

METACOGNITION

Re-Wire Your Mind - Master Your Thinking



THE
WARRIORS PATH

met·a·cog·ni·tion

noun

psychology

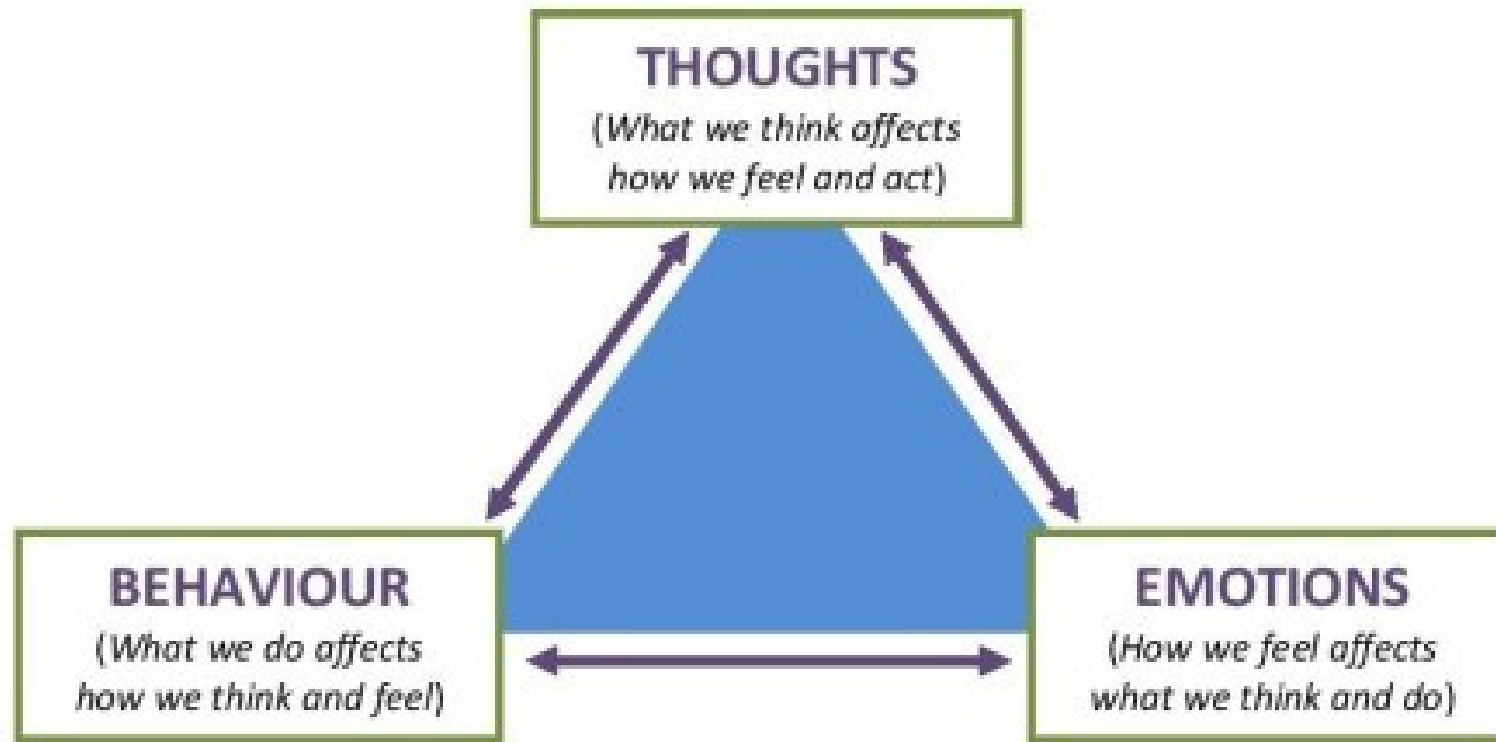
- awareness and understanding of one's own thought processes.



THE
WARRIORS PATH

- Do you think your thoughts are linked to what lies ahead in your future?
- Do you ponder or imagine a vivid vision of your future?

COGNITIVE TRIANGLE



- Every day, you have over 50,000 thoughts.
- 90% of these thoughts are identical to yesterday's thoughts.
- **SAME THOUGHTS = SAME CHOICES = SAME BEHAVIORS = SAME EXPERIENCES = SAME EMOTIONS = SAME THOUGHTS AGAIN**
- These thoughts impact your biology and your neuro-circuitry, influencing how your brain is wired.
- Your Neuro-Chemistry (Chemicals in our brain), along with Neuro-Hormones or (Stress Hormones) and even your Genetic Expressions

These thoughts influence your emotions and actions.

HABIT: A repetitive collection of automatic unconscious behaviors and actions developed through redundancy.

Being Triggered by an
External Event



Circuits or Memories In the Brain,
(Hippocampus), Keeps a Record of
Your Past



THINKING IN THE PAST

Emotions Are Automatically
Attached to These Past
Experiences



You May Feel, Fear,
Sadness or Pain



HOW YOU THINK AND FEEL
CREATES YOUR STATE OF BEING IN
THE PRESENT


FAMILIAR PAST BECOMES A
PREDICITABLE FUTURE



THE
WARRIORS PATH

your brain develops habits created from your past experiences. When a current event triggers a past memory, emotions will flow automatically followed by a reaction to it.

95% OF WHO WE ARE BY THE TIME WE ARE 35 YEARS OLD IS:



UNCONCIOUS HABITS
AUTOMATIC BEHAVIORS
EMOTIONAL REACTIONS
HARDWIRED ATTITUDES
BELIEFS AND PERCEPTIONS

(5% CONSCIOUS MIND)



THE
WARRIORS PATH

TRAUMA RE-ENACTMENT



The stronger the emotional response to an event, the more attention your brain devotes to it.

These Memories are formed through intense emotional experiences.

Repetitively recalling the event, triggers the release of stress hormones. Since the body is the unconscious mind, it remains in a state of acute stress.

Persistently living in a state of survival due to unresolved trauma renders you highly susceptible to relapse.” 🌟

This also leads to conditioning where the body and brain become accustomed.

GOAL = SHORTEN THE LENGTH OF TIME FOR ADVERSE EMOTIONAL REACTIONS

AFTER AN EVENT

The conditioning leads to the development of anxiety and stress, hindering the process of healing and living in the present moment.

This conditioning is then utilized to reinforce constraints.

Different Choices
= DISCOMFORT



No Similar Feeling of
Shame, Fear, Anxiety,
Stress or Pain
= UNFAMILIARTY



Body is the Unconscious Mind
= "YOU CAN'T DO THIS, THIS
IS TOO MUCH!"

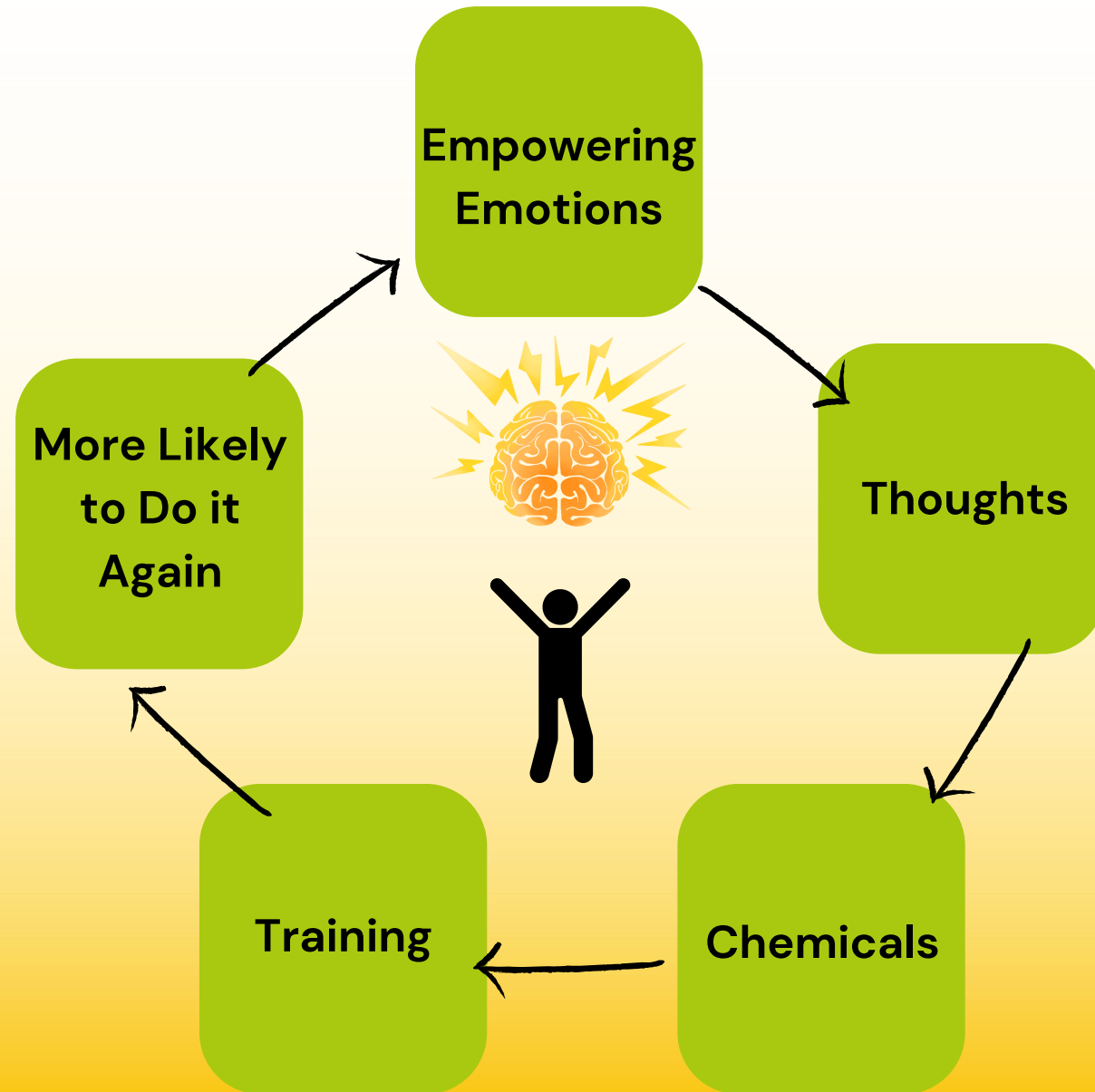




WRITING A NEW SOFTWARE PROGRAM



STEP OUT OF YOUR PAST TO CREATE A NEW FUTURE FROM WITHIN



EMBRACE YOUR THOUGHTS

OBSERVE THOUGHTS

OBSERVE EMOTIONS

OBSERVE BEHAVIOR

AWARENESS = CHANGE



“NOTHING CHANGES IF NOTHING CHANGES.”

Being aware of one's thoughts, emotions and behavior allows the warrior to examine the
“WHY?”

- WHY does this situation create this thought?
- WHY does this thought make me feel these emotions?
- WHY does what I feel make me react the way I do?
- How can I change my perception for a calmer demeanor and a more organized thought process.

•PREFRONTAL CORTEX IS 40% OF BRAIN.

FRESH IDEAS BECOME MORE COMFORTABLE ONCE THE INITIAL UNEASINESS FADES AWAY. .

TO CHANGE YOUR PERCEPTION YOU MUST BECOME COMFORTABLE BEING UNCOMFORTABLE.

KNOWLEDGE OF THE SELF IS EMPOWERING

