

## Brain Tune-Up Tools

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These **Brain Tune-Up Tools** are designed to work with your **State-of-Mind Barometer** assessment results and the background information in **Your Triune Brain**.

The following research based methods help you move into more positive and resourceful brain states. Experiment with any one or more of these powerful suggestions. Trust your instincts and judgment of what is right for you.

### Change One Negative State at a Time

Select one (1) negative statement you most want to shift to its opposite positive statement. **Write down** the positive statement and add "I am" before the statement (e.g. "I am taking responsibility for my life," rather than: "I am blaming myself or others.").

**Read and say** the positive statement (to yourself or aloud) frequently and each time you are aware of the negative condition you want to replace. (e.g. "Blaming myself or others.").

**Visualize and imagine** life living in the positive state you have chosen. At the end of the day evaluate the positive changes. Integrate your positive "I am" statements into daily affirmations, prayer or meditation depending on your beliefs and practices.

### Oxygenate

Deep breathing, walking, stretching, exercise, sports and drinking ice water will increase oxygen to your brain and make you feel much better.

### Art

Art affects neuronal patterns in the brain both positively or negatively depending on what you look at. The creative works of artists including Cezanne, Salvador Dali, Degas, Leonardo Da Vinci, Matisse, Michelangelo, Picasso, Rembrandt, Norman Rockwell, Toulouse Lautrec and Van Gogh are examples of art that will shift your brain state to higher levels of functioning. Avoid images that invoke negative brain states.

### Music

*"Music soothes the savage beast."* Almost all classical music has been determined to activate positive "upper brain" (neocortex) pathway states. Some, but not all, modern music is beneficial. Pay attention to what you are feeling and experiencing while listening to music, rhythm and lyrics.

### Read

Read the works of writers that support and embody the principles and values of the brain states you want to live in. This builds the neuronal networks for a more positive and fulfilling life.

### Movies, TV, Radio, Sports and Hobbies

Make your selections that exemplify and role model the values and behavior you want to experience. If you want more peace of mind then avoid movies and materials containing violence, terror and war.

### People and Organizations

Associate with people, support groups, clubs and organizations that live the values and behaviors you want to experience.

**Web:** [www.brainpathways.net](http://www.brainpathways.net)