The Dream Amplifier Journal

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When we think, a chain reaction in our brain is set off, one neuron communicating to the next. The more often a thought is repeated, the more this same "path" of communication between neurons is reinforced and the stronger it becomes, forming a neural pathway. Or said differently, we get caught in the loop of a habitual way of thinking.

With celebration, you're creating new neural pathways, and the more you do it, the stronger it gets. As this new pathway grows, the old ones - often reinforced by the Major Players - are used less and less and eventually fall away. As you know, these old pathways are energy draining and cast a dark cloud over us mentally, emotionally, physically, and even spiritually.

With celebration, you're more energized. And it's not just energy to act or get things done, it's energy for your body to restore balance and to heal. Celebration helps you find a new way of being that allows you to make massive strides in your health without pushing and forcing.

How to Use the Dream Amplifier for Daily Celebration

- 1. Each night, before you go to sleep, reflect back on your day.
- 2. Select 3-5 specific actions you took in that day that demonstrate your commitment to your approach to health. For example, if your desired approach is one of ease, some of the actions you took in the day might include breathing with intention, allowing your vision, getting up from your computer when you started feeling stuck on a project, etc.
- 3. Write down the specific actions you chose throughout that specific day.
- 4. Once you write them down, read through each one slowly, saying or thinking, "I did it!" and allow yourself to feel the energy of celebration course through your body.

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