

Dr. Smith **Live**

Energy Medicine: The New Frontier

February 19, 2026

Topic:

7 steps to reprogramming your brain for success

Core Message

Hughes argues that **intentional mental conditioning** — through controlled input, repetition, and emotional reinforcement — allows you to consciously design your identity instead of being shaped unconsciously by your environment.

Comment: Another words you are brainwashing yourself. Internalizing positive thoughts, goals, and feelings you are rewiring your brain to form new habits but also projecting good vibrations.

1. Your Brain Is Programmable

Your beliefs, habits, emotional reactions, and identity are not fixed — they are conditioned through repetition and exposure. If they were programmed unintentionally (by media, upbringing, environment), they can be reprogrammed intentionally.

Comment: The key is to change your thought process to re-establish new patterns.

2. Your Environment Is Programming You

Everything you consume — news, music, conversations, social media — shapes your internal dialogue. Most people passively absorb input without realizing it's influencing their thinking patterns and emotional states.

Comment: You must also change your environment: sleep in another room, repaint your bedroom, listen to a different type of music, eat different foods, watch different movies or TV stations with different content.

3. Control the Input to Change the Output

If you want different thoughts and behaviors, change what you expose yourself to. Replace negative, chaotic, or passive content with material aligned to your goals. Environment redesign is more powerful than willpower.

Comment: Read several different positive mental attitude books to get ideas of what to program your brain; Napoleon Hill- Think and Grow Rich; Dr. Wayne Dyer's books: The no Limit Person, The Power of Intention, and Change Your Thoughts, Change Your Life; Louis Hay's books: You Can Heal Your Life, The Power Is Within You; Gautama Buddha: "Whatever you think, you become"; Earl Nightingale's Books: The Strangest Secret, How to Completely Change Your Life in 30 Seconds.

4. Repetition Rewires Identity

Identity is formed through repeated thoughts and statements. By repeatedly affirming and visualizing a desired identity (e.g., disciplined, confident, focused), you condition your brain to align behavior with that identity.

Comment: You must consciously repeat your new goals and patterns to re-establish new habits.

5. Emotional Intensity Accelerates Change

The brain encodes beliefs faster when strong emotion is present. Pairing visualization or affirmations with real emotional energy strengthens neural rewiring.

Comment: You must commit 100% physically, mentally, spiritually, and emotionally to encode your brain.

6. Eliminate Internal Contradictions

If your behavior conflicts with your stated goals, your brain defaults to the stronger pattern. Remove habits and inputs that contradict the identity you're trying to build.

Comment: In reality, your old self must die. Clinging onto old emotional patterns and behaviors creates contradictions, which will sabotage your efforts.

7. “Wash Your Brain” Daily

Just like hygiene for your body, your mind needs daily cleansing. This means intentionally reviewing goals, reinforcing identity statements, controlling media intake, and resetting mental focus each day.

Comment: You must stay focused. If you want to get proficient at something, you must practice, practice, and more practice. It's like learning to play a sport. The more you practice, the more proficient you become.

Just remember, if you revert back to your mold habits you get back into a rut, which in reality is a grave with two open ends. Don't go there.