

Be the Boss of Your Brain

CREATING A CLEAR MIND THROUGH PRACTICE

The brain's job is to take in information from our senses and make up a story that informs the mind about the world around it for the purpose of survival.

The mind sorts information out based on what we think about. Imagine thoughts are like railroad tracks. We lay them down and every time the train goes over them they sink deeper into the earth. It becomes very hard to change the course.

When you meditate you become aware your thought patterns. If you're often sad or worried, you can change your life practicing positive and kind thoughts. You can't stop the brain from having thoughts that you don't want right away because the mind has stored everything you have ever experienced, but you can get better at sorting the thoughts out and moving on to thoughts you want.

This is why

- Meditation Increases Your IQ Level
- Lowers Your Stress About Classes and Homework
- Helps Your Brain Work Better, Controls How You Feel and Act
- Your Able to Achieve More of What You Want
- Your Focus Improves
- You Feel Less Anxious and Sad
- It Makes You Feel Happier

If you practice meditation at least once a day, your positive thoughts and ability to observe will transfer into your daily life. Combined with your principles and being conscious of how your brain is working, you will have more tools to see the world as it is and make it a better place by making better choices.

These thoughts could be broken into 5 or more building blocks to think about over time.