



## MENTAL REMIX



Today in class we practiced Mind-Power for Life Meditation Technique to help us “remix” our thinking. In order to achieve anything in life you need to know what you want, not what you don’t want. It’s strange but true that the more you concentrate on what you don’t want the more you get it. When we can create pictures in our minds of the things we really desire we become more resilient because we have a new way of thinking, sometimes called a mental model...or mental remix.

## AT HOME ACTIVITY

Some people are intimidated or turned off by the idea of meditation. There can be a perception that there is a “right way” to do it and that serves as a barrier for some people to trying it and experiencing its benefits. Here’s a fairly simple meditation exercise you can try to help improve your concentration.

You will need to pick a focal point, such as an interesting object, something beautiful, or even a spot on the wall.

Method:

1. Sit with your back straight, your focal point at eye level.
2. First bring your awareness to your breath. Gradually your breath becomes slower and more relaxed. Try to imagine a thread placed in front of our nose; you are breathing so quietly it will not move.

3. Now look at your focal point. Gradually bring your attention to a tiny part of it, such as the very center.

4. When you breathe in, try to feel that nothing else exists except you and your focal point.

5. It’s not uncommon for other thoughts to get in the way. Don’t be annoyed or upset, just bring your attention back to the exercise.

6. Start off doing this for only a few minutes. If you stick with it and do it every day, after only a couple of weeks you should notice your ability to concentrate increasing and your level of distraction decreasing.

## STRENGTHEN UP!

Get stronger by adding muscle and bone strengthening activities to your routine. Muscle strengthening activities build up your muscles. Example includes push-ups and sit-ups, lifting weights, climbing stairs and digging in the garden. Bone strengthening activities, such as running, walking and yoga, push and pull your muscles against your bones, helping make them stronger.

