

WEEK 3 VIDEO 2: NEURAL PATHWAYS

I'm going to take a few moments to talk about neural pathways. Neural pathways happen every time we have a new thought. A new thought will form a neural pathway in your brain, and I'm not a scientific person, so don't hold me to his scientifically. This is the concept of it. If you want to go into the scientific research, and all that, please do.

Fact is, every new thought creates a new neural pathway and we have two things going on in our life. We have habits: Physical habits like muscle memory and we have habits of thought.

When you have a physical habit, it actually gets created somehow. So for example, think about when you learned how to brush your teeth, you learned how to step on the stool, you learned how to get the cap off the toothpaste, put it on the brush, you learned how to put in your mouth and go up and down, you learned how to rinse your brush and rinse your mouth, and put everything away. And so, the first time you did that, here's the scientific neural pathway. Here's what it looked like. You did it. Could you have done it perfectly the second time? Of course not. You're still learning. So your mom is there or your dad is there or sibling helping you learn how to do it the next time. And the next time you do it strengthens that neural pathway, and again, you keep on doing it and the more you keep on doing it, this neural pathway actually gets thick, and you create a new habit. So that today when you brush your teeth, you don't think about, "Oh, I have to put my hand on the toothpaste, I have to undo this..." No. You do it subconsciously, below your awareness.

So that's a physical habit. The same thing actually happens with habits of thought. Think of somebody that you might know who is like a really negative person and all they do is they complain all the time and complain all the time or even somebody who just doubts themselves "Oh, I can't do that. I can't do that. I can't do that." Well, over time, maybe they had one time where they said, "Oh, this is really hard," and the second time they went, "Oh, it's still really hard," and the third time, "I can't do it. It's really hard. It's really hard." And guess what? That neural pathway actually physically gets thicker in their mind.

And what we're doing in hypnosis is we're creating new habits of thought so that if somebody's over here saying, I can't do this and they really can, then we can create a new thought that says, "Well, I like the idea I can do this. I like the idea I can do this" and the more we repeat that over and over, that repetition and reinforcement, we spend less time on this one, don't we?

And this one actually starts getting lighter and lighter, and then, no attention is paid to this one and it begins to fade away and this is the new one.

We actually use this concept with habits, so think about nail biting. A little kid is maybe at home, his parents are fighting and this little kid bites his nails, and just that moment of biting his nails kinds of calms his down. It actually distracts him. So as he's doing it, here's his parents, biting nails, feels a little calmer – here's his parents, he bites his nails, feels a little calmer – here's the parent, bites nails, feels calmer. And over time, he's crating this new response, biting his nails, feeling calm, biting his nails, feeling calm. And his mind, biting nails and feeling calm have become one concept. So now he grows up and now he's in the corporate world and he's got some stressors and he finds that he actually bites his nails way more often whenever he's stressed. Why? It's because of that neural pathway that happened way back then.

And so, what we do in hypnosis is we actually break that connection between the habit and the stressor and we replace all these habits with a new habit. Because you know what, when we have a habit that helps distract ourselves from stress, the concept is a good idea but the habit isn't working really well. Think of people who emotionally eat, or people who drink, or people who gamble, things like that. Well, we want to intentionally create a new habit to fill that hole and new habits are very easy to create and we'll go into that more depth towards the end of the class.

And just so, I want to share with you that when people get over one habit, if they do not intentionally create a new habit, they're almost guaranteed to go to another bad habit.

Years ago, when gastric bypass surgery was new and gastric bypass surgery is when somebody has surgery in their stomach and their stomach is made so it's about the size of the walnut, it's much smaller, so that people who overeat, it's impossible for them to overeat. You can only eat a small amount at each meal. When this was pretty much brand new, I happened to have been home watching Oprah one day and Oprah had five beautiful slender women who were there on the show and she was interviewing them because this was all pretty new. And all five women showed before pictures and they were all immense and all of them had had incredibly successful gastric bypass surgery. But what happened was that they had stopped that habit of eating that was no longer an existence for them, every single one of them went to another bad habit. Every single one of them became an alcoholic.

After that, I think because of Oprah's TV show, psychologists and doctors realized that before people have this kind of surgery, they do need to have some psychological evaluations and some understanding of what's going on.

So the importance of neural pathways, the real reason I'm sharing this with you is because it's important that we reinforce. We teach our clients to reinforce what we're doing in the session. We can't be home with them telling them what they need to say to themselves over and over. They have to do that for themselves, and generally, when my clients come, I tell them on the phone, "Now we work as partners. I do my part and you do your part. I promise to do my part 110% and your part is going to be reinforcing your new habit of thought for maybe 3 or 4 minutes in the morning and 3 or 4 minutes at night and that's it." It is key to success. I can't stress this enough. So self-hypnosis is the way that they do this. Self-hypnosis is key to success and you're going to be doing self-hypnosis throughout the rest of this course too. I want you to learn how to show yourself how powerful this is.

Okay. The next video, you're going to be learning self-hypnosis. It'll be one of the videos in this module. Enjoy.

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