

NLP TOOLKIT PROGRAMMING YOUR RAS



Did you know there's a specific part of your brain that helps you achieve your goals? It's called the Reticular Activating System - or RAS. This part of your brain performs a range of interesting functions. For example, your Reticular Activating System brings to your conscious mind the things you want and need. As an example, if you are hungry, your RAS will remind you that it's time to eat. If there's a task you need to accomplish, like calling someone to make an appointment, guess what? Your Reticular Activating System will help get it done!

The RAS is located in your brain stem. It's one of several structures in your brain that protect you from danger and help you focus. When you are awake and alert, your Reticular Activating System keeps track of anything associated with a goal you have set for yourself. When you sleep, your Reticular Activating System allows you to dream and process information. It will also wake you up if anything unusual happens while you sleep. After all, safety is paramount to your brain!

Most people don't realise it's possible to 'program' the RAS to focus on a goal. To do this, you need to use your imagination. The key is to imagine you have already achieved the goal that you set for yourself. For example, if your goals are to get fit and healthy, see yourself at your ideal weight. What does it look like? How do you feel? Is there someone special in the picture? The more detailed your mental vision the better, because your RAS loves sensory detail.