

Fear, Doubt and Worry

Hello. It's Bill Harris, Founder of Centerpointe Research Institute with another Brain Inspiration message, wisdom you can use in 5 minutes or less.

Many people come to Centerpointe suffering the consequences of automatic thoughts of fear, doubt and worry. What are those consequences? First of all, bad feelings. When you think about or picture what you don't want, what you want to avoid, what you're worried about, or what you're afraid of, you create bad feelings. You go into a fight or flight state of some kind, which can be anything from low grade fight or flight to full blow fight or flight.

When this happens, blood flows away from your brain to your extremities, so you can fight or flee. With less blood in your brain, you lose the ability to think clearly and make good decisions – other than a decision to fight or flee. What's more, your body pours stress hormones into your bloodstream, the worst of which is cortisol. These stress hormones are bad for your health.

These health consequences are worth it if your life really is threatened, but if there's no actual threat to your life, and especially if these stress hormones are chronically in your blood, not only will you experience bad feelings, your health will suffer, too. Cortisol creates inflammation in your body, and inflammation, when chronic, creates many serious diseases, not to mention uncomfortable aches and pains we think are normal parts of aging.

On a mental level, focusing on what you don't want actually gives your mind an instruction to create or attract more of what you're focusing on: in other words, what you don't want. Your mind is a powerful goal-seeking mechanism, and it can't tell whether you're focusing on something because you want it or because you want to avoid it.

It always assumes that what you focus on is an instruction to create or attract something. Causing your mind to mistakenly think that it should seek what you don't want is obviously counter-productive.

So what's the solution? When your mind is filled with negative thoughts, leading to negative feelings and other negative consequences, it seems to be involuntary. It just doesn't work to tell yourself to stop doing it. In terms of the brain, when you're frequently in a fight or flight state, the part of your brain that creates such a state, your limbic system, actually increases in size. It becomes overactive, making it more and more likely that the slightest thing will send you into fight or flight, into focusing strongly on what you want to avoid. You become chronically worried, chronically afraid, chronically negative. You see and feel threats everywhere.

WEEKLY BRAIN INSPIRATION, CONTINUED ..

So the first solution to thoughts of fear, doubt and worry is to calm your limbic system. Luckily, Holosync® powerfully calms the limbic system, and most Holosync users feel much calmer even within the first few weeks or months. As you continue to use Holosync over months and years, your limbic system becomes calmer and calmer until it actually takes something extremely serious to throw you into fight or flight.

There are also supplements you can take that are calming for your limbic system. As someone who grew up with a chronically overactive limbic system, there are three such supplements I particularly like and take regularly: GABA, L-Theanine, and 5-HTP. Exercise also calms the limbic system, as does a diet that eliminates sugar and flour and increases good fats, such as coconut oil, MCT oil, avocado, omega 3 fatty acids, and even butter. Getting at least 7 hours of sleep each night also calms the limbic system.

There's another benefit to using Holosync if you chronically focus on what you don't want: Holosync increases awareness, and awareness creates choice. If you have enough awareness, you'll be able to step back and observe yourself focusing on what you're afraid or or worried about, with curiosity and detachment – in other words, as if you were observing someone else.

When you watch in this way, your thoughts become a choice. And, once you have a choice, you'll always choose what serves you and drop what doesn't. When you do this, it becomes extremely difficult to keep focusing on what you don't want AND do it with awareness.

Awareness involves another part of your brain, your prefrontal cortex, the executive controller of your brain. When your prefrontal cortex is strong it overrides and oversees your limbic system. Your prefrontal cortex is the part of the brain that learns from experience, thinks rationally, and looks at long-term consequences. The stronger your prefrontal cortex, the more you'll think about what you want and what's possible, and the more you'll drop negative thoughts and feelings.

Finally, here's one other thing to keep in mind. Most people assume that their thoughts and feelings represent some sort of "truth". They assume that if they have negative thoughts or negative feelings that there's something negative to be afraid of or to avoid. The more aware you become, however – which, remember, means that you have to ability to watch your mind with awareness – the more you become detached from your thoughts and feelings, the more you can observe them without becoming immersed in them, stuck in them.

You begin to see that thoughts or all kinds come and go, and that you don't have to believe them, you don't have to assume that they have significance, and certain that you don't have to act as if they're instructions for how to feel or behave.

So be regular in your Holosync. Move on to stronger Holosync levels when you're ready for them. Learn to observe your thoughts and internal pictures, and to step aside and watch with curiosity and detachment, instead of becoming immersed in what you think and feel.

WEEKLY BRAIN INSPIRATION, CONTINUED ..

No one needs to live with chronically fearful thoughts and feelings, and if you are living that way, take steps to calm your limbic system and enhance your prefrontal cortex.

Until we're together again, be well.

Bill

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