

Increase your intelligences with **BRAIN BOOSTERS** *You are smarter than you think!*

power
mind

Take command – Create significance

Showing your true colours at the sink ?



BRAIN BOOSTER TIP:

CORE VALUES DRIVES HUMAN BEHAVIOUR.

THE CONFLICT BETWEEN PEOPLE IS OFTEN THE CONFLICT OF VALUES

Danah Zohar & Ian Marshall in their book *Spiritual Intelligence—the ultimate intelligence* describe how the different brains pulse at various amplitudes between 16– 30 hertz (Hz) . Interestingly, when these waves cross like you see at the beach ,another wave of 40 Hz is created. This amplitude of 40 Hz is universal to each human being and expresses 3 important core needs : for you to express your life purpose; to belong & to live in accordance to YOUR CORE VALUES. A value is something that is important to you. Not right—not wrong, just is. Examples of values are kindness, honesty, punctuality, tidiness, loyalty, respect. **Values drives behaviours. Your values drive your behaviour.** Conflict between people is often the conflict of values eg someone values punctuality—the other does not . Can you see the conflict that happens ? Conflict switches on the sympathetic nervous system which releases the hormones of adrenalin (gets the heart pumping faster) ; noradrenaline (raises your blood pressure) and cortisol (releases sugar quickly from the liver as well as dampens your immune system and switches off your prefrontal cortex—the only brain that can make a conscious choice. So let's get back to the sink. Have you been in workplaces where cutlery and plates are piled high left for " someone " to wash up ? Leaving things in the sink is indicative of that person's values—I will let you decide what those values could be. What is important is how you want to be & behave !

SUGGESTED ACTION FROM THIS BRAIN BOOSTER Spend 10 minutes (that is all you need) download your values—list 20. Then get a highlighter and mark off your top 5. Put them in alphabetical order and memorise them. Then observe—when you are in and out of alignment with them . Remember—alignment or non alignment switches on either your sympathetic (stress) or parasympathetic (calm) hormones

AFFIRMATION FOR YOUR BRAIN REPATTERNING:

I KNOW MY TOP 5 CORE VALUES & ACT IN ACCORDANCE WITH THEM

POWERMIND COACHING

Take command—create significance

Discover YOUR top 5 core values - prioritise your life & come to our next workshop

Next one day workshop Sunday 12 June 2011

TO FIND OUT MORE,
CONTACT US NOW

power
mind

Take command – Create significance

M: 0409 713 466
E: ilze@powermind.com.au
www.powermind.com.au

If you would prefer not to receive our emails in future, please reply with "Unsubscribe" in the subject line or header.