

Rhythm, Motion, Momentum
Neuroplasticity and ...

The Hierarchy of **Fear**



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Thinking in First Principles

What's your big dream? Keep it alive. What is your overriding **purpose**? What values do you hold dearly? These will form into goals, sub-goals, objectives and daily steps you'll take.

How can you apply first principles to these goals, to fulfil your purpose and bring your big dream into reality? By having a sense of perspective and seeing the big **picture**. *The clearer you see your vision or dream, the more the unconscious will work with you and the life force, to bring it to fruition. Quickly.*

Manifestation works with laws of physics.

Rhythm, motion and momentum

The Universe loves motion. See how the spinning Earth orbits the Sun in one year, moving through the four seasons. Meteorites and large asteroids hurtle through space, and stars are born and explode in flashes of light.

Our rhythmic bodies change with circadian rhythms, 24-hourly. They need almost constant motion and feel good when achieving momentum in a desired direction.





Plasticity, or neuroplasticity, **describes how experiences reorganize neural pathways in the brain.** Long lasting functional changes in the brain occur when we learn new things or memorize new information. These changes in neural connections are what we call neuroplasticity.

It's happening as you read this, from moment to moment!

There's a strange connection between what we call mindfulness meditation (or heightened self-awareness) and re-wiring of the brain, in a rather positive (and pleasurable) way!

As the conscious mind becomes more aware of the habitual, unconscious processes, we rise to a higher level of self-awareness.

Some call this 'finding your god' or 'cosmic consciousness.'

Buddhists say 'the mind of man merges with the universal mind.'

Neuroplasticity

What is meant by 'neuroplasticity?'

Neuroplasticity – or brain plasticity – is **the ability of the brain to modify its connections or re-wire itself.** Without this ability, any brain, not just the human brain, would be unable to develop from infancy through to adulthood or recover from brain injury.

The main benefits of neuroplasticity are:

- Rapid learning ability
- Rewire functions if one area of the brain is damaged.
- Increase memory access and speed, and improve all cognitive abilities, helping in learning.

How can I improve my brain neuroplasticity?

8 Neuroplasticity Exercises for You:

1. Memory tasks and games;
2. Learning to juggle objects;
3. Learning to play a new musical instrument;
4. Learning a new language;
5. Yoga and focused mantra meditation;
6. Mild to moderate regular physical exercise;
7. Challenging brain activities: crosswords, sud

The Hierarchy Of Fear

Here's a question for you:

Have the hierarchies of fear, dominance, guilt and shame captured your IMAGINATION yet? Over the centuries it happened to us. Fear of God, fear of punishment, instilled by fraudulent authorities in man-made institutions. Of course it was all **imaginary** and illusory; a mean trick, played on innocent, highly suggestible children. Clearly, it operates *intellectually* at kindergarten level, with authority figures employing verbal repetition!

When the marketing genius, Seth Godin, wrote a book entitled, "The IdeaVirus," it all came together conceptually for me. Ideas, even the *idea* of a mythical 'god,' are passed like a virus from person to person. The associated emotions (fear, awe, love, certainty) imbue the 'ideavirus' with meaning. Here's access to **The IdeaVirus**. Customer 'word of mouth' shares recommendations and gets something new out there. Maybe it can create a movement for you! Time to break out!



Stimulus control of behaviour

Behaviour is modified by its consequences. What is the EFFECT? Does an action get you what you want? How will you *change your operating actions*, to meet your needs and to achieve your goals? We are very practical creatures. We operate according to the principle of reinforcement. (The Law Of Effect.) We will repeat the actions that cause or create the desired effect(s).

BF Skinner, at Harvard, found that mice and pigeons can be 'shaped up' with well-timed rewards. They learn to adapt to the rewarding contingencies of the environment. We are really no different, so he formulated the principle of reinforcement: We repeat the actions that work!

Here's the universal lesson: Test, test, test, trial and prove to yourself exactly **what works now!**



I have discovered something that *works like gangbusters!* So I named it, the DOUBLE EFFECT. What is The Double Effect? It's actually a marketing SYSTEM that gets you a much higher conversion rate of inquirers into buyers. Use this new system. Make *a lot more sales*. Get tons more signups and subscribers to your mailing lists....

Start with the Double Effect right now and **START 100% FREE**

Geoff Dodd

THANK YOU

We Welcome Your Feedback

Feel Free to **get in touch** with us for any feedback or questions.

