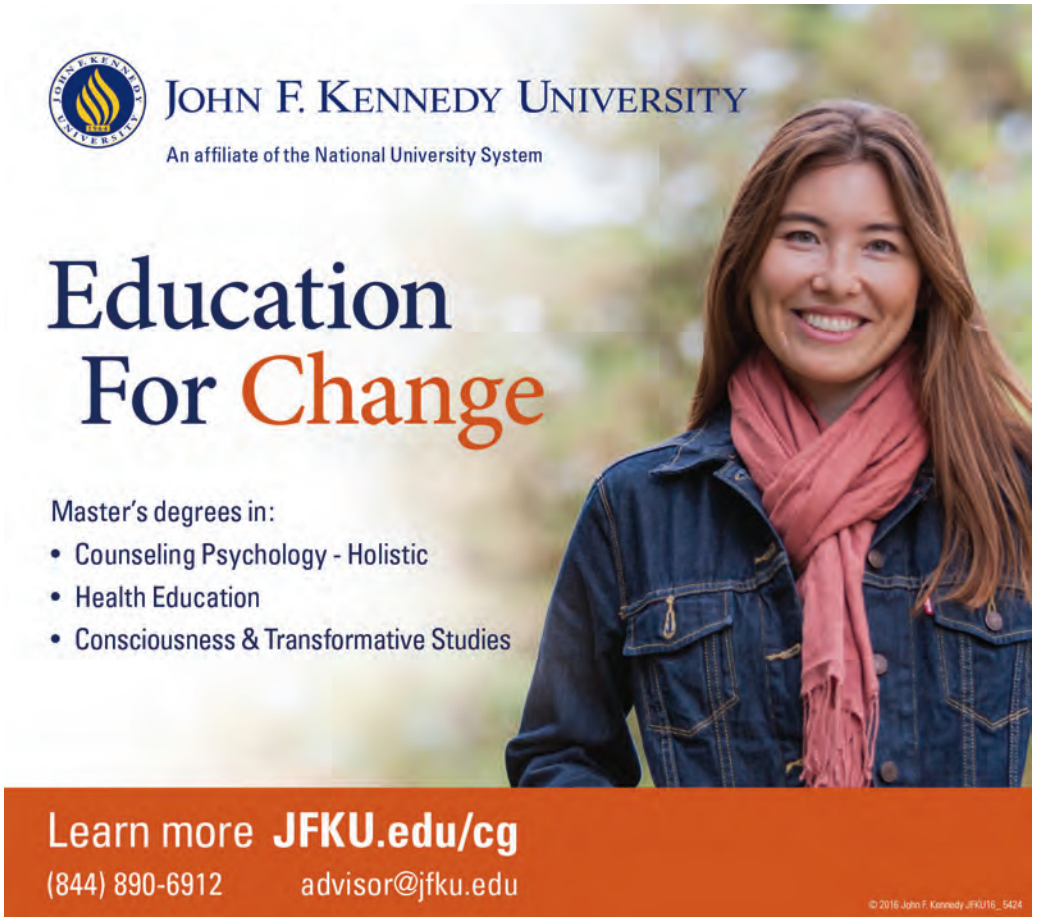
Employ Subtlety The less effort or intensity you apply, the easier the brain can perceive a change. Without the perception of a change or a difference, there is no new information. Great efforts in our body, intense emotions, extreme beliefs inhibit our brain's ability to discern differences in order to gain new information for transformation. When we reduce the effort, we immediately gain more freedom, and new possibilities open up. This is counterintuitive for so many of us, who were told that the way to gain success and accomplish what we want requires trying harder, pushing more, doing more repetitions. Yet the brain thrives with reduced forcing because it can then perceive differences and wake up to do its job better.

Use Variation When you are stuck, when something is not working the way you would like it to, or when you simply want to do even better than you are already doing, instead of continuing to repeat yourself, begin doing the same thing in different ways. You can think of it as intentionally making mistakes or being playful. For example, if you are a golfer, for a few minutes hit the ball in a variety of ways, hold the club in three or four "wrong" ways, try different positions, then go back to simply hitting the ball and experience, often, remarkable improvement.

Using these four essentials, people with back, neck, and joint pain have found relief. Athletes, musicians, and dancers have recovered fully from injuries and found themselves performing better than before, and children with special needs such as cerebral palsy and autism have developed into fully functioning adults.

Engaging in this process of increasing complexity in the brain is what we humans are built to do. It is our human destiny to continue this process. It gives us vitality, health, freedom, creativity, and awareness, which are the foundation of our evolution.

The Hebrew word *shichlul* sums this up. It means "improvement and refinement through increased complexity." In the Kabbalah, *shichlul* means "crowning beauty" — the ultimate expression of our humanity.

Anat Baniel is the founder of the Anat Baniel Method NeuroMovement (ABMNM), a powerful approach and practice that takes advantage of the brain's ability to change itself to heal body and mind. She is trained as a clinical psychologist and dancer, and was a close professional associate of Dr. Moshe Feldenkrais.
AnatBanielMethod.com