

For people interested in how the Brain works

Explore your own Brain from the inside!

A Workshop in consciously experiencing your own Neuroplasticity



- **Learn how to explore your own Brain from the inside.**
 - **Learn how to consciously activate your own Neuropathways.**
 - **Discover new abilities inside your Brain, that you can consciously use and strengthen through the experience of Neuroplasticity.**
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In this workshop, body-energy researcher **Walter Ness** introduces you to the experience of activating your own neuropathways, by showing you how to consciously go into your brain and experience some amazing new sensations and abilities. Doing this also strengthens the connections inside your own brain.

Neuroplasticity has suddenly become a “hot topic.”

Until recently, scientists believed that after a certain age, our brains stop growing. But now they are discovering that our Brain is always ready to learn, grow, develop new nerve cells, and new connections between nerve cells, so we can continually develop and strengthen our abilities. This is called “Neuroplasticity.”

Neuroplasticity allows your brain to create and strengthen new neuropathways for any task that you practice, such as increasing your intelligence, developing new physical abilities, or transforming self-limiting emotional habits and perceptions. As different brain parts become connected, this helps you experience and memorize all the details of whatever new thing you are practicing, and over time you can do this new thing without effort.

And this workshop shows you how to experience and strengthen these brain processes consciously, from inside your own brain.

DISCOVER NEW ABILITIES INSIDE YOUR BRAIN

This workshop begins by showing you how to discover a **Peaceful Place** inside your own brain, that allows you to feel a peaceful sensation.

Once you learn how to do this, then whenever you want to **feel internally quiet or peaceful**, you can consciously make that happen through a simple process of conscious awareness inside different parts of your own brain, starting with putting your awareness into the Peaceful Place.

EXPERIENCE THE ABILITY TO HAVE YOUR BRAIN CREATE IMAGES

Next, you will discover – and experience – that this Peaceful Place inside your brain is connected to an entire system of brain abilities called “**the Imaging System.**”

Feeling the area of the Peaceful Place inside your brain activates the Imaging System within your brain, which increases your brain’s ability to create images – of an object, a person, place, or an event – so you can visit and study the image in your mind from different points of view.

Here are some ways to use your own Imaging System:

- Being able to have images appear inside your brain whenever you consciously request them can help you **learn and remember more effectively.**
- When you ask your brain to create an image of a place or event, this allows you to have a **Holographic (3-D) Experience** of that image, as if it is actually present physically, or as if you are physically present in it. You can use this Holographic Experience to learn more about the image, place, or event. Or you can use it to re-experience and transform your own thoughts and feelings about that experience.

Here are some examples from Walter’s workshops, of how people have used their Brain’s Imaging System and the Holographic Experiences that it makes possible:

1. At a workshop I was teaching about the brain’s Imaging System, one of the attendees was a realtor. She asked to have an image show up in her brain of a house she was selling, and she began “walking” through the image of this house, as a Holographic Experience. As she continued “walking” through the house, looking at all the rooms, she stopped at one room and said aloud, “That corner needs fixing!”

She told me that earlier, when she had physically been in that room, she did not notice that it needed repairs. But now, as she mentally “walked through” the Holographic Image of this house in her brain, she was able to see the problem in that room that needed to be fixed.

2. Another woman in one of my workshops complained that there was nothing she liked about her apartment. When a Holographic image of her apartment showed up, she was able to walk-through the image of her apartment and see it with a different set of eyes. She was amazed to discover how much she actually liked her bedroom. “I get so many nice feelings from the bedroom,” she said, in response to that image.

3. I was curious about how young people would respond to the Imaging System. I had a chance to have my curiosity answered when I did a gig as a substitute teacher in our local school system.

I found out quickly that a substitute teacher is a target for all the students to act out on. But there were moments when you could have normal interaction with the students in the classroom.

I asked the students in one class, “If you think ‘Pencil,’ how many of you are able to see an image of a pencil?” Five students were not able to see any image inside their minds. So I showed them how to create images.

In one high school class, my instructions were to give the students reading assignments. But one of the female students wanted some interaction. So I took the opportunity to ask them about images. One of them said, “I don’t see images.”

When I asked her to think the words, “Room in my house,” she suddenly exclaimed, “There’s my dresser, there’s my bracelet!” She was using her hand to point out the objects she was looking at in her mind, as if she were actually in her bedroom, seeing them there.

Later that day, when I passed her in the hallway, she yelled out to me, “Thanks, Mister!”

INCREASING YOUR VISUAL ACUITY

In this workshop, you will also learn how the Peaceful Place inside your brain is connected to your abilities for **visual acuity**. You will learn why this happens; how to use these neural connections to make your vision sharper; and how to stay in a calm, meditative state of mind while keeping your eyes open, so that you can be calm and meditative while at the same time having full visual awareness of your environment.

BY PARTICIPATING IN THIS WORKSHOP, YOU CAN LEARN MORE ABOUT HOW YOUR BRAIN WORKS, AND THE POTENTIALS OF NEUROPLASTICITY, AS YOU CONSCIOUSLY EXPERIENCE YOUR BRAIN'S HIDDEN ABILITIES AND INTERCONNECTIONS FROM THE INSIDE.

Walter also encourages you to keep practicing these new abilities after the workshop, to discover what other new possibilities they open up for you. What other applications or uses for these Brain abilities will you discover? Let Walter and your fellow workshop participants know what else you discover.

Walter invites you to become a Co-Researcher in studying and strengthening your Brain's abilities and the process of Neuroplasticity from the inside!

For more information, see:

<http://www.innerexplorationprocess.com/wisdom>

This material is based upon research by Walter Ness and Linda Clave.

Workshops on "Experiencing your Brain from the Inside" are offered the 1st & 3rd Saturday of every month. 12 Noon until 1pm

A related workshop on the same topic, "How to Activate Neuropathways that create Laughter and Smiles," is offered from 11am till noon.

Location: 6 William Street, Somerville, corner of College Avenue, 3 blocks from Davis Square. (at Unity Church of God)

Cost for either or both workshops, \$5 per person.

If you have further questions, email Walter at: neuropathways@msn.com

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