

Hacking Your Brain Training For Healing Your Emotional Self Self Love And

Reparenting

I keep one small promise to myself every day

I work to be compassionate with myself on my journey

I create boundaries + honor my own limits even when it's uncomfortable

I'm aware of my needs + practice getting them met for myself

Repeating Trauma

@the.holistic.psychologist

I live in unconscious autopilot repeating patterns

I belittle, insult, and sabotage myself regularly

I lack boundaries + often feel resentful or taken for granted by others

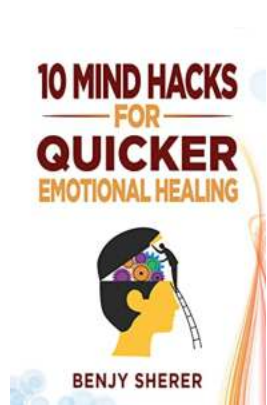
I am unaware of my emotional, physical or spiritual needs

In the fast-paced and ever-evolving world we live in, stress, anxiety, and emotional challenges have become a common part of our lives. Our daily routines and responsibilities can often leave us feeling overwhelmed, drained, and disconnected from ourselves. We are in dire need of a reset, a way to heal our

emotional selves and cultivate self-love. Luckily, the power to rewire our brains lies within our own hands.

Understanding the Brain-Emotion Connection

Our brain is the command center of our body, responsible for regulating our thoughts, emotions, and behaviors. It processes and stores information, releases hormones, and controls our bodily functions. When it comes to emotional well-being, our brain plays a crucial role.



10 Mind Hacks for Quicker Emotional Healing: Hacking Your Brain Training Book for Healing Your Emotional Self. (Self Love and Shadow Work - From Awakening to Ascended - Emotional Mastery) by Benjy Sherer (Kindle Edition)

★★★★☆ 4.3 out of 5

Language : English
File size : 1141 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 168 pages
Lending : Enabled



Our emotions are the manifestation of our brain's response to certain external and internal stimuli. Positive emotions, such as happiness and love, are associated with the release of feel-good hormones like dopamine and serotonin. On the other hand, negative emotions like fear and sadness trigger the release of stress hormones like cortisol. When our negative emotions overshadow the

positive ones, it can lead to emotional imbalance and affect our overall mental health.

However, the incredible plasticity of our brain means that we can rewire its neural networks and create new pathways that support emotional well-being. By hacking our brain training, we can facilitate healing our emotional self and cultivating a deep sense of self-love. Let's dive into some strategies that can aid this transformational journey.

The Power of Meditation

Meditation has been used for centuries as a powerful tool for healing and cultivating self-awareness. It is the practice of training the mind to focus on the present moment, allowing us to observe our thoughts, emotions, and sensations without judgment. By practicing meditation regularly, we can rewire our brain and enhance emotional regulation.

Scientific studies have shown that meditation activates specific brain regions associated with emotional processing, empathy, and compassion. Regular meditation practice increases gray matter density in areas responsible for emotional regulation and reduces the size of the amygdala, which is responsible for the brain's fear response. Through meditation, we can promote self-love and emotional well-being by cultivating a deep sense of inner peace and contentment.

Journaling for Emotional Release

Another powerful method to hack your brain training for healing your emotional self is journaling. Writing down your thoughts, emotions, and experiences can help release pent-up emotions and provide clarity and insight into your inner world. By regularly journaling about your feelings, you can gain a better

understanding of your emotions and identify patterns or triggers that contribute to emotional imbalance.

This practice helps you externalize your emotions, making them feel more manageable and less overwhelming. It creates a sense of distance between you and your emotions, empowering you to observe them from a more objective perspective. Journaling can also be a tool for expressing self-love and gratitude. By focusing on the positive aspects of your life, you can reframe your emotional experiences and cultivate a sense of appreciation and self-worth.

The Impact of Physical Exercise

Engaging in physical exercise not only improves our physical health but also has a profound impact on our emotional well-being. When we exercise, our brain releases endorphins, which are natural mood boosters. These chemicals can instantly elevate our mood and reduce stress and anxiety.

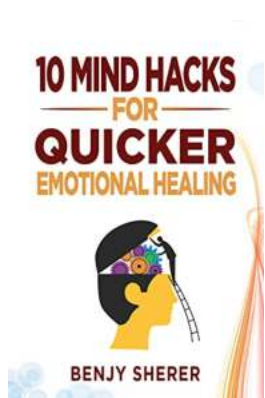
Moreover, regular exercise promotes better sleep quality, increases self-confidence, and enhances cognitive function. It provides a healthy outlet for emotional release and acts as a distraction from negative thoughts and emotions. Incorporating activities like yoga, dancing, or running into your routine can help you hack your brain training for healing your emotional self, boosting self-love, and promoting holistic well-being.

Cultivating Social Connections

Humans are social creatures by nature, and nurturing social connections is vital for emotional healing and self-love. Surrounding yourself with positive and supportive individuals can have a profound impact on your mental health and emotional well-being. Research has shown that the quality of our relationships directly impacts our brain's structure and function.

Building social connections triggers the release of oxytocin, a hormone that promotes feelings of trust, bonding, and security. It helps reduce stress and anxiety, contributing to emotional healing. By cultivating strong relationships, you create a support system that can help you navigate challenging emotions and boost your self-esteem, leading to a greater sense of self-love and acceptance.

Healing your emotional self and cultivating self-love is a journey that requires patience, self-compassion, and consistent effort. By hacking your brain training through practices like meditation, journaling, physical exercise, and building social connections, you can rewire your brain to support emotional well-being. Embrace these strategies and unlock the potential to heal your emotional self, foster self-love, and thrive in all aspects of your life.



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Whether you're experiencing an awakening, on a spiritual journey, or just working on your emotional health and wellness, your goal is reprogram your brain away from all the fear based defense mechanisms that you have built up throughout your life as a result of trauma, and towards a new paradigm based on love, joy, and bliss. You are trying to start paving new pathways in your brain that will change all of your self-harming, looping behavior so that you can start improving your life and the world around you.

Most people, however, really just scratch the surface of the capabilities of the mind to create new patterns and programming. They are trying to use basic thought, logic, and rationality to change their behaviors, hoping that if they can force their brain into submission enough times then it will eventually give in. True change is going to require a deeper dive though. Your patterns and behaviors aren't programmed at the conscious level. They go down to your emotional patterns and subconscious responses.

This book will give you 10+ tricks and a boatload of wisdom that will let you hack the subconscious programming of your mind to help you accelerate your emotional journey, so that you can walk into your best life as quickly and painlessly as possible.

***"Easily one of the best emotional healing books I've ever read. There were 'aha-moments' on basically every page and It was so easy to read and understand! This book is going to open up so much for you. It's like a 'brain training book'. It's just super insightful and mind-expanding on every page. I loved it."

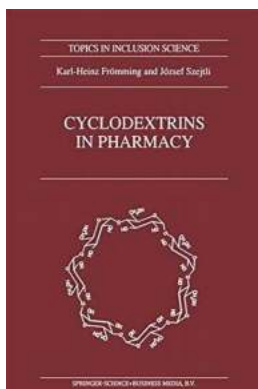
- Michelle G. Professional book editor.

Feel free to check out the first book in this series - Feelings First Shadow Work: A Simple Approach to Self Love and Emotional Mastery



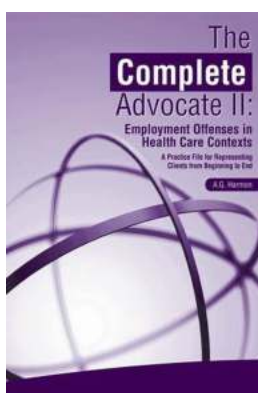
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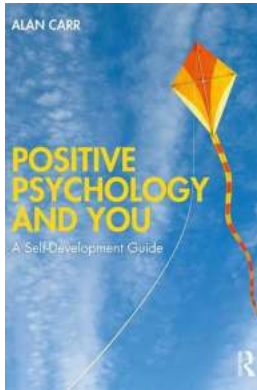
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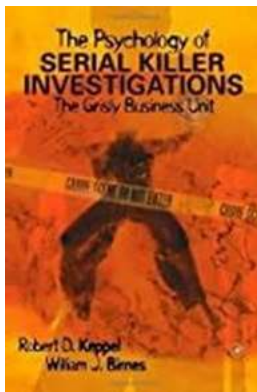
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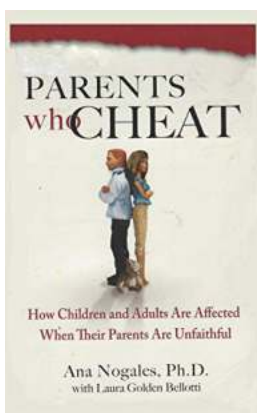
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