

What is self-transformation?

- ▶ Transforming of one's own thoughts, actions, or behavior
- ▶ The self to consciously use mental activity to change/modify the brain's neural network in order to experience life with more happiness and fulfillment.
- ▶ This capacity of using awareness to do so is based on the assumption that the brain and the mind are closely connected that one does not change without the other.¹

Self In Transformation

J Spring



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