

Brain Wave Vibration- Re-Booting Your Employees Brains

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Imagine your organization's productivity soaring towards profitable heights. Imagine your employees spending more time working efficiently and less time out sick. Imagine if there was more focus, more creativity and more solution-driven ideas that could take your company to the next level. Imagine that just a small change is all it would take to make an enormous impact.

Increased productivity starts with a quiet mind. Since your brain is in constant communication with your body's various organs and processes through transmitted energy called brain waves, the messages it transmits can either promote - or inhibit - health and well-being. It's when you give your brain cells a rest from chronic thinking and stress that you can begin to dramatically improve your physical health. By fully understanding how and what messages directly affect the body, you can begin to change habits that adversely affect your well-being.

Most working environments today are riddled with BETA and GAMMA brain activity. Our workforces are dealing with challenging customers, narrow margins, difficult sales goals, long commutes, office politics, and personal problems. This condition takes a visible and non-visible toll on the overall health of our most important asset- our workforce. When our employees are relaxed, and calm they are better able to focus and invent creative solutions to business challenges that bring a renewed spirit to the workplace.

The Secret of the Brain Stem

Your brain stem is located deep inside the brain surrounded by the neo-cortex and limbic system. The brain stem is like a hidden conductor of the great symphony that makes up the intricate systems of your body. Without any conscious direction from you, it sends out messages to the body, telling your heart how fast to beat, commanding your white blood cells to spring into action, directing your digestive system to go to work. The role of the brain stem is essentially to maintain your state of equilibrium in the face of stress.

Stress has been linked to almost every illness of modern society. The list of associated diseases is staggering: heart disease, cancer, high blood pressure, asthma, lupus, rheumatoid arthritis, fibromyalgia...the list goes on and on. Why if we have been able to conquer polio, smallpox, and other deadly contagions, have we not been able to conquer this epidemic called stress? The answer lies in how we relate to the world from the inside out. In the case of stress, the effects are largely self-inflicted.

The brain stem wants to create balance between the sympathetic nervous system, which produces the stress response, and the parasympathetic nervous system, which is in charge of the rest and digest response. The part we have control over is the pre-frontal cortex, the thinking part of our brain. The thinking brain is constantly sending messages that keep our bodies in a state of alarm, and if not exercised and given a chance to rest, our thinking brains never have ample time to recover. The trick is to quiet the thinking mind and gain control over the content it produces so that the brain stem has a chance to coordinate equilibrium.

How can we accomplish this seemingly difficult task, daily, at our desks, with simple yet effective methods? Brain Wave Vibration is the key.