

eBook

From Reactive Brain to Creative Brain

A new paradigm for why we get stuck and tips for
how to get unstuck

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Table of Contents

Disclaimer

PAGE 3

What is Reactive Brain?

PAGE 6

What is Creative Brain?

PAGE 9

How to Shift Your State

PAGE 12

Shift Moves

PAGE 13

Conclusion

PAGE 14

References

PAGE 15

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MODULE 1

What is Reactive Brain?

Anytime we are in a state of force, we are in Reactive Brain.* In this state, resolutions to problems typically come painfully, if at all. Because we are experiencing narrow focus** (and unable to see other possibilities), we are often left feeling exhausted, frustrated, disconnected from ourselves and others, and trying to control life.



QUALITIES OF REACTIVE BRAIN:

- Scarcity mindset
- State of competition; seeing the world and others as unfriendly
- Drained of energy, stressed out!
- Either/or thinking
- Perceiving others as the enemy
- Narrow focus/limited options
- Looking for what's wrong
- Looking for who's to blame
- Judgment (of self, other, the situation, etc.)
- Better than/less than thinking; hierarchy
- Stuck in your head/mind
- On The Drama Triangle (playing the role of victim, villain, and/or hero)
- Urgent, immediate, no thought
- Fight, flight, or freeze response
- Feeling cognitively disabled
- Feeling disconnected from others
- Contracted energy/emotional states
- Paradigm of control

When we are energetically blocked and our emotions aren't flowing, we get stuck in Reactive Brain - the unconscious threat response system designed to keep us alive - not connected and thriving. Reactive Brain (aka the ego) is the source of all conflict.

Without awareness for when we've slipped into this state, we unknowingly view ourselves and others through a negative lens. We focus in on what's wrong - with ourselves, our partner, our relationships, etc. - and who's to blame.

It's the part of us that feels scared, disconnected, stressed out, blame-y, unwell, hurried, confused, and consumed by black-and-white thinking.

Because Reactive Brain is a state of stress response, we're unable to feel a sense of connection,

possibility, appreciation and love while in it.

Which is great for survival - I want to be able to get out of the way of the moving bus without having to think about it! It just tends to really suck in relationships, because a simple tone of voice or look of the eye can be perceived as a threat.

The ability to shift out of Reactive Brain is the key to accessing your Essence - the part of you that is filled with love, possibility, joy, and connection.



MODULE 2

What is Creative Brain?



Creative Brain* is where our true power lives. It's who we came into this world as - our truest, most authentic Self, our Essence, our soul.

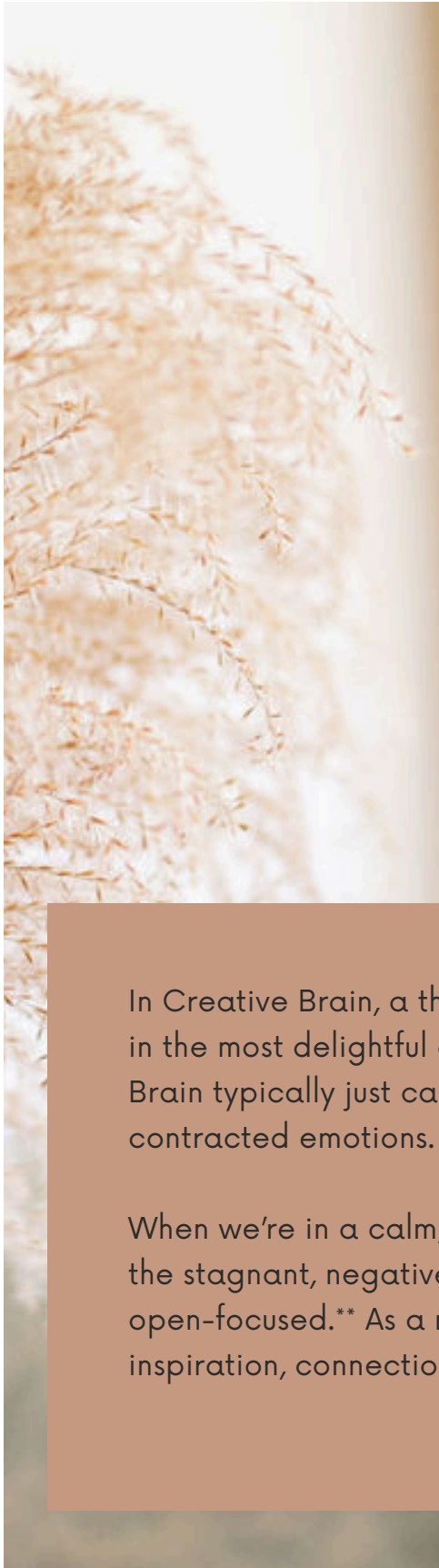
QUALITIES OF CREATIVE BRAIN:

- Time feels slowed down
- Open focus**
- Noticing what's right
- Body in rebuilding response
- Sense of connection is enhanced
- Body is relaxed - slowed pulse, feeling of ease, normal/deep breaths
- Collaborative
- Generates energy
- True power
- Possibility and innovation
- State of non-resistance
- State of acceptance, gratitude, peace, love, joy
- Sense of being in flow
- Noticing what you can appreciate
- Expansive energy/emotional states
- Quality of thinking is optimized
- Co-creative
- Heart and soul
- State of healing, rest and digest mode
- Serendipitous
- Know we are source



When we are in Creative Brain, "problems" are experienced much differently. Because our brains and bodies are now experiencing a much higher vibration, solutions flow easily, possibilities feel endless, and we feel connected to others, to ourselves, and to our purpose.

In Creative Brain, we know that our true power to affect change comes from within.



CREATIVE BRAIN IS WHERE THE MAGIC HAPPENS

In Creative Brain, we have access to a different type of thinking. We feel more expansive, energized, positive, and creative, while experiencing more love and connection to ourselves and others. From this place, it's not only possible for everyone to get what they want, but for the desire for everyone to get what they want to exist.

From up in Creative Brain, we can freely access new ideas, things we'd never dream of from down in Reactive Brain.

In Creative Brain, a third option always seems to appear (often in the most delightful of ways), an option that good 'ol Reactive Brain typically just can't seem to muster from all of its density and contracted emotions.

When we're in a calm, relaxed, flow state, no longer blocked by the stagnant, negative energies of Reactive Brain, our brains are open-focused.** As a result, we have access to creativity, inspiration, connection, and our own inner knowing.

HOW DO YOU SHIFT OUT OF REACTIVE BRAIN AND INTO CREATIVE BRAIN?

First learning how to recognize what state you're in is key. Once you've identified your state, you then get to decide: are you willing to shift?

If you're not willing to shift, great! Way to get clear. You might try and enjoy the land of Reactive Brain by making your experience bigger (let your sadness, anger, fear, etc. grow and really let yourself have it!) Warning: allowing yourself to be with what is and enjoying it might ultimately result in an accidental shift out of that state!

If you've decided you are willing to shift, that's great, too! Now you get to pick your favorite shift move (so you can move the density of Reactive Brain through your body) and access your Creative brain.

Shift Moves

Shift moves*** are simply ways that move dense energy through the body and support you to shift out of Reactive Brain. There are probably as many shift moves as there are humans, so feel free to get creative and come up with some of your own here (and if you find a really powerful one, please do share - I love discovering new ones!)

Here's a list to get you started in the meantime:

- Screaming planks
- Sing your complaint in an operatic tone
- Stop talking and start barking like a dog
- Go for a walk
- Push on the wall and say: "I'm so mad!"
- Wag your tail like a dog
- Express on the outside what's happening on the inside (bodify)
- Speak the Unarguable Truth (what's not arguable? Your sensations, what you want and don't want, what you like/don't like, and how you feel)
- Have a freak out (run around yelling "freak out" while waving your arms in the air)
- Cry (dramatically, if need be)
- Do the starfish (lay on the ground with arms and legs spread out and imagine stuck energy pouring out of your heart space)
- Wonder ("hmmmmmm"), how is this serving me?
- Love what is
- Play, go have fun!
- Throw a tantrum
- Put your attention and breath on a sensation until it shifts
- Move your body
- Write a song or act out a play about your complaint
- Fake laugh until it turns into a real laugh

Conclusion

Thank you for taking the time to explore the fascinating dynamics of Reactive Brain and Creative Brain! Recognizing when you're operating from Reactive Brain, and choosing to shift into Creative Brain, has the power to open you up to a whole new world of possibility, love, joy, peace, connection, and flow you never dreamed was possible.

I hope this eBook serves as a supportive guide on your journey to creating the life and relationship of your dreams. Thanks for reading!

With love and gratitude,

Sarah



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References

*Reactive Brain and Creative Brain are terms and concepts coined by Dr. Julie Colwell. To explore more of her work, go to: juliacolwell.com and evolutionarypower.org.

**Open Focus and Closed Focus are terms and concepts coined by Dr. Lester Fehmi. To explore more of his work, go to: openfocus.com

***Shift Moves are a concept coined by Drs. Gay and Kathlyn Hendricks. To explore more of their work, go to: hendricks.com

