

About your  
nervous  
system + your  
brain

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# Shape your life according to your own wishes

Changing your life is really difficult, otherwise everyone would just easily do it. Which is why with my healing work I aim to support your change by helping your brain and your nervous system shift more easily.

My goal is to help you refocus on what really matters. And this is: **to become more of who you authentically are** and be fully expressed.

I truly believe that becoming more of who you are is actually the real motivation behind any of our goals, maybe sometimes more or less consciously. And I believe that you want to shape your life **according to your own wishes**, aligned with your own talents and despite the history and ideas of your ancestors and your parents.

## Why is creating change so difficult?!

I am going to put something really complex into the most simple words: **you are living the kind of life that your brain and your nervous system can handle**. Always. The biology of your body is designed to keep you safe, and any change you want to create is a threat to your body, it doesn't sound safe to your body. Your body prefers the familiar, always. At least at first.

Meaning: your brain can be very creative in keeping you safe so you don't make the change happen. And to make things even more difficult, **it will choose the kind of safety that is the least uncomfortable** for you (hello sofa, hello Internet distraction, hello finding excuses, etc.).

But/and/also what is required from you in order to make change happen has only very little to do with a mindset change. Changing your mind is very lovely and also helpful because otherwise you probably wouldn't want change in the first place. But it is not what will help you create change - **unless the change you create is what your brain and your nervous system tolerate** which unfortunately for many of us is most likely not the case.

Otherwise you being aware of what you have to do differently would be enough to make the change happen. Or you being aware of what you are doing wrong and changing your behaviour would make the change happen.

And these are most likely approaches that you already tried out and they didn't work or only a little bit or only for a while.

# What is it then that will help make change happen?

First, some more awareness about - again - your brain: **95% of your brain's activity is under the influence of your conditioning** which happened between the age 0-7. This means that you are programmed in the same way as your parents and their ancestors were - even if you are overall very different than them and you maybe have different values than them.

And: **your nervous system completed its development to 75% at the age of 3**. And then built up all the resistance towards anything other than your conditioning by the age of 5-7.

So, in a way - and this is again very simplified - you are basically trying to create change with the brain of your parents and ancestors (their thoughts, emotions and issues), with the nervous system of a 3-year old and based on the awareness of a 5-7 year old. **And most of this is unconscious or subconscious.**

This also means that - unless you really love and like your parents and your ancestors - the goal you want to achieve is really, really difficult for you to bring into existence.

But not impossible.

But/and/also I can already say that this process to create change most likely takes longer than you think it will. The timeframe really depends on how much you already worked on your conditioning, on how much you have been doing ancestral healing and on how much you have the ability to work with your nervous system and your brain sufficiently and effectively so that it allows the change.

**I can only recommend to not aim for a quick fix.**

Or, to put this into other words: I recommend you embrace the process and that the desired outcome will happen when your process is completed - even if you do so in a not-that-elegant way (in this case: welcome to my world, I am the queen of not-existing-elegance :-)).

**This process is completed when your brain and your nervous system are aligned** with who you truly are, and not with who your ancestors and parents are. And this alignment is an experience that you have to go through, not an intellectual understanding or a change of your behaviour.

So, in a way, my job often is to help you remember who you truly are and what you really want to achieve, to help you release the old energies, and to help you love yourself as you refocus on what really matters: your soul's authentic expression.

# But, how long will it take to experience change?

From my experience, most of what science either uncovered or will uncover in terms of how the brain and the nervous system functions already is and continues to be totally aligned with what Yogis have always known.

And since I am more familiar with yogic tools, I will give you this information:

40 days: Change a habit.

90 days: Confirm the habit.

120 days: You are the new habit.

1,000 days: Mastery of the new habit.

Yogic science says that there are specific lengths of time needed for certain desired effects in meditation. Thus, meditations (and exercises in a kriya) are held for a specified period of time.

3 minutes: Affects circulation (blood) and electromagnetic field.

11 minutes: Changes glandular system and nerves.

22 minutes: Balances and coordinates the three minds.\*

31 minutes: Affects all the cells and rhythms of the body and all layers of the mind's projection.

62 minutes: Changes the gray matter of the brain. Integrates the subconscious "shadow mind" and the outer projection.

2 1/2 hours: Holds the new pattern in the subconscious mind by the surrounding universal mind

(Source: Spirit Voyage)

*\*Note: in the Yogic tradition it is said that you have three minds: the positive mind, the negative mind, and the neutral / meditative mind.*

So: **40 days are really recommendable as a first step** because this is usually how long it takes to really create change. Which is why I offer my free E-Book "Develop your spiritual self-care rituals" as part of my healing work. And then you can use my tools for more rounds and/or the rest of your life - as needed.

And also: **there is really nothing wrong with you.**

That's the really, really good news that I have for you here because I remember how often I have wondered if I am in fact just really too stupid to make change happen.

**Basically, your brain and your nervous system just have to learn new things.**

Everything is okay with you.

You.Are.Worth.Every.Effort.

# Some final words

Neuroscientists discovered that when you connect with a higher being, and you pray, and you visualise, your brain will change in it that higher intelligence and more compassion gets activated. This what we do in Sessions by making requests to your Higher Self, Body Deva and team, this is what we do with the Conings and with the poojas - this is what we do with all of my healing work. And more intelligence and compassion always means that you have access to solutions faster which is what we collectively will need to be doing more of as we face our global and personal challenges.

I know that many of you would like to be able to hear their team. And while I know that this is a really fun thing to do, I want to emphasise here that making requests and learning how to do that is far more important. And: your team will find ways to help you deepen your awareness, to help you deepen your understanding. And it will do so through the channels that are easy for you and that you are often unaware of. Most people will ultimately also hear their team, but often after practising making requests and allowing the solutions to come to them in all different kinds of ways.

And - as I mentioned above: I think that science will find proof for what Yogis have always known. And just to be clear here: the true meaning of the word "Yoga" is: being in union with the Divine. The way that you most likely know Yoga is by moving your body. Which is one of the many ways to practise being in union with the Divine, not the only way. Meaning: Yogis recommend you move your body so that your body can more easily align with your level of awareness, with your consciousness, with your awakening because the body always has to catch up with where you are. The word "Yoga" itself simply means being in union with the Divine.

Smiles,

**\* Jouleeyah \***

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*Please note that my healing work is not a replacement for medical, naturopathic or therapeutic diagnostics or treatment.*

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