

# **Mind Mapping Seminar**

**October 23, 2021**

- Wake up
  - Posture
  - Eyes
  - Neck
  - Movement
  
- Executive part of the brain

# Mind Mapping

- Speaking brain
- Science of creating habits
  - The better habits the better life

# Your brain is hell bent on survival

- Why?
  - Threat-
  - Twin sisters
    - Cautious
    - Care free

# 9/10 times we are NOT under threat

- Threat
  - Fight
  - Flight
  - Freeze
  - Blame
  - Hide- Run Away
  - Do nothing (paralyzed)

# Re-Direct Attention

- Motivation (motive)
- Attention
- Energy
  
- What's great about this -

# Maslow's Hierarchy of Needs

- Reptile - threat/safety
- Mammal - self esteem/ love/ belonging
- Human - executive function
  - Linear thinking - target - focus
  - Logic/ ability to plan
  - Threat vetos human thinking
    - Instincts



# How I got involved with being so interested in Mind Mapping?

- Emotional based unstable environment
- Found success and enjoyment through disciplined physical fitness
- Wrestling and combat training
- Finding a profession
- Started establishing clients/meeting different people
- Found success
  - Movement
  - Eating less
  - Enjoyment
- More clients
- Some didn't succeed

# Why did they fail?

- Go beyond effort-
- Standard why to get goals
  - Ask what you want
  - Ask why you want it
  - Identify problems you foresee
    - BAM - get after it

**“I know what to do, just can’t seem to get myself to do it.”**

# STRESS

- When stress is high, prefrontal cortex is low (almost off)
- Mammal brain is increased

# Prefrontal Cortex

- Left part is logic
- Right part is creative
- When stress is apparent
  - Left part turns off
  - Right part kicks in and is future based
    - Judgement
    - Worry
    - Anxiety

# How to Drastically Keep Stress Low

- 1 - Sleep
- 2 - Hydration
- 3 - Brain Dump
  - A good day starts the night before

# WILL POWER

- “Making you do shit you don’t want to do”
- Tsp of will power
- When will power runs out it becomes a huge stressor on the human part of the brain

# WILL POWER

- You will never get the body you love, doing the things you loathe
- You will never have the relationship you want, doing the things you loathe
- Will power numbs everything out which weakens the attention

# **3 Branches of Habits**

1. Attention

2. Intention (clarity)

3. Repetition

**If you hate doing it,  
your intention (Vital) is  
just getting the thing-**

- **Not to have the experience of getting the thing**
- **Not to enjoy the thing**
- **Not to grow yourself**

**“Well, when I get there, I’ll  
be happy.”**

- **Wrong**
  - **Why?**
- **The value we place on things are 100% based from emotion**
- **Must find value in the journey (cliché)**
- **Neuroscientific basis**
  - **Enjoy the journey**
  - **Actually more important than the destination**
- **The brain is making valued objective - subjective**
  - **Is it worth it?**
  - **Torture**

# The Nervous System and Fasting

- Sympathetic Nervous System
- Get up and go
- Energy is on
- Do, do, do
- Most are here
- Life is stressful
- Motion creates motion

# The Nervous System and Fasting

- Parasympathetic Nervous System
  - Rest
  - Digest
  - Repair

Put the body back into it's most healthy position

# **When sympathetic is on parasympathetic is almost completely off**

- **Graze food**
- **No digestion to retrieve nutrients**
- **Cortisol high**
- **Turns food into fat**

# **3 Joys of Our Mind**

1- Anticipation (build-up)

2- During (how can I enjoy more)

3- After the Fact (no regrets)

# “Think Positive Thoughts”

- Yes & No
- It's not about just thinking healthy thoughts & declaring things to yourself
- Ask Valuable Questions
- Who before
- Who during
- Who after
- Much better relationship with your decisions
- Experience Must Match Results!