

# **Dissolve All Resistance to Study & Learning**

*Read or recite these affirmations as the Spirituality Zone Protocol / Program plays. It is imperative that you consciously do this, as it will align your conscious mind with what the energy field protocol / program is doing to your subconscious mind, vibration and physical body.*

*We recommend you read this twice a day. Once in the morning and once at night, as the file plays.*

## ***Affirmations***

My brain naturally seeks growth; studying activates my reward circuitry.

Each time I begin studying, I strengthen my prefrontal executive function.

Resistance is just neural hesitation; I now choose focused flow.

My hippocampus thrives on new information; I feed it willingly.

The slight discomfort of starting is my brain forming new pathways.

Dopamine comes from progress, not avoidance; I choose productive progress.

My default mode network rests when I engage in purposeful study.

I recalibrate my nervous system to associate study with safety and achievement.

Neural plasticity ensures every study session rewires me toward ease.

The brain's resistance diminishes with consistent action; I act consistently.

My attentional networks synchronise effortlessly when I study.

Theta wave creativity and beta wave focus merge in my learning state.

Distractions fade as my frontal lobe maintains executive control.

My working memory expands with each focused study session.

I enter flow state where time distorts and absorption becomes automatic.

Neurotransmitters align perfectly for sustained concentration.

My brain filters irrelevant stimuli when I declare study time sacred.

The anterior cingulate cortex guides my attention back when it wanders.

Each deep breath oxygenates my prefrontal cortex for optimal function.

My neural oscillations synchronise to the frequency of mastery.

My hippocampus and cortex communicate flawlessly during encoding.

Spaced repetition naturally occurs in my sleep cycles; I trust the process.

Myelin sheaths thicken with each review, making recall automatic.

Interleaved topics create robust neural networks of understanding.

Retrieval practice strengthens memory traces exponentially.

Concepts connect across brain regions forming insights effortlessly.

My temporal lobe organises information with elegant efficiency.

Neurogenesis in my hippocampus accelerates with engaged learning.

Semantic and episodic memory systems integrate seamlessly.

Each study session creates durable long-term potentiation.

My nervous system remains regulated under exam conditions.  
Knowledge retrieval becomes automatic under pressure.

Exam rooms trigger my peak performance state naturally.

My working memory operates at maximum capacity during assessments.

I demonstrate exactly what I know with clarity and precision.

The stress response sharpens rather than hinders my performance.

Questions activate relevant neural networks instantly.

My brain connects disparate concepts to produce exceptional answers.

Time perception slows appropriately during exams.

My answers reflect the depth of my integrated understanding.

My intrinsic motivation systems fire powerfully for learning.

Curiosity releases dopamine that makes studying inherently rewarding.

The nucleus accumbens activates at the anticipation of understanding.

My purpose aligns with my daily study habits at a cellular level.

Each subject reveals patterns that delight my pattern-seeking brain.

The ventromedial prefrontal cortex associates study with core values.

My mirror neurons activate when observing great thinkers; I become one.

Learning isn't a task—it's my brain's natural state of expansion.

The orbitofrontal cortex links study with long-term fulfillment.

My entire neurobiology organises toward mastery and contribution.