

Another Beautiful Life

COACHING

Thought Download

A Thought Download is the ultimate awareness tool that teaches your brain to pay attention to what messages you're entertaining. It helps you identify the lies you are focusing on and believing. Whatever you believe, you will live into and out of. It's just the way our brains work.

But that's not the only benefit of the Thought Download. It will change the way you feel each day - physically and emotionally. It'll help you sleep better at night and creates clarity for the day. And that's because a Thought Download is like a broom that it "sweeps" your brain clean. It tricks the brain into thinking that whatever your subconscious has been ruminating on - those questions to be answered and problems not yet solved - has already been dealt with and taken care of. When you take the intangible thoughts from your mind and make them tangible onto paper, your brain thinks it's done and will quit ruminating on it. Your brain is much like a computer. When you have too many things your subconscious is working on in the background, like a computer it gets overwhelmed and stalls, giving you a "spinning beachball" effect. Doing a Thought Download closes the "tabs" in the mind and calms the nervous system. It then creates more space for clarity and creativity to attend to the immediate things at hand without the feeling of overwhelm.

Daily Thought Downloads can literally change the way you're experiencing your life, even if your circumstances don't change.

In summary, Thought Downloads (TD) do three things for us: 1) Makes us aware of the thoughts that have become patterns, 2) "Closes the tabs" that are open and calms the brain and nervous system so you can think straight, 3) "Processes" the event and/or emotion. This last one is vital because research has found that when we're ignoring, resisting, or not attending to our emotions we're susceptible to inflammatory diseases like, autoimmune disorders, heart disease, diabetes, some cancers, and Alzheimer's disease. We know that stress causes ulcers and gut issues. It can also cause chronic pain in the body. Trauma is held in the cells of our bodies.

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