

# NEUROPLASTICITY

Our brains are constantly being shaped by experience. The ability of the brain to change and reorganize itself and its function is called Neuroplasticity.

Neuroplasticity is the 'muscle building' part of the brain—The things we do often we become stronger at, and what we don't use fades away (practice practice practice!) That is the physical basis of why making a thought or action over and over again **increases its power**. Over time, it becomes automatic; a part of us. **We literally become what we think and do.**

Andrew Weil:

“Among other things, neuroplasticity means that emotions such as happiness and compassion can be cultivated in much the same way that a person can learn through repetition to play golf and basketball or master a musical instrument, and that such practice changes the activity and physical aspects of specific brain areas.”

---



**Vida Strings**

[info@vidastrings.com](mailto:info@vidastrings.com)

[www.vidastrings.com](http://www.vidastrings.com)