

**مركز البيدر للدراسات والتخطيط**

**Al-Baidar Center For Studies And Planning**



# Use Your Mind To Reset Your Brain

## Educational Approach

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Dr. Basim AL-Lami

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Al-Baydar Center Publications for Studies and Planning

## About Center

Baidar Center for Studies and Planning is a non-governmental and non-profit organization established in 2015 and registered with the NGO Directorate in the General Secretariat of the Council of Ministers in Baghdad.

The Center seeks to contribute to developing the state and its institutions, by proposing ideas and practical solutions to the main problems and challenges facing the state, including improving public sector management, policies and strategic planning, using reliable data and best practices. The Center engages the relevant authorities in the state with regular meetings to support this objective and utilises the support of international organizations dedicated to assisting Iraq's development. The Center also seeks to support economic reforms, sustainable development and provide technical assistance to the public and private sectors. The Center also seeks to support development of the private sector to provide job opportunities for citizens through training and upskilling, in a way that reduces dependence on government institutions and contributes to supporting and diversifying the country's economy.

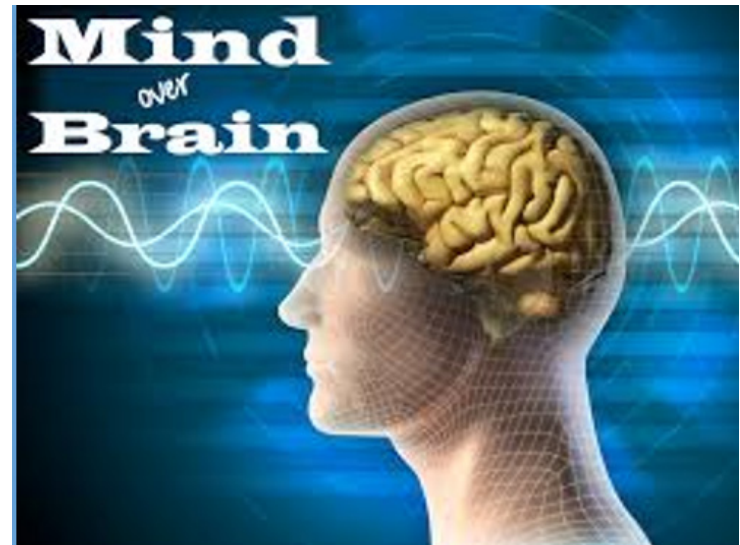
The Center aims to utilise the vast amount of potential in Iraq's human resources by organizing programs to prepare and develop promising young people, including leaders capable of proposing, adopting and implementing visions and future plans that advance society and preserve its value system based on the commitment to a high moral standard and rejection of all types of corruption.

# Use Your Mind To Reset Your Brain

## Educational Approach

Dr. Basim AL-Lami

- Your **Brain** is part of the visible, tangible world of the body.
- **Mind** is part of the invisible, world of thought, feeling, attitude, belief and imagination.
- Your **Brain** is the physical organ most associated with your **Mind** and consciousness.

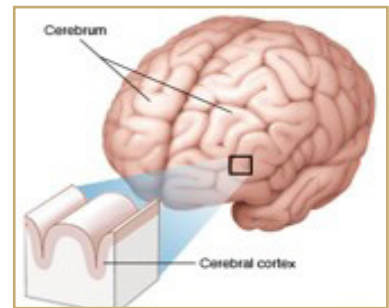
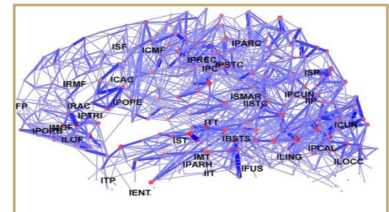
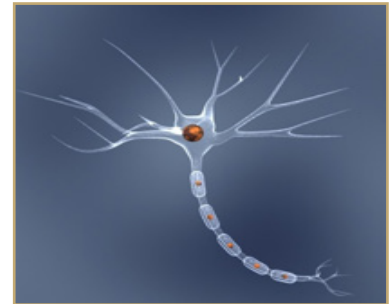


**The brain, and how we are able to mold it, is fascinating and nothing short of amazing. Rebecca Gladding M.D.**

Your brain contains billions of cells (Neurons ) arranged in patterns that coordinate Thought, Emotion, Behavior, Movement and Sensation. ...

While all the parts of your Brain work together, each part is responsible for a specific function — controlling everything from your heart rate to your mood.

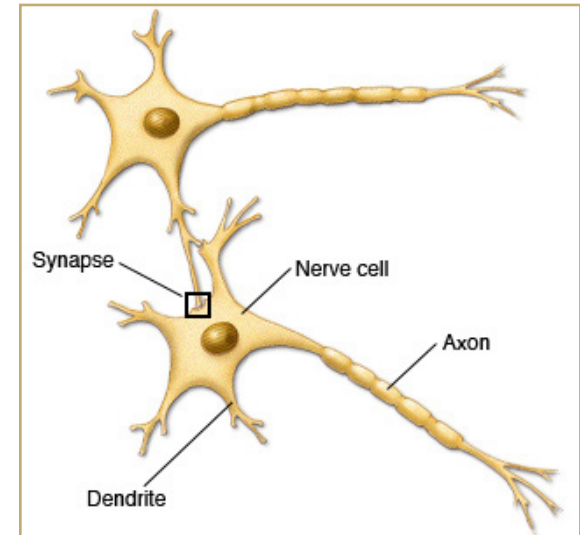
The cerebrum is divided into two halves (hemispheres) by a deep fissure. The hemispheres communicate with each other through a thick tract of nerves, called the corpus callosum, at the base of the fissure. In fact, messages to and from one side of the body are usually handled by the opposite side of the brain.



## Brain Cell – Neurons

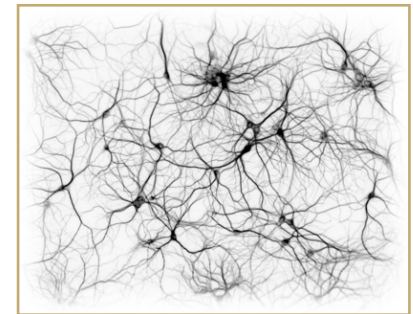
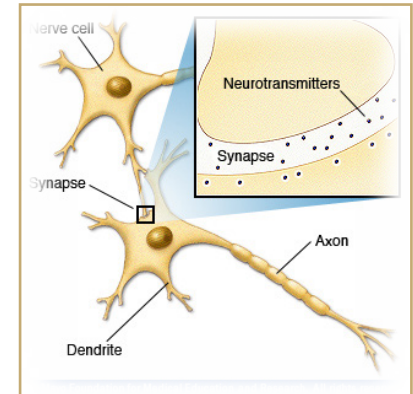
- **Brain cells (neurons)** have two main types of branches coming off their cell bodies. **Dendrites** Receive Incoming messages from other nerve cells.
- **Axons** carry outgoing signals from the cell body to other cells – such as a nearby neuron or muscle cell.

Interconnected with each other, Neurons are able to provide efficient, lightning-fast communication



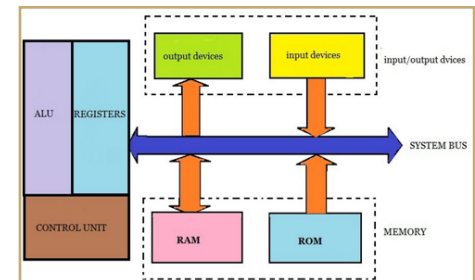
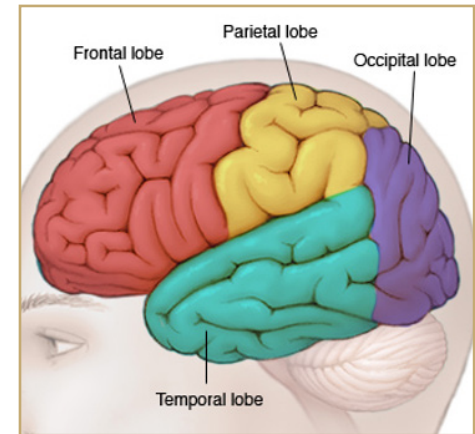
## Brain Cell – Communications

- A nerve cell (neuron) communicates with other cells through electrical impulses **when the nerve cell is stimulated**. Within a neuron, the impulse moves to the tip of an axon and causes the release of Neurotransmitters = chemicals that act as messengers.
- Neurotransmitters pass through the synapse, the gap between two nerve cells, and attach to receptors on the receiving cell. This process repeats from neuron to neuron, as the impulse travels to its destination —
- A web of communication that allows you to move, think, feel and communicate.



## Brain Anatomy – Simple view

- Your brain's hemispheres are divided into four lobes.
- **The frontal lobes** control thinking, planning, organizing, problem solving, short-term memory and movement.
- **The parietal lobes** interpret sensory information, such as taste, temperature and touch.
- **The occipital lobes** process images from your eyes and link that information with images stored in memory.
- **The temporal lobes** process information from your senses of smell, taste and sound. They also play a role in memory storage.



**Neuroplasticity :**  
**is the Mind's ability to change the Brain.**

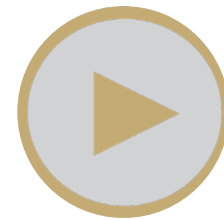
Neuroplasticity radically reverses ages of scientific view which held that:

Mental experiences result only from physical goings-on in the brain, and we can't do much about it

But extensive studies by neuroscientists confirm that:

Our mental maneuverings do alter the Physical Structure of our Brain Matter. So, when you change your mind, you change your brain.

This is great news for most of us.



[WATCH VIDEO](#)

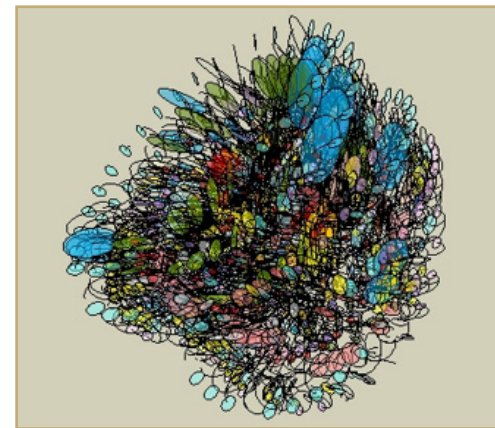


## The good news.....

- Meaning that it has the Capacity to Form New Neural Connections and pathways – any time someone chooses to do so.
- Our Brains have the capacity to form Hundreds of Trillion of Neural Connections with one another.



THE  
PLASTIC  
BRAIN



## Now comes the interesting part

- Every thought that you have is linked to a group of neurons forming a connection. Let's say for example someone has a thought that they can't do something; that life is difficult or money is scarce.
- Unfortunately the brain doesn't say that's a silly thought – Brain takes on every thought as if it were true.

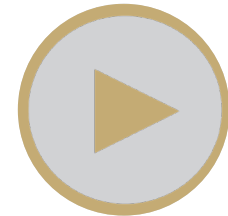
If you think you can't do something :

A group of Neurons are going to form – which will prevent you from being able to do that.



## when a child learns to walk

- A group of neurons team up together and communicate with one another by synaptic firing.
- When the child first starts to walk they usually walk a little and then fall down. However after a while the child learns to walk without falling down or holding onto anything
- The neurons through repeated contact with one another are now forming a “Team of Neurons” that when activated allow the child to walk.
- All the child needs to do now is think I would like to go from the lounge room to the bedroom and the body automatically responds.
- It is the same for everything whether it be learning to drive a car or playing a computer game.
- At first you have to FOCUS and CONCENTRATE on what you are doing but after a while the neurons form a team and you find it happens automatically. To summaries at the beginning of a task/situation you have to Consciously think about it but with repeated action teams of Neurons form at an Unconscious level.
- Basically everything you do, say, think and feel works like this. allow the child to walk.



[WATCH VIDEO](#)

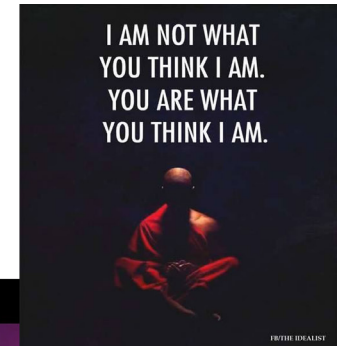
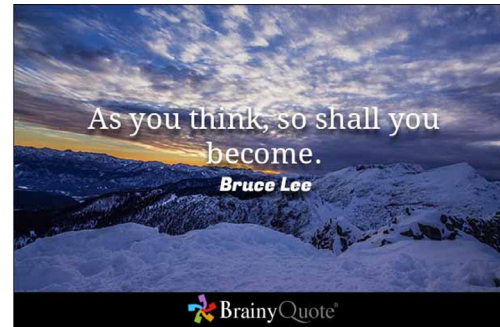
**IF they were told: stupid or silly or they couldn't draw , and their brains being in a highly suggestible state, Brain will take that on as being the truth.**

- first six years of life the brain literally take on , with very little sensing, most of the information from its environment.
- The reason the brain does this is that it is programmed to form lots of neural connections during the early part of life so that you can grow and develop at a rapid rate.
- Also between the ages of 6-12 the brain is in a semi hypnotic state.



## What You Think Determines How you Perform and Behave.....

- You can't separate what you think from who you are..... Because: Who you are comes from your brain.
- Your brain cannot work until connections are made between neurons to form Teams.



You Are  
What You  
**THINK**

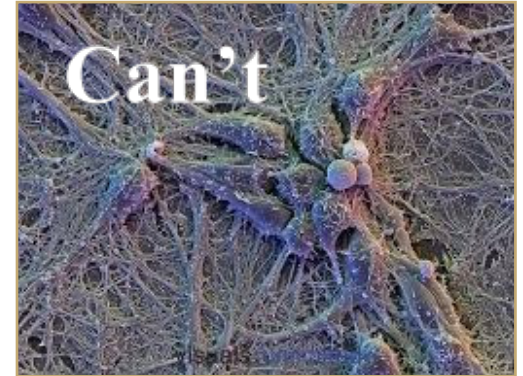
**At the heart of the issue is changing Minds leads to Brain changes — in other words, Rewiring My Brain.**

Whether it's kicking a bad habit, coming up with new and original ideas, shifting a business focus, changing behaviors, changing company culture, or trying to change the world.



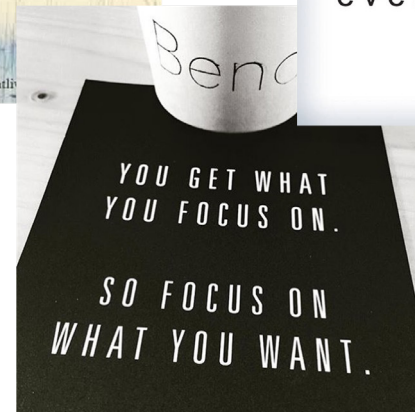
An experienced practicing neuropsychiatrist:  
doesn't use drugs to treat patients.  
He/She teaches them to rewire their brain  
by changing how they think.

whether you think you can or you think you can't you are right..... Mr. Henry Ford



## What you Focus on and Reinforce Determines your dominate thinking and behavioral patterns

- Given this we can see that brains work on the principle of repetition, what you focus on and reinforce determines your dominate thinking and behavioral patterns.
- It is important to realize that unless you are prepared to step out of the well-worn paths of neural connections – and entertain different thoughts – then the old established ways of thinking and behaving are going to continue.





**Brains are designed to operate from the past to save people the time and energy of relearning.**

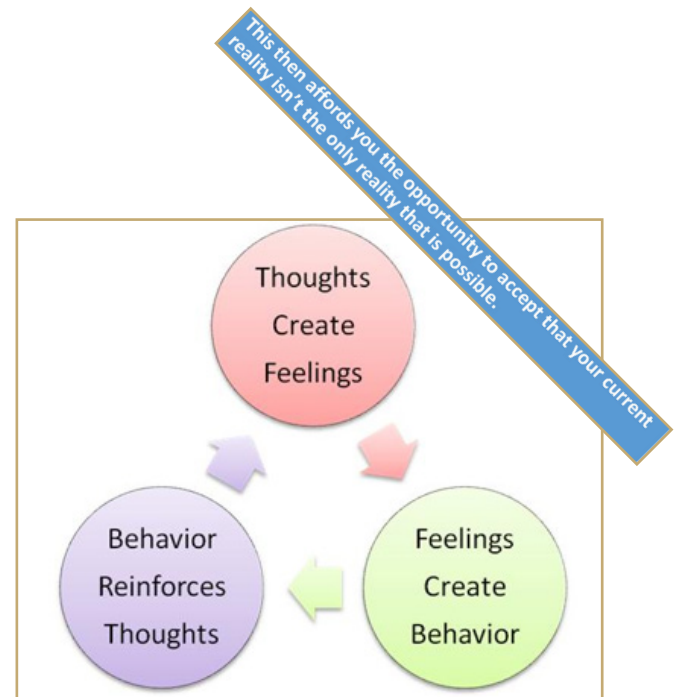
- Life then becomes a reaction based on perceptions and beliefs from the past.

**You need to get out of this cycle and create another**

Thoughts make reality and if you can change your thoughts you can change your perception and view of the world.

In order to be able to connect with your intuition you need to break up your strongly held beliefs and make room for new possibilities.

While your beliefs and perceptions remain hard wired it is impossible to get in touch with your intuition because intuition exists outside your current reality.



**To Break these Neural Connections you need to Adopt the Thoughts That Describe existing beliefs and perceptions as Not be in your highest interests.**

- In order to be able to connect with your new intuition you need to break up your strongly held beliefs and make room for new possibilities.
- And if your existing network of neural connections remains strong .....you will automatically react to life given your existing perceptions and beliefs.
- Example: it is difficult topics as I previously thought .

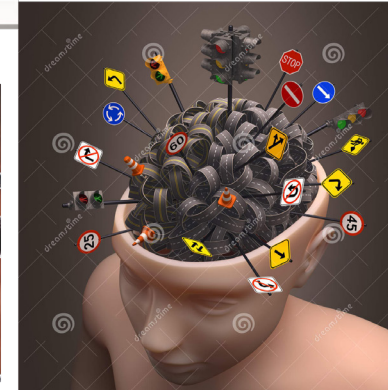


**If your beliefs and perceptions remain hard wired it is impossible to get in touch with your new . Hence, you must break these hard-wired neural connections , and you need to:**

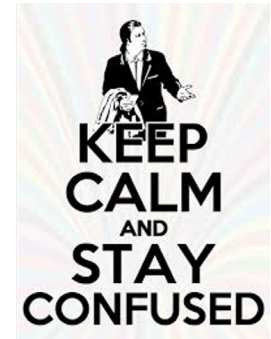
- Adopt the thought that describe existing beliefs and perceptions as not be in your highest interests.
- have enough doubt in your current perceptions and beliefs to get a pause between thought and action.

## Confusion is needed to break up the Neural Connections.

- **Doubt** creates a pause but that pause will soon disappear unless doubt is followed by confusion.
- **Confusion** definitely allows for other thoughts to enter because automatic actions are temporarily suspended allowing time and space to think differently.



- you must honestly want a better way otherwise the confusion will disappear and you will go back to your old thinking patterns and automatic reactions.



What you learn you can unlearn



## What you learn you can unlearn

Anything you learn, you can **UNLEARN**.  
It's time to unlearn our bigotry.



## What you learn you can unlearn

**To make unlearning easier, I never believe anything 100%.**

- Allow to unlearn while you learning.
- When you are too attach to an idea, it becomes so much harder.

Never stop challenging all the ideas.



## **List of Suggestions for taking back control of your Brain.**

1 Start to become aware of your thoughts especially when things are not going the way you want them to.

2 Get tough with yourself and decide if you are happy with your thinking and make a commitment to change it.

3 When you realize that your thoughts are giving way to unproductive behaviors ...stop and ask yourself : if I had to see this situation in positive terms what would that look like.

4 Once you have a vision continue to hold this until the situation changes.

5 Surround yourself with positive minded people.

6 Don't get into the habit of speaking negatively about other and situations, This will only reinforce the neurological connections that are causing you to behave in unproductive ways.

7 If you don't have a group which is solution orientated rather than problem centered .....create one. 8 Read and listen to inspirational quotes, stories and visualizations.

9 Use the power of emotion and passion to change your thinking to envision outcomes that create extraordinary performance in yourself.

10- Your brain is very powerful and when used correctly all things are possible.





Set your mind on a definite goal  
and observe how quickly the  
world stands aside to let you pass.

Napoleon Hill

quotes

## YES I Can Reset my Brain...

