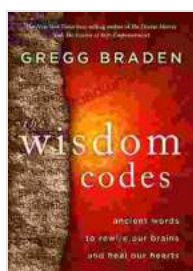
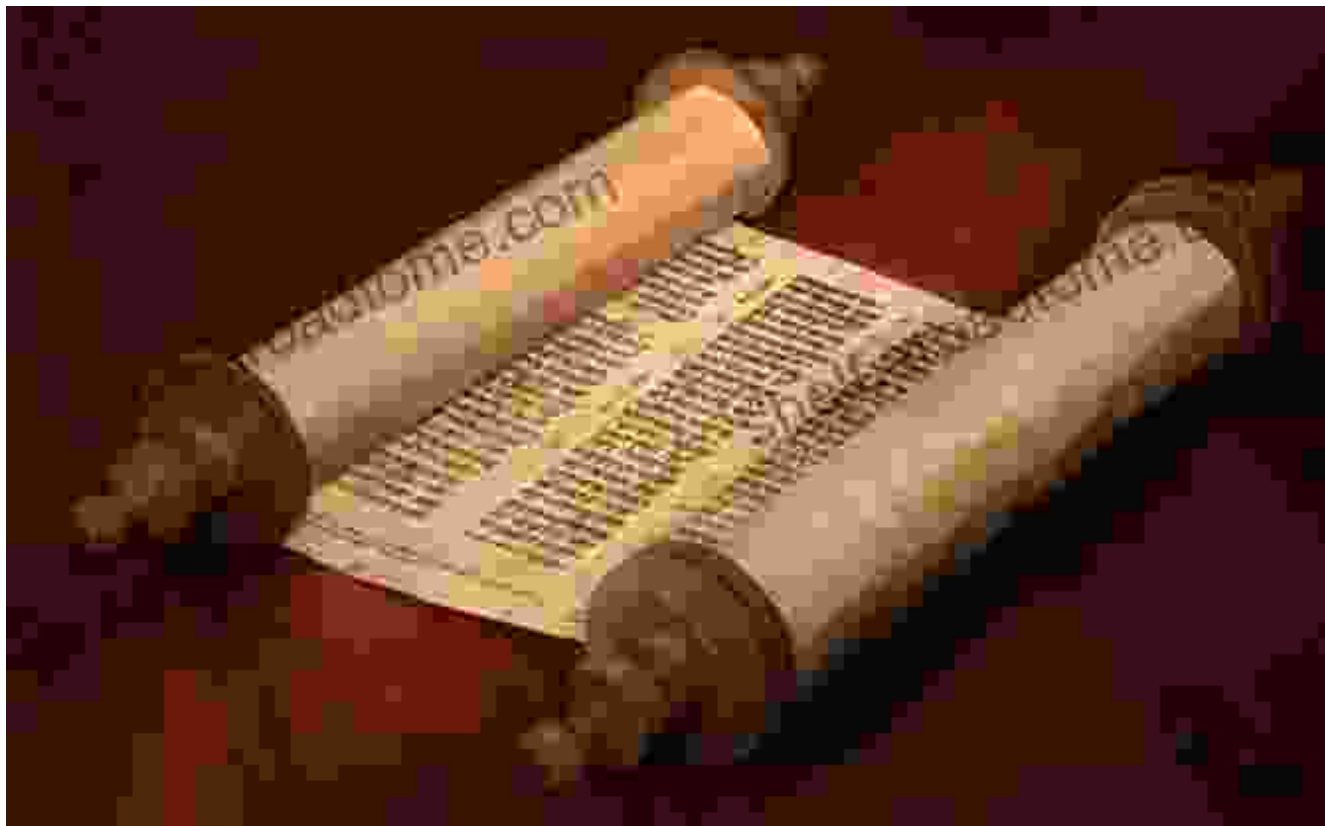


# Ancient Words To Rewire Our Brains And Heal Our Hearts



## The Wisdom Codes: Ancient Words to Rewire Our Brains and Heal Our Hearts by Gregg Braden

★★★★☆ 4.6 out of 5

Language : English  
File size : 2450 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 199 pages

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Words have the power to shape our thoughts, emotions, and actions. They can build us up or tear us down. They can inspire us to greatness or lead us to despair.

The words we use have a profound impact on our brains and our hearts. Research has shown that positive words can increase our levels of serotonin, a neurotransmitter that is associated with happiness and well-being. Negative words, on the other hand, can decrease our levels of serotonin and increase our levels of cortisol, a stress hormone.

The words we use can also affect our heart health. Studies have shown that people who use positive words are less likely to develop heart disease than those who use negative words.

The ancient sages understood the power of words. They used words to heal the sick, to comfort the grieving, and to inspire the lost. The words they spoke were not just empty platitudes, but powerful incantations that had the ability to change people's lives.

In this article, we will explore the transformative power of ancient words and how they can rewire our brains and heal our hearts. We will look at the science behind the profound impact of language on our well-being and share some of the ancient words that have been used for centuries to heal and inspire.

## **The Science of Language and the Brain**

The human brain is a complex organ that is constantly being shaped by our experiences. The words we use are one of the most powerful forces that shape our brains.

When we hear or read a word, it is processed by the brain's auditory or visual cortex. From there, it is sent to the Wernicke's area, which is responsible for language comprehension. The Wernicke's area then sends the word to the Broca's area, which is responsible for language production.

As the word travels through the brain, it activates a network of neurons that are associated with the meaning of the word. These neurons are located in different parts of the brain, including the hippocampus, the amygdala, and the prefrontal cortex.

The hippocampus is responsible for memory, the amygdala is responsible for emotions, and the prefrontal cortex is responsible for executive function. This means that the words we use can have a profound impact on our memories, our emotions, and our thoughts.

## **The Transformative Power of Ancient Words**

The ancient sages understood the power of words. They used words to heal the sick, to comfort the grieving, and to inspire the lost. The words they spoke were not just empty platitudes, but powerful incantations that had the ability to change people's lives.

One of the most famous examples of the transformative power of ancient words is the story of the Buddha. The Buddha was born into a life of luxury, but he was troubled by the suffering he saw in the world. He renounced his wealth and spent years searching for a way to end suffering.

One day, the Buddha sat under a bodhi tree and meditated. As he meditated, he realized the cause of suffering is attachment. He also realized that the way to end suffering is to follow the Eightfold Path.

The Eightfold Path is a set of eight practices that lead to enlightenment.

The practices are:

- Right understanding
- Right thought
- Right speech
- Right action
- Right livelihood
- Right effort
- Right mindfulness
- Right concentration

The Buddha taught that by following the Eightfold Path, we can end suffering and achieve enlightenment. The Eightfold Path is a powerful set of words that has the ability to change our lives.

### **How to Use Ancient Words to Heal and Inspire**

The ancient words of the Buddha and other sages can be used to heal and inspire us today. Here are a few tips for using ancient words to improve your life:

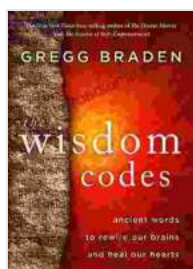
- **\*\*Read ancient texts.\*\*** There are many great ancient texts that can help you to learn about the transformative power of words. Some of the most popular ancient texts include the Bible, the Quran, the Bhagavad Gita, and the Tao Te Ching.

- **\*\*Meditate on ancient words.\*\*** Meditation is a great way to connect with the power of ancient words. When you meditate on an ancient word, you allow the word to enter your mind and heart. This can help you to understand the meaning of the word and to experience its transformative power.
- **\*\*Use ancient words in your own life.\*\*** The best way to experience the power of ancient words is to use them in your own life. You can use ancient words to create positive affirmations, to write poetry or songs, or to simply inspire yourself and others.

Words have the power to shape our thoughts, emotions, and actions. They can build us up or tear us down. They can inspire us to greatness or lead us to despair.

The ancient sages understood the power of words. They used words to heal the sick, to comfort the grieving, and to inspire the lost. The words they spoke were not just empty platitudes, but powerful incantations that had the ability to change people's lives.

We can learn from the ancient sages and use the power of words to heal and inspire ourselves and others. By reading ancient texts, meditating on ancient words, and using ancient words in our own lives, we can experience the transformative power of language.

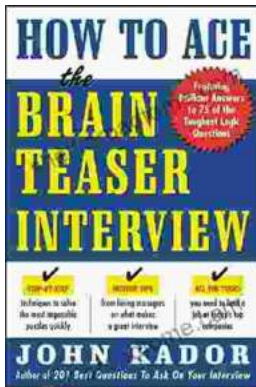


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