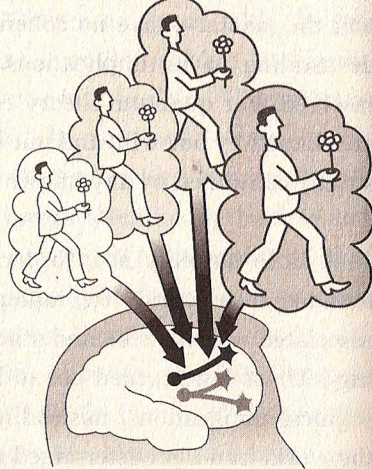


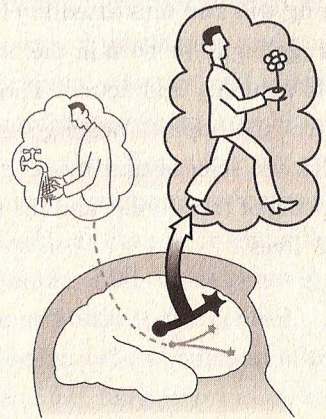
4 The quantum rules allow both states—"release" and "don't release"—to co-exist. Early in therapy, however, the wave representing "release neurotransmitter" in the OCD circuit has a higher probability than the wave representing "release neurotransmitter" in the garden circuit. The patient is much more likely to go to the sink.



5 By expending mental effort and thus unleashing mental force, however, the OCD patient is able, by virtue of the laws of quantum mechanics, to change the odds. Focusing attention on the "garden" thought increases the probability that neurotransmitter will be released in that circuit, not the "wash" circuit.



6 The OCD patient can now act on this thought and go to the garden. This increases the chance that, in the future, the "garden" circuit will prevail over the "wash" circuit.



7 If the patient regularly goes to the garden instead of the sink, neuroplasticity kicks in: brain metabolism changes in a way that strengthens the therapeutic circuit. As a result, future OCD urges are easier to overcome.