

# 6 STEPS TO ENHANCED COGNITION WITH BRAINSPOTTING

## TRANSFORM YOUR MIND AND SPIRIT THROUGH BRAINSPOTTING TECHNIQUES

### 1. Identify and Target the Point of Focus

Description: Begin by identifying a physical or emotional sensation related to your trauma or stress. This could be tension, pain, or emotional discomfort. Use a pointer or your finger to trace your line of sight until you find a spot that amplifies the sensation.

#### Resources:

- Tool: A pointer or finger
- Pro Tip: Take a few deep breaths and allow yourself to become aware of your internal state before identifying your focus point.

### 2. Establish a Safe Space

Description: Create a safe environment where you feel comfortable and secure. This is vital for deep processing. Surround yourself with calming elements like soft lighting, soothing music, or comforting objects.

#### Resources:

- Environment: Quiet room, calming elements
- Pro Tip: Use a weighted blanket or essential oils to enhance your sense of safety.

### 3. Utilize the Brainspotting Technique

Description: Start the Brainspotting process by maintaining your gaze on the identified spot. Notice any thoughts, emotions, or physical sensations that arise. Allow your mind and body to process these sensations without judgment or resistance.

#### Resources:

- Guidance: Access to a Brainspotting practitioner or guided recordings
- Pro Tip: Keep a journal nearby to jot down any significant observations or feelings.

### 4. Process and Release Emotions

Description: As you continue focusing on the spot, let your body naturally process and release the stored emotions and traumas. This might involve crying, shaking, or other emotional releases. This step is crucial for healing and cognitive enhancement.

#### Resources:

- Support: Tissue, comfortable seating
- Pro Tip: Have a supportive friend or therapist available if needed.

### 5. Engage in Threading for Cognitive Enhancement

Description: After the emotional release, engage in threading resources such as positive memories, empowering beliefs, or constructive thoughts. This helps integrate new patterns into your cognitive framework.

**Resources:**

- Techniques: Visualization, positive affirmations
- Pro Tip: Visualize a positive outcome or scenario to solidify the new cognitive framework.

**6. Reflect and Integrate**

Description: Take time after the Brainspotting session to reflect on your experience. Use journaling, meditation, or a reflective conversation to integrate the insights and healing you've achieved.

**Resources:**

- Tools: Journal, meditation apps
- Pro Tip: Set aside time daily for reflection to maintain and deepen the cognitive enhancements over time.

**Additional Resources****Books & Articles:**

- "Brainspotting: The Revolutionary New Therapy for Rapid and Effective Change" by David Grand
- "The Body Keeps the Score" by Bessel van der Kolk

**Online Courses & Webinars:**

- Mastermind.com Brainspotting Courses
- Webinars from certified Brainspotting practitioners

**Support Communities:**

- Online forums and support groups dedicated to Brainspotting
- Local meet-ups or therapy groups

**Professional Guidance:**

- Certified Brainspotting therapists and practitioners
- One-on-one coaching sessions for personalized guidance

Are you ready to start your journey to enhanced cognition and spiritual growth with Brainspotting?

**The 6 Step Journey of Brainspotting for Spiritual Growth  
Course & Mastermind****Sign Up Today:**

<https://brainspotting.bridgebucks.info>

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