

MANAGE
YOUR **BRAIN**
MANAGE
YOUR **LIFE**

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MANAGE YOUR **BRAIN** MANAGE YOUR **LIFE**
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PART ONE
GOD AND OUR BRAIN

For you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place, when I was woven together in the depths of the earth. Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be.

PSALM 139:13-16

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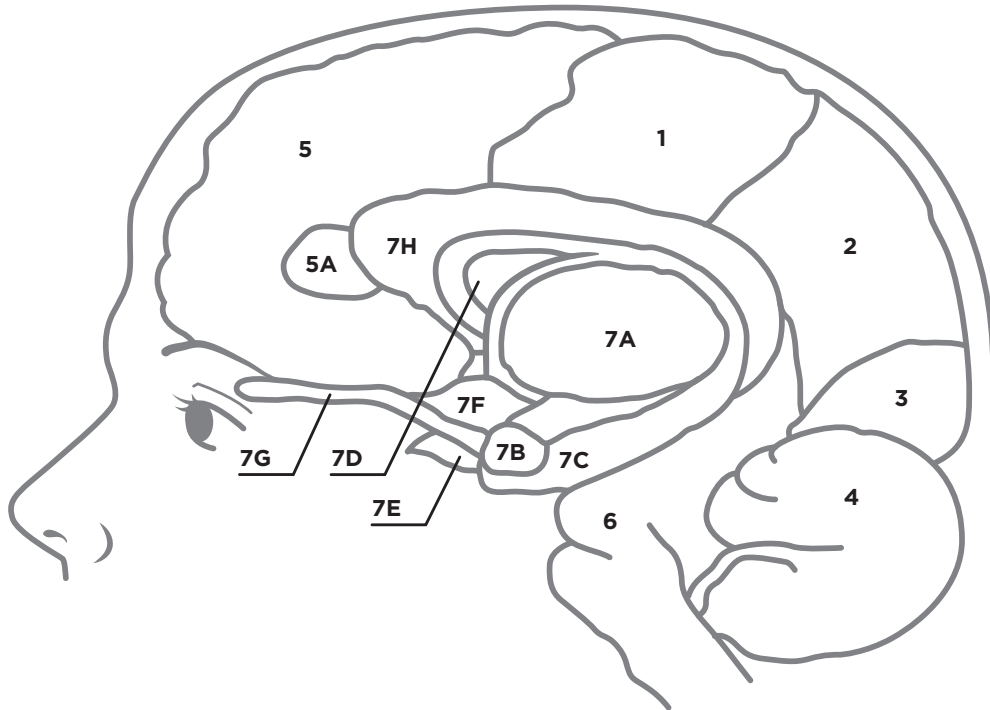
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God's help, to drastically improve the quality of their lives physically, emotionally, mentally and spiritually. And you can too!

In this booklet, I will take you on a tour of your brain and show you how it affects every area in your life.



1. MOTOR AND SENSORY CORTEX SECTION OF THE PARIETAL LOBE

The motor and sensory cortex receives information and influences how you perceive the outside world and those around you. It also determines how you function in your relationships. Many poor relationships are a result of issues such as hyper-defensiveness, hyper-alertness, fearfulness, aggression, anger, clinginess, neediness, over sensitivity, or over emotionalism that are revealed in this part of the brain. By looking at the motor and sensory cortex, it is easy to determine which of these issues is causing you relational problems.

Clearly, relating well is crucial to the human experience. We all relate to one another in some fashion. The question is; how healthy is your relational pattern? Poor relational patterns can affect your identity and ability to function. We all know people whose relational patterns are very unhealthy. For example, many people in the world today seem to thrive on work, work, and more work but are actually very lonely despite their busyness. We also know people who are good at the mechanics of their jobs but lacking in their relational abilities. For instance, a pastor's poor relational patterns may cause him to be overly sensitive and unable to receive constructive criticism from his elders. He may be adept at preaching sermons, but his problems relating well to people hinder his ministry. The motor and sensory cortex reveals these unhealthy relational patterns.

2. PERCEPTION PART OF THE PARIETAL LOBE

The perception area of the parietal lobe influences who you believe you are and contains your dreams, fantasies and wishful thinking. Your wishes and fantasies – which commonly show what you may not have in your current situation – along with any problems you may have dealing with reality, reside in the upper section of this area of the brain. Your self-perception resides in the lower section of this part of the brain. This is where you project all sorts of perceived identities such as, “I am peaceful and content,” “I can get things done,” “I am strong and competent,” “I am a loser,” “I am what my family made me,” “I am evil or bad,” etc. The way you perceive yourself profoundly influences how you project yourself to, and how you interact with, others. Your self-esteem and your daily functionality depend on your sense of identity.

In Galatians 2:20, the Apostle Paul speaks of his former identity being replaced with a new identity in Christ. Many Christians talk about their identity in Christ. For most believers, that identity is a positive reality, but their perception of that reality may be quite different. By using RBT, it is easy to identify someone who is truly experiencing his or her identity in Christ. Since this is the area of the brain that is capable of spiritual perception, it is here that we can see both spiritual giftedness and spiritual struggles.

3. OCCIPITAL LOBE

The occipital lobe is the visual center of the brain, but it doesn't just process the images your eyes capture. It is also the center of your internal vision; your outlook. The occipital lobe influences your hopes and dreams. Determination, a strong vision, a positive outlook, hope for the future, fight to the end, projected success, and unparalleled motivation to beat the odds and overcome obstacles reside in this area of the brain.

Characteristically, I have found that motivational speakers exhibit strength in their occipital lobes. On the flip side, hopelessness and negativity in this part of the brain will make your overall outlook bleak and pessimistic. Experience has shown me that you may have very troubled areas in the rest of your brain, but if your occipital lobe exhibits strength, you will function well.

4. CEREBELLUM

Latin for “little brain,” the cerebellum plays a very important role in the integration of attention, learning, sensory perception, and motor control. Located at the base of the brain, the cerebellum is continually getting updates and feedback from other parts of the brain and body. For instance, it receives input from the visual cortex, fine-tuning your posture, equilibrium, and motor learning.

The genius in this part of the brain amazes me! Anything that brings detriment to your wellbeing – anxiety, depression, suicidal or homicidal thoughts, painful traumatic memories, and spiritual bondage – is restrained in the cerebel-