

5. We are using only 10% of our brain...

The above myth has been attributed to various people including Albert Einstein. I believe what he meant was that we develop on a very small portion of the potential capacity of the brain. There are billions of tiny nerve cells, called neurons, inside the cortex of the brain. These neurons form a complicated network of connections to each other. The interaction and communication between the brain cells enable us to think and solve problems.

Learning new things cause these complex connections in the brain to multiply. The more that you challenge your mind to learn, the more your brain cells grow. Although your brain is not growing in size as such, it is growing in the number of connections and is becoming wiser.

We have the capability to increase our brain power. All limitations are imposed by your conditioning and your perceived ideas of what society demands of you. It is of utmost importance to realize that the boundaries of these limitations can be (and should be) redefined – and the only person that can do that is YOU. Your position in the community is determined by the limits you allow to be imposed on you. We limit ourselves because of anxiety, fear and a low self-love.

Good news, though, for people with anxiety is that, should they decide to break the chains holding them in their state of anxiety, they have an excellent chance of success. Recent research have shown that people with social anxiety are highly intelligent, making learning a piece of cake. Lakehead University research found that people with generalized anxiety scored higher on the tests. In another study by SUNY Downstate Medical Center in Brooklyn, New York anxiety sufferers had a higher IQ and in another study published in the European Journal of Social Psychology researchers found that anxiety sufferers had a heightened level of sentinel intelligence.

What does it mean? As an anxious person you're likely to beat the less-anxious person to live a truly abundant life! Let's start to look at the areas where you can start with changes to achieve an anxiety-free life.