential threats to your survival. The key word is “potential.” Memories are recordings of past events, but when we recall them, the ancient parts of our brain can respond to them as if they were real.

The easiest way to counter this neurological tendency to confuse past memories with future outcomes is to create a C.R.A.P. Board. The C stands for “conflict”, the R for “resistance”, the A for “anxiety,” and the P is for all the other “problems” that we think are holding us back from achieving our dreams and goals.

When we list our crap on a sheet of paper and gaze at it neutrally, the brain dissociates from the words. The problem is on the paper, not in the world, and it becomes easy to see that we are projecting our worries onto the present moment.

First, write down your deepest values in the upper right hand corner of the paper. Then list every negative quality about yourself. Third, write down the weaknesses your friends and colleagues see in you. And most important, list all the strengths they also recognize about you. Post your crap board near your work and you’ll immediately feel freedom from the things you habitually worry about.
In Conclusion

Now you are ready to begin listening to the audio portion of NeuroWisdom 101. The first tracks are specifically designed to intellectually prepare your mind for the later lessons which become more and more experiential.

Because everyday consciousness relies so heavily on previous behaviors and habits, we tend to resist new learning experiences, even if those experiences promise transformation. We want the rewards, but we don’t really relish the idea of working for it. However, when we give our minds a reason to change, the research shows that we are more inclined to work harder in order to shift our consciousness into more creative and productive modes of behavior.

Here is my promise to you: By the time you finish this 8-week program, you’ll not only be functioning in a more optimal way, you will have gained the necessary knowledge to teach others how to enhance their emotional intelligence in ways that bring life-long satisfaction and happiness – at home and especially at work.

So go slow and be patient, and don’t worry if you are “doing” anything wrong or incorrectly. That form of self-doubt is one of the old neurological habits that this training module will eradicate. Instead, trust your intuition. Repeat a lesson if you want to, or skip over it and review it at a later time. And remember: every human brain learns in a different way, selecting the elements it feels is most essential for your well-being. Trust that inner voice of wisdom that exists in every human being, and have faith in yourself since that is the secret to both happiness and success.

Now is the time to print out the rest of this workbook so that you can use it for your daily journal. Decide when you want to listen to Track #1, and find a quiet place where you can listen without being disturbed. When you have finished a lesson, let yourself daydream for a couple of minutes, then make a few notes in your journal. Welcome to NeuroWisdom 101.

Sincerely,

Mark Robert Waldman
<table>
<thead>
<tr>
<th>Track Title</th>
<th>Playing Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Super Learning</td>
<td>14:05</td>
</tr>
<tr>
<td>2. The Spectrum of Human Consciousness</td>
<td>8:35</td>
</tr>
<tr>
<td>3. Shifting Consciousness</td>
<td>13:50</td>
</tr>
<tr>
<td>4. The Limitations of Everyday Consciousness</td>
<td>4:10</td>
</tr>
<tr>
<td>5. The 10-10 Rule – Say More with Less Words</td>
<td>7:10</td>
</tr>
<tr>
<td>6. Reality is Not Real</td>
<td>8:40</td>
</tr>
<tr>
<td>7. Your Mind is Never Quiet</td>
<td>3:30</td>
</tr>
<tr>
<td>8. Learning How to Play and Playing While You Learn</td>
<td>4:20</td>
</tr>
<tr>
<td>10. Deepening Awareness With a Bell</td>
<td>8:10</td>
</tr>
<tr>
<td>11. Transcending Inner Speech</td>
<td>7:45</td>
</tr>
<tr>
<td>12. Creative Daydreaming</td>
<td>3:50</td>
</tr>
<tr>
<td>13. Pleasure Increases Productivity</td>
<td>4:00</td>
</tr>
<tr>
<td>14. Expand Your Consciousness by Slowing Down</td>
<td>7:40</td>
</tr>
<tr>
<td>15. Negative Feelings Aren’t Real</td>
<td>4:20</td>
</tr>
<tr>
<td>16. Eliminate Worry with Math</td>
<td>2:05</td>
</tr>
<tr>
<td>17. Discovering the Inner Voice of Wisdom</td>
<td>4:00</td>
</tr>
<tr>
<td>18. Values are the Key to Happiness and Success</td>
<td>5:10</td>
</tr>
<tr>
<td>20. Three Words That End Conflicts Before They Begin</td>
<td>5:15</td>
</tr>
<tr>
<td>21. Optimism Heals, Negativity Kills</td>
<td>1:30</td>
</tr>
<tr>
<td>22. Squeezing the C.R.A.P. Out of Your Brain</td>
<td>6:10</td>
</tr>
<tr>
<td>23. Don’t Get Rid of Your C.R.A.P.</td>
<td>5:25</td>
</tr>
<tr>
<td>24. Pleasant Memories Eliminate Stress</td>
<td>4:00</td>
</tr>
<tr>
<td>25. Improve Your Self-Image with Touch</td>
<td>6:05</td>
</tr>
<tr>
<td>27. Run Away from Your Stress…Literally!</td>
<td>4:05</td>
</tr>
<tr>
<td>28. Enlightenment Part 1: Turning “Nothing” into Something</td>
<td>8:40</td>
</tr>
<tr>
<td>29. Enlightenment Part 2: Turning “Something” into Nothing</td>
<td>7:20</td>
</tr>
<tr>
<td>32. Pleasure Increases Consciousness and Success</td>
<td>4:20</td>
</tr>
<tr>
<td>33. Indulge in a Dopamine Dessert!</td>
<td>5:10</td>
</tr>
<tr>
<td>34. Breathing Awareness Strengthens Emotional Control</td>
<td>5:30</td>
</tr>
<tr>
<td>35. Novelty Builds a Better Brain</td>
<td>1:40</td>
</tr>
<tr>
<td>36. Gratitude Boosts Self-Esteem</td>
<td>3:00</td>
</tr>
<tr>
<td>37. Recording Daily Successes Builds Confidence</td>
<td>2:20</td>
</tr>
<tr>
<td>39. Dialogue Meditation Builds Cooperation and Trust</td>
<td>6:20</td>
</tr>
<tr>
<td>40. Movement Meditations Enhance Neural Performance</td>
<td>5:05</td>
</tr>
<tr>
<td>41. Walk Slow, Accomplish More</td>
<td>1:15</td>
</tr>
<tr>
<td>42. Eat Better and Lose Weight by Shopping in Slow Motion</td>
<td>1:20</td>
</tr>
<tr>
<td>43. Words are the Worst Way to Communicate Your Needs</td>
<td>2:55</td>
</tr>
<tr>
<td>44. Sabotage Bad Habits and Achieve More Goals</td>
<td>7:10</td>
</tr>
<tr>
<td>45. Make Better Decisions by Trusting Your Gut</td>
<td>3:15</td>
</tr>
<tr>
<td>46. A Strength Board Eliminates Worries and Doubts</td>
<td>8:20</td>
</tr>
<tr>
<td>47. An Accomplishment Board Builds Confidence</td>
<td>4:20</td>
</tr>
<tr>
<td>48. A Skills Board Will Guide You to Success</td>
<td>5:10</td>
</tr>
<tr>
<td>49. Discover Your True Purpose in Life</td>
<td>4:30</td>
</tr>
<tr>
<td>50. Accepting Your Weaknesses Increases Your Happiness</td>
<td>7:35</td>
</tr>
<tr>
<td>51. Sharing Inner Values Generates Mutual Respect</td>
<td>1:00</td>
</tr>
<tr>
<td>52. Free Your Brain by Throwing Out Old Ideas</td>
<td>3:45</td>
</tr>
<tr>
<td>53. Interrupt the Formation of Painful Memories</td>
<td>3:25</td>
</tr>
<tr>
<td>54. Crying washes away Your Grief</td>
<td>1:15</td>
</tr>
<tr>
<td>55. Become a Brainiac: Visit PubMed</td>
<td>1:35</td>
</tr>
<tr>
<td>56. How to Be Happy Whenever You Want</td>
<td>3:05</td>
</tr>
<tr>
<td>57. Pay It Forward</td>
<td>1:00</td>
</tr>
<tr>
<td>58. Embrace Your CRAP and Be Free</td>
<td>12:15</td>
</tr>
</tbody>
</table>
1. Super Learning

Don’t try to “remember” the 10 principles of brain-based experiential learning. Instead, trust your intuition and write down the concepts that strongly stood out for you:

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________

Close your eyes and visualize an image of something that symbolizes super learning. Create a symbolic representation or chart of the learning principles you recall and draw it here:
2. The Spectrum of Human Consciousness
3. Shifting Consciousness

What is consciousness? What does it feel like? What does it do? How many different ways can you define consciousness? And when you become aware of your consciousness, or conscious of your awareness, does your consciousness change?

Draw a picture of consciousness in the space below. Use your imagination!
Everyday consciousness is the place where we make most of our daily decisions from. It’s called working memory, it can only hold 4 “chunks” of information and it occurs in the dorsolateral prefrontal cortex. In general a single word contains one chunk of information, and the human brain can only hold onto that information for about 10 seconds. Which means if you want someone to fully comprehend you, you’ll need to speak one sentence – 10 words or less – and then pause and let them respond.

Homework: Practice speaking to someone using 10-word sentences.
5. The 10-10 Rule – Say More with Less Words

When doing the exercise described in this lesson, make sure you hold your arms up in front of you. Close your fist, and when you dialogue with me (as you will be instructed to do), raise one finger with each word you speak. You must stop speaking when you run out of fingers. This exercise trains your brain to select the best possible words to convey what you really mean. The listener will always remember these brief sentences.

Homework: Play the 10-10 dialogue game with a friend or colleague. Your kids love this exercise because they feel they are an equal partner. They will hold you to the rules!
6. Reality is Not Real

When we fully realize that everything we see, hear, taste, touch, and feel are nothing more than fancy maps created by different parts of our neocortex, we begin to look at the world differently. Instead of taking things for granted, we come to sense an underlying mysterious beauty. And this, we believe, brings us closer to experiencing the reality that exists outside of the brain.

Homework: Spend the day assuming that everything you see is not real.
7. Your Mind is Never Quiet

Sit quietly for the next couple of minutes and write down – as briefly as possible – the first ten thoughts, feelings, or sensations that float through your mind as you remain as relaxed as you possibly can. For example: if you feel an itch, just write down the word “itch.” If the thought occurs to you that this exercise is boring, write down “boring.” If you find that rare moment of silence, don’t write anything down until another feeling or thought intrudes.

Homework: Try this exercise several times and see how many seconds or minutes you can maintain a “silent” mind.
8. Learning How to Play and Playing While You Learn

Write down every form of playful activity you’ve engaged in over the last 20 years. Include small enjoyments. Then circle the ones that you are willing to do this week. Finally write down three new playful activities that you will commit to doing in the next two weeks.

____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
9. Yawn and Stretch Your Way to Enlightenment

For most people, yawning is the fastest way to relax and simultaneously become more alert. It interrupts worry, procrastination, and neurological stress. In animals, it’s a form of empathy and it helps groups to align their neurological activity with one another.

Homework: Guide someone you know through a yawning experiment. Ask them to yawn 10 times with you and then share how it affects your state of relaxation and alertness.
10. Deepening Awareness With a Bell

A 2013 study found that listening to the sound of a resonating bell deepens the relaxation process. Many medical centers and schools use Tibetan bowls to help students focus more deeply on a specific task or assignment. Go to MarkRobertWaldman.com to download a mindfulness clock.
Sit back in your chair, close your eyes, and relax. Then just observe your thoughts and feelings without judging them. With practice, you’ll begin to notice that you are watching yourself observing your thoughts. At that moment, you will come to the realization that you are not your thoughts. Then, when worrisome thoughts enter consciousness, you won’t identify with them because you will know that they are not actually real.
12. Creative Daydreaming

Whenever you learn something new, take 60 seconds to close your eyes and let your mind wander to wherever it wants to go. This is needed for memory encoding and recall. The same holds true when you’ve been strenuously concentrating on a task: give your mind a 60-second vacation into the land of conscious dreams.
13. Pleasure Increases Productivity

Herb Benson, MD
Harvard Business Review
November 2005

• First: When working, push yourself to the most productive stress level
• Second: The moment you feel stressed or tired, stop
• Third: Do something pleasurable for a couple of minutes insight.
14. Expand Your Consciousness by Slowing Down

Most of the time, when we sit down or stand up, we tense most of the muscles in our body. But what if we were to slow down and learn how to move while remaining relaxed? We’d improve our brain and our body!

Homework: Try this exercise. As you slowly stand up from a sitting position, gently nod your head from side to side and gently swing your arms in way that keeps them entirely relaxed. The moment your head or arms stop, you’ve tightened up muscles that impair the body’s efficiency when standing up or sitting down.
15. Negative Feelings Aren’t Real

Normally, sensory data about the world is sent into the emotional circuits deep inside your brain. If there is a threat or unpleasantness, you react with fear. So what happens when you worry? You recall a memory and bring it into conscious awareness. The frontal lobe sends this information to the amygdala which reacts as though there is an actual threat occurring in the world.
16. Eliminate Worry with Math

Abstract thinking interrupts negative thoughts and feelings.
Read a book upside down.
Count backwards from 100.
Or look at this clock and try to visualize what it would look like if the time was 2:40 pm.

Try writing your name backwards when you feel angry.
17. Discovering the Inner Voice of Wisdom

Your right frontal lobe is correlated with negative thinking, while the right lobe is associated with optimism. Frontal lobe consciousness is language driven, which means that you can actually dialogue with different optimistic and pessimistic “voices” in your mind. As you do so, you’ll realize that “you” are neither. The “you” that is aware of the different inner dialogues has the capacity for greater insights and wisdom, but its voice is more intuitive – more visual and nonverbal.

---

**Homework:** See how many different “voices” you can identify going on in different emotional arenas of your mind. Hint: each emotional state (anger, fear, pleasure, etc.) has its own voice and its own style of inner dialogue)
18. Values are the Key to Happiness and Success

Focusing on your inner values several times per day dramatically reduces stress and increases productivity at work. Remember: your values will often change depending on the situation you are in, but there are usually 2-3 inner values that remain consistent for months, even years. These are, in essence, your personal “religion.”

<table>
<thead>
<tr>
<th>Right Conduct</th>
<th>Peace</th>
<th>Truth</th>
<th>Love</th>
<th>Non-Violence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Manners</td>
<td>Patience</td>
<td>Truthfulness</td>
<td>Kindness</td>
<td>Consideration</td>
</tr>
<tr>
<td>Health Awareness</td>
<td>Concentration</td>
<td>Creativity</td>
<td>Friendship</td>
<td>Cooperation</td>
</tr>
<tr>
<td>Helpfulness</td>
<td>Positiveness</td>
<td>Honesty</td>
<td>Forgiveness</td>
<td>Global Stewardship</td>
</tr>
<tr>
<td>Responsibility</td>
<td>Self Acceptance</td>
<td>Determination</td>
<td>Generosity</td>
<td>Loyalty</td>
</tr>
<tr>
<td>Independence</td>
<td>Self Discipline</td>
<td>Fairness</td>
<td>Compassion</td>
<td>Active Citizenship</td>
</tr>
<tr>
<td>Perseverance</td>
<td>Thankfulness</td>
<td>Trust</td>
<td>Tolerance</td>
<td>Justice</td>
</tr>
<tr>
<td>Courage</td>
<td>Contentment</td>
<td>Reflection</td>
<td>Service</td>
<td>Respect</td>
</tr>
</tbody>
</table>

Page 47  Copyright 2014 by Mark Robert Waldman. All rights reserved

Pick two words that have deep meaning and value – words that make you feel calm, focused, and confident – and put them into the following sentence:

“I breathe in _______________, I breathe out ______________.”

Or select a negative word of a quality you want to release and put it after the phrase “I breathe out __________.” Experiment with different words and then repeat the sentence that feels best each hour of the day.

____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________

If you breathe in and are aware that you are alive—that you can touch the miracle of being alive—then that is a kind of enlightenment.

—Thich Nhat Hanh
Three Words That End Conflicts Before They Begin

Homework: Fill in the colored areas with the answers to these questions:

What is your deepest personal value?

What is your deepest relationship value?

What is your deepest communication value?

What is your deepest work value?

What is your deepest spiritual value?
Optimism and a positive attitude about the future is a survival oriented trait that can turn on over a thousand immune enhancing genes. However, as a 30-year longitudinal study from Duke University found, pessimism will shorten your life by several years.

**Homework:** Keep a list of all the negative and positive thoughts and feelings you have during a single day. If the ratio between positive and negative thoughts and feelings falls below 3:1, your relationships will suffer and your business will begin to fail.
22. Squeezing the C.R.A.P. Out of Your Brain

Write down, in single words or short phrases, every large and small fault, weakness, or emotional problem you believe you have. Fill out every line on this page, and use the back side if you need.

1. ______________________________________________________________
2. ______________________________________________________________
3. ______________________________________________________________
4. ______________________________________________________________
5. ______________________________________________________________
6. ______________________________________________________________
7. ______________________________________________________________
8. ______________________________________________________________
9. ______________________________________________________________
10. ______________________________________________________________
11. ______________________________________________________________
12. ______________________________________________________________
13. ______________________________________________________________
14. ______________________________________________________________
15. ______________________________________________________________

Now circle the top 10 items and give them an “intensity” rating from 1 to 10. On a separate sheet of paper, using the template below, write them down below, along with the strengths and weaknesses your friends and colleagues say you have.
23. Don’t Get Rid of Your C.R.A.P.

Reframe, Retrain, and Repeat These Phrases

- “I believe I’m unhappy, but this belief is not real.”
- “I am feeling upset, but this feeling is not real.”
- “I am feeling depressed, but this feeling is not real.”
- “Anger, sadness, and fear are real but only momentary.”

A Four Step Process for Dealing with Your C.R.A.P.

Recognize
Reframe
Release
Retrain

C.R.A.P.: Conflicts, Resistance, Anxiety, & imaginary Problems
24. Pleasant Memories Eliminate Stress

O years, gone down into the past, What pleasant memories come to me Of your untroubled days of peace, And hours almost of ecstasy.

(Phoebe Cary)
25. Improve Your Self-Image with Touch

This image shows that self-stroking of the palms and arms stimulates the self-awareness areas of the frontal lobes much more than when we are touched by others. This helps the brain form a clearer and more positive image of one’s self. It’s a form of self-nurturance that we believe is essential for developing empathy and reducing social anxiety.

**Homework:** Explore touching different parts of your body in different ways (soft vs. firm touching, squeezing, holding, cradling, etc.) Notice which forms of touch feel good and which forms make you feel uncomfortable.
26. Don’t “Work Through” Your Negativity: Suppress It!

May I be happy, may I be filled with peace.
May you be happy, may you be filled with peace.
May we be happy, may we be filled with peace.

Proven Strategies for Suppressing Negativity

- Negative thought suppression (extinction)
- Nonjudgmental observing & acceptance (mindfulness, C.R.A.P. board, etc.)
- Exposure therapy
- Affirmation training
- Positive immersion: socializing, music, aerobics, sensuality, playfulness, etc.
Run as fast as you can (in place, or down the road) for 10, 20, or 30 seconds. Then stop for the same period of time and just notice how your feel. Then run again. Do four to six 30-second rounds (30 seconds running, 30 seconds resting and observing), or ten 20-second rounds, or twenty 10-second rounds. You can increase or decrease your rounds as long as the experience is pleasurable. Or you can do 30-60 seconds of aerobic running once each hour throughout the day.
Brain scan studies of advanced Zen meditators show that the connections deep in the brain become denser, that the neocortex becomes thicker, and that the size of the amygdala becomes smaller. Practitioners show greater calmness when faced with stressful situations. It also suggests that we can live longer and retain greater cognitive skills.
29. Enlightenment Part 2: Turning “Something” into Nothing
Homework: Go to http://www.youtube.com/watch?v=LmBj9Ni_CBw and practice chanting “ohm” as you listen to the sounds. Try it with your eyes closed, and then experiment with your eyes open as you stare at the mandala on the screen. Mandala gazing is a very powerful form of meditation that is found in nearly every religion of the world. When you do this with a group of people, you’ll rapidly experience unusual body sensations as the neural activity in your frontal lobes begins to slow down. These feelings fall outside of the range of language-based consciousness.
31. Crazy Wisdom: The Fastest Way to Solve Problems

Pick a problem you’ve been recently struggling with. Now write down three ridiculous ideas to solve that problem. Be as silly as possible, to the point you begin to laugh. Then ask your intuition for a brand new solution you haven’t thought of before.
32. Pleasure Increases Consciousness and Success

Anything that is new, different, and pleasurable causes dopamine to be released from the nucleus accumbens. The dopamine “wakes up” the consciousness centers in your frontal lobes and motivates your brain to take action to achieve more of whatever brought you that pleasure. Write down 20 pleasurable activities that take less than 60 seconds to carry out.

____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________

Page 61  Copyright 2014 by Mark Robert Waldman. All rights reserved
33. Indulge in a Dopamine Dessert!

As you explore touching your body in different ways, write down a number indicating the degree of pleasure. If you like the feeling of stroking your forehead, you might write down 8 or 9. If stroking your palms feels neutral, write down 5. If you hate touching your feet, write down 0 or 1. Then go back and forth between the areas that bring you the most and least amount of pleasure. The object: to train your brain and your mind to appreciate every inch of your body!
Breathing Awareness Strengthens Emotional Control

For the next 60 seconds, breathe through your nose, paying attention to the temperature of the air. Now breathe through your mouth for 60 seconds. Write down the differences you notice below:

____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________

Homework:

Place one hand on your chest and the other on your belly. Pay attention to how your chest and belly rises and falls as you slowly breathe in and out.
35. Novelty Builds a Better Brain

Write down one new thing that you will commit to doing today. If nothing comes to mind, write down 2 or 3 crazy ideas, and then ask your intuition to come up with something different that you would enjoy doing. Write down the specific time today that you will carry out this brain-enhancing act.

____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________

NeuroTip: Re-imagining future desires decreases your brain's interest in achieving them! That's what the newest studies show, and it explains why vision boards ultimately don't work. My solution: Envision what you desire, then write down a detailed plan explain how and when you will achieve that goal. Break it into daily, weekly, and monthly steps, and then give yourself a specific reward for completing each step of your plan. Modify your game plan - your business strategy - as needed...but make sure you write it down!

Here's the study:
Gratitude Boosts Self-Esteem

Gratitude as a Human Strength: Appraising the Evidence.
Robert A. Emmons, Cheryl A. Crumpler
University of California, Davis.

“Gratitude is an emotional state and an attitude toward life that is a source of human strength in enhancing one's personal and relational well-being. In this article, we first explore the theological origins of gratitude as a virtue to be cultivated in the major monotheistic traditions of Judaism, Christianity, and Islam. Each tradition emphasizes the development of gratitude as a path to a good life, and prescribes approaches for practicing. Gratitude is explored further in the context of psychological theory and research. Empirical research linking gratitude with well-being and goal attainment is presented and discussed.”
37. Recording Daily Successes Builds Confidence

Each evening, beginning tonight, write down three things you did well and briefly explain why. If you do this for seven days, your happiness and self-esteem will continue to grow over the next three months! Imagine what could happen if you did this exercise for 30 days!

Positive Psychology Progress: Empirical Validation of Interventions.
Seligman, Martin E. P.; Steen, Tracy A.; Park, Nansook; Peterson, Christopher

“Positive psychology has flourished in the last 5 years... The authors focus on psychological interventions that increase individual happiness. In a 6-group, random-assignment, placebo-controlled Internet study, the authors tested 5 purported happiness interventions [for example: writing down three things a person did well that day, keeping a gratitude journal, etc.] They found that 3 of the interventions lastingly increased happiness and decreased depressive symptoms. Positive interventions can supplement traditional interventions that relieve suffering and may someday be the practical legacy of positive psychology.”

How many 60-second meditations are you willing to do today? Three? Six? One every hour? Write down the strategies you will do (yawn, stretch, focus on an inner value, doing something pleasurable, etc.)

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

How many 10-second meditations are you willing to commit to each hour? Use your mindfulness clock to remind you, and write down 3-4 of the briefest “pleasure” breaks you can think of.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
39. Dialogue Meditation Builds Cooperation and Trust

Practice doing Compassionate Communication with a friend, colleague, or a family member. Write down the three people you’d like to do this experiment with and use the space below to describe your experience.

____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________
____________________________________________________________________________________

The 12 Strategies (plus 1):

1. Relax
2. Stay Present
3. Cultivate Inner Silence
4. Increase Positivity
5. Reflect on Your Deepest Values
6. Access a Pleasant Memory
7. Observe Nonverbal Cues
8. Express Appreciation
9. Speak Slowly
10. Speak Warmly
11. Speak Briefly
12. Listen Deeply

And most important: Trust your intuition
40. Movement Meditations Enhance Neural Performance
41. Walk Slow, Accomplish More

Use your imagination and create a unique walking meditation for today:

____________________________________________________________

____________________________________________________________

____________________________________________________________

____________________________________________________________

____________________________________________________________

Mindful walking in psychologically distressed individuals
Teut M, Roesner EJ, et.al.

“‘The aim of this randomized, controlled study was to investigate the effectiveness of a mindful walking program in patients with high levels of perceived psychological distress. Participants aged between 18 and 65 years with moderate to high levels of perceived psychological distress were randomized to 8 sessions of mindful walking in 4 weeks (each 40 minutes walking, 10 minutes mindful walking, 10 minutes discussion, or no intervention. Conclusion: Patients participating in a mindful walking program showed reduced psychological stress symptoms and improved quality of life compared to no study intervention.’”
42. Eat Better and Lose Weight: Shop in Slow Motion

In an article published in 2012, in the *Journal of Nutrition Education and Behavior*, mindful eating in a restaurant was shown to reduce weight and maintain the loss more than those who engaged in typical weight-loss programs. The researchers stated that “participants in the intervention group lost significantly more weight, had lower average daily caloric and fat intake, had increased diet-related self-efficacy, and had fewer barriers to weight management when eating out.” So take out your pen and write down 3 “Mindful Eating” commitments that you will make for today:

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
43. Words are the Worst Way to Communicate Your Needs

8 Core Elements of Effective Communication:
1. Gentle eye contact
2. Kind facial expression
3. Warm tone of voice
4. Body gestures
5. Relaxed disposition
6. Slow speech rate
7. Brevity
8. The words themselves
Write down a single achievable goal for today. Then write down three ways you might sabotage yourself. Finally, write down several counter-strategies for each sabotage behavior. This technique is supported by 30 years of research in the field of cognitive behavior therapy. If you haven’t done so already, begin to use the Daily Commitment Sheet that you’ll find on Page 26 in this workbook.

Homework: Send your Daily Commitment Sheet to a friend, colleague, or family member. Just knowing that someone else is there to hold you accountable will double or triple the number of goals you will achieve.
Intuition is a neuroscientifically recognized form of cognition. It is generated, in part, by unique spindle neurons found in the anterior cingulate and insula, those parts of your brain that are stimulated by self-reflection, mindfulness, and meditation (Level 6 of the Spectrum of Human Consciousness). You can ask your intuition – as though it were a separate “person” in your mind – for advice, and if you listen closely, you’ll sense a whisper of wisdom (like the voice of an inner teacher) that will give you a deeper level of insight than what you would normally access when you use the logic and reason of everyday consciousness. Try this experiment right now. Think about a current problem. Write down, below, a possible solution. Now ask your intuition for another solution, and write it down below. Notice how this information has more depth. Before you take action, use both voices to resolve problems and plan goal-oriented strategies.
A Strength Board Eliminates Worries and Doubts

List your strengths and qualities:

____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________

What strengths and qualities do your friends say you have?

____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________

What would your colleagues add to this list?

____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________

Ask your intuition for more qualities:

____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________

Page 75   Copyright 2014 by Mark Robert Waldman. All rights reserved
Write down every accomplishment – large and small – you achieved in the last twelve months. Then meditate on the list and watch how all of your worries disappear.
48. A Skills Board Will Guide You to Success
Would you rather be happy or wealthy? 95% of all survey participants say “happy.” But when we ask them to think about all the people they could help, and all the positive changes they could bring to the world if they were the wealthiest person in the world, 95% changed their minds. As one person said, “I could hire the best therapist to solve my emotional issues.” Write down all the things you would do if you were the wealthiest person in the world. Within this list you’ll discover your true purpose and desire. Start working toward that goal and you’ll achieve both inner and outer wealth.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Seeing a coin flashed for 1/5th of a second stimulates the motivation circuits in your brain. Contrary to popular belief, the more money you have, the happier you feel. But happiness is based on what you choose to do with your money. Happy people give more away to charity.
50. **Accepting Your Weaknesses Increases Your Happiness**

Write down all of your weaknesses and faults. Then, as you gaze at this page, repeat over and over, “I accept my weaknesses because they are part of who I am.” Continue until you begin to feel neutral about everything on this list.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
51. Sharing Inner Values Generate Mutual Respect

Each word we speak has a different meaning to the listener's brain. But when we share the words that capture our deepest values with our family, friends and colleagues, and even strangers, we all tend to feel more compassionate and respectful toward each other. Find a single word for each value you have and write them down below. Then circle the 7 most important ones.

____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
____________________________________________________________
“My thoughts and feelings are not real, but the meaning I give to them makes them seem real.”

When you dis-identify from the imaginary thoughts and feelings of your mind, you begin to see reality for what it is.
Repeat this phrase for 5-20 minutes whenever you are experiencing physical pain or an emotionally disturbing event:
“I breathe in peace, I breathe out stress.”

If you remain completely relaxed and stroke your palms and arms while having a negative experience, you can stop the formation of that memory. You can also reduce the impact of old traumatic memories, as these brain scans illustrate:
How does this picture make you feel? Sadness is an instinctual emotion (Level 1 on the Spectrum of Human Consciousness) that is shared by all mammals and perhaps other animals as well. We feel it whenever we lose someone or something of deep value. If another person fails to respond to your tears, it may be a warning sign to avoid them.
55. Become a Brainiac: Visit PubMed

Visit www.pubmed.gov to separate facts from urban myths. Type in key words about any medical, health, or biological question you have and you'll have access to every peer-reviewed study published in the last 50-100 years. Rule #1: when looking at different studies, don't cherry-pick because you can always find one study that supports your personal bias. Rule #2: look at the 10 most recent studies in the last 4 years. Rule #3: refine your search and look for review studies and meta-analytic studies. Rule #4: remember that "statistically significant" only means the results are better than chance; most often the findings are only *slightly* better than chance, and it probably will have little practical value for your life. Rule #5: Does it beat placebo? Many FDA drugs no longer do, which means if you believe it works, your belief is what probably makes it work! And remember this general rule of thumb: *today's science quickly becomes tomorrow's pseudoscience!*
56. How to Be Happy Whenever You Want

Repeat these two phrases and notice how each one makes you feel different. Use them accordingly when you feel anxious or depressed:

"May I be happy, may I be well, may I be filled with love and peace."

"I am happy, I am well, I am filled with love and peace."

“May all be kind to others”
Go to pages 3 and 4 in this workbook and select one of the lessons that you would be willing to share with someone else. Visualize the person you will be doing this with, and write their name below. Then write down the approximate day and time. Next, write down the title of the lesson, below, then briefly sketch out your “teaching” strategy. Finally, listen to the track you selected and rehearse it in your mind, imagining how your friend, family member, or colleague might respond.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
58. Embrace Your C.R.A.P. and Be Free

Trust Your Intuition and Your Intuition will Build Self Trust

Intuitive Reasoning:
insula and anterior Cingulate

Cognitive logical Decision-Making:
middle frontal cortex and precuneus

BONUS EXERCISES:
60 Seconds to Change Your Brain

Post the following list of mindfulness strategies where you can see it on a daily basis: Near the water cooler at work, on the door of your office, or on the refrigerator at home. Each day, see how many of these 60-second exercises you can do. This Harvard Business School technique, created by Herb Benson, improves work productivity. When used in classroom environments it will increase comprehension and can even improve one’s grade point average. In the Executive MBA program at Loyola Marymount University, our students are encouraged to use these 60-second strategies before and after each class. If you’d like to see some of the documentation on these strategies, you can download our recent publication in the Journal of Executive Education. Just click here or paste the address into your browser:

http://digitalcommons.kennesaw.edu/cgi/viewcontent.cgi?article=1008&context=jee

I hope you enjoy experimenting with them, and we, the faculty at LMU, recommend that you introduce them to your colleagues at work. And as you’ll see, most of these exercises are variations of the 58 lessons in NeuroWisdom 101.

1. Slowly breathe in through your nose and notice the cool sensation of the air, then slowly breathe out through your nose and notice the cool sensation of your breath. Repeat this for the next 60 seconds.
2. Place one hand on your chest, the other on your belly. As you breathe notice how your hands rise and fall as you observe your thoughts and feelings for the next 60 seconds.
3. Close your eyes, breathe deeply or yawn or stretch and relax, then ask yourself one of the following questions:
   a. “What is my deepest personal value for today?”
   b. “What is my deepest work value for today?”
   c. “What is my deepest spiritual value that I’d like practice today?”
4. Close your eyes and to think about someone you love, or a past event that has brought you deep satisfaction. Notice how a soft “Mona Lisa” smile appears on your face. Then ask yourself “What is my deepest relationship value?”
5. Write down several things you are grateful for right now. Notice how this makes you feel.
6. Stand up in slow motion, stretch your head and torso from one side to the other, then to sit down in slow motion.
7. Stand up and run in place as fast as you can for 30 seconds.
8. Find two words to complete this phrase: “I breathe in ________, I breathe out ________” and to repeat the phrase silently to yourself for 30-60 seconds. For example: “I breathe in peace, I breathe out stress,” or “I breathe in confidence, I breathe out strength.”
9. Tighten up every muscle in your face, shoulders, arms, and legs. Stay as tense as you can 20 seconds, then relax and shake out your hands and feet. Notice how you now feel.
10. Breathe in and out rapidly through your mouth five times. Now stop and pay attention to all the sensations in your body.
11. Rest your hands in your lap and concentrate on all the sensations in your right hand for 30 seconds. Now shift your attention to your left hand and notice how different it feels.
12. Slowly stretch one arm above head as if picking an apple off a tree. Then reach up with the other hand to pick another apple.
13. Before you engage in a serious conversation with a colleague, friend, or family member, recall a memory that brings you an immediate sense of pleasure.
14. Count backwards from 100 by sevens: 100, 93, 86, 79….etc. This immediately interrupts anxiety, irritability, and anger.
15. Slowly hold one hand up in front of your face. Study the shapes of your fingers, the color/tone of your skin, and the fine lines that crisscross your skin.
16. Study a pen or pencil as if it were a foreign object you had never seen before. After thirty seconds, close your eyes and visualize the object. Then open your eyes and gaze again at the object. Notice how different it looks.
17. Yawn 10 times, even if they are fake. Then sit quietly and notice how your awareness has changed.
18. Rub your hands together as fast as you can until they feel warm. Then close your eyes and concentrate on the number of different sensations you feel.
19. Rub your hands together as fast as you can until they feel warm, as you did in the previous exercise and then place them over your eyes and observe the sensations and changes in light and darkness.
20. Close your eyes and gently place your hands and fingers on the sides of your face and forehead. Notice how it feels to be cradling your head.
21. Stand up and walk in slow motion around the room for 20 seconds, keeping your eyes softly focused on the floor in front of you. Pause for 20 seconds, then slowly turn around and walk back to your seat.
22. Write down 3 things you’ve accomplished in the last 24 hours, no matter how small. Then close your eyes and notice how thinking about your accomplishments improves your mood.
23. Write down as many positive qualities you can about yourself for the next 60 seconds. Gaze at your list and notice how this exercise makes you feel.
24. Write down all the strengths that your friends, family, and colleagues say you have. Savor the sensations of those attributes.
25. Imagine that you were the wealthiest person in the world. Notice how it makes you feel. Write down what you would do with your wealth.
26. Repeat the following sentence for 60 seconds: “May I be filled with happiness and peace.”
BONUS #2: Reading Facial Expressions

These photographs, based on the work of Paul Ekman, identify six feelings and emotions that are core expressions found in every culture in the world. Stand in front of a mirror and practice imitating them. Then cut out the pictures and remove the labels. See how many of your friends can match the face with the emotion. It’s not as easy as you may think!

Facial expressions, tone of voice, and body gestures are essential for conveying emotional information, something that words cannot do. And the more you practice expressing yourself in front of a mirror, the more you’ll influence people at home and at work.

![Facial Expressions](image)

**Anger**  **Disgust**  **Fear**

**Joy**  **Sadness**  **Surprise**

ADDITIONAL RESOURCES

Compassionate Communication: An Interview with Mark Waldman. This 33 minute interview, recorded in Chile, is in English with Spanish subtitles. It’s filled with practical strategies that you can apply to your life right now. At my website, you can order the Compassionate Communication CD or mp3 that will guide you and a friend or colleague through 12 strategies that will improve your speaking and listening. [https://www.youtube.com/watch?v=keNDjkeZfAQ](https://www.youtube.com/watch?v=keNDjkeZfAQ)

The Neuroscientific Secrets to Happiness and Success: 26 Strategies to Build a Better Brain. Nearly 2 ½ hours of insights and experiential exercises, a perfect complement to NeuroWisdom 101. Visit [http://markrobertwaldman.com](http://markrobertwaldman.com) where you’ll also find the program “Mindfulness, Relaxation, and Awareness” which contains 7 of the most powerful and documented meditations for changing your brain and improving your life.