

# Your Life – How Would You Like it to Be?

Wouldn't you like a bucket of fairy dust to sprinkle and have all of your dreams come true? What if you already have the fairy dust and just don't know how to use it?



You can get yourself stuck in a stagnant pattern without a GPS to guide you out of the muck and redirect you. The cause of that dilemma is due to an area of the brain called the CIA or *Common Integrative Area*. It is located in the back of the head on the left occipital lobe. The CIA is your survival center and houses the emotions of fear, pain, fear of pain, fear of fear and many of the old reactive habits that you find yourself repeating. Because, as an adult, you spend 95% of your time in the CIA, you often feel limited in your ability to move forward towards success.

Fairy dust appears when you are able to move out of back brain into your forebrain. Creative ideas, original thinking, imagination and an ability to be present and "see the light" are stored in this area of the brain. Emotions do not impact the frontal lobe so you are not limited by past painful experiences.

You are able to create the life that you want when you can spend significant time in forebrain. So how do you do it?

One of the easiest ways to bring your intention and blood flow to forebrain is by using the "OMG" points. When you lose something or forget what you are saying, your hand immediately goes to your forehead.



## ***"OMG, where did I put my keys?"***

- Keep your hand on your forehead while taking deep, cleansing breaths and allow yourself to visualize the stressful situation or relationship.
- Imagine alternative outcomes.
- Brainstorm without editing your thoughts.
- Gently massaging the OMG points will help to relieve visual stress.

**Consider this:**

***Your brain does not make a distinction between real or imagined.***

When you tell yourself that you are fat or stupid or a failure, your brain says, "OK, *that's right.*" If you tell yourself that you are striving towards health, investing in adult learning and benefiting from all of your experiences, your brain says, "OK, *that's right.*"

***So, how would you like a situation to be?***

- With one hand on your forehead and the other on the back of your head, visualize in detail the stressors as if you were watching a movie.
- You are the director. You can edit, delete, rewrite, change characters and scenery.
- Decide how you want it to be, remembering that the brain will see this replay as real.

A flower essence that repeatedly comes up in sessions with my clients is an Australian Bush flower essence, *Sunshine Wattle*. This essence opens you up to optimism for a bright future when you have felt stuck in the past, and expecting a grim outcome. 7 drops of this flower essence, twice a day for two weeks can support a perceptive shift from negativity to a sense of freedom. For more information, [www.ausflowers.com.au](http://www.ausflowers.com.au)

Sticky notes with affirmations are wonderful ways to reprogram the brain. Examples:

***"I am happier than I thought."***

***"I can create the job of my dreams."***

***"Weight falls off of me as I make healthy food choices."***

***"I have much to offer the world because of my wealth of experiences."***

Take time to state the affirmations while looking in a mirror. Continue until you feel that you are speaking with conviction. Repeat this daily keeping in mind that it often takes 21 days before we reprogram your brain and your thinking.

I leave you with the title of this piece, "*how would you like it to be?*" You have gifts and talents that are unique. Use them and make things happen!

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