

## The Power of Thought and Choice

Are you aware of the power of a single thought? Are you aware of your conscious or unconscious choices in response to a single thought?

Lots of new information for the lay person is flooding the market on the functions of the brain. Are you aware of your right and left brain? In Jill Bolte Taylor's book, **My Stroke of Insight**, she tells us that certain limbic (emotional) programs can be triggered automatically, and that it takes less than 90 seconds for one of these programs to be triggered, surge through our body, and then be completely flushed out of our blood stream. She sites anger as a typically programmed response and that once triggered, the chemicals released by the brain surges through the body and you have a physiological experience. Here is the really interesting part. She explains that within 90 seconds from the initial trigger, the chemical component released has dissipated from the blood and the automatic response is over.

Now, here is where the choice comes in-if you choose to remain angry after the 90 seconds, you have chosen to let the chemicals continue to run through your body-or you can choose to move on and be aware of what is happening in the moment, or the present. Running the old circuit is simply a conditioned pre-programmed response to a thought or situation.

Think about little children. They have a response to a situation for literally seconds, and then it is over. They haven't yet learned to make up a story about how they "should" respond. Once the response circuit has run, it is over-unless they see someone around them encouraging them to continue to respond.

There is tremendous power in making a **conscious choice** about how we want to respond as opposed to reacting to a conditioned response.

Journaling allows us .....

- To become aware of our own thought patterns and beliefs.
- Clarification of thoughts helps to crystallize our perception of situations, allowing us to **CHOOSE** how to respond.
- Stop re-playing the programmed responses in our heads, and keep the same old circuits running way too long!