

Neurospiritual

The Power of Thoughts



The power of thoughts has been studied at Harvard Medical School.

Neurologist Alvaro Pascual-Leone instructed a group of volunteers to practice a five-finger piano exercise for two hours a day over five days.

After a week, tests showed that the area of their brains devoted to the piano finger movements had expanded like dandelions spreading on a lawn.

However, Pascual-Leone didn't stop there. He extended the experiment to another group, asking them merely to think about the piano practice exercise without moving their fingers.



The test data showed that the same area of their brains had expanded in the same way, proving that mental practice (thought) is just as powerful as physical practice.

Dr. Brad Harrub



1. The _____ of _____ has been studied at Harvard Medical School.

power thoughts

2. After a week, tests showed that the area of their _____ devoted to the piano finger movements had _____ like dandelions spreading on a lawn.

brains expanded

3. However, Pascual-Leone didn't stop there. He extended the experiment to another group, asking them merely to _____ about the piano practice exercise without moving their fingers.

think moving

4. The test data showed that the same _____ of their _____ had expanded in the same way, proving that mental practice (thought) is just as powerful as physical practice.

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area brains

Align the _____ and the club _____ toward the target

Ball Face

Face your body slightly _____ of the target.

Left

How does the baseball and golf swing compare?

The arms are extended when making contact with the ball.