



Achieving Serenity of Self

by Anne Wolski

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How to Develop an Attitude for Success

Attitude. Webster's dictionary describes it as "Position as indicating action, feeling, or mood; as, in times of trouble let a nation preserve a firm attitude..."

Attitude is the very basis from which springs the preparedness to face life's challenges. If we have a defeatist attitude, we will invite defeat. If we have an attitude for success, we will invite success.

So how do we develop an attitude of success? Here are a few thoughts:

1. Surround yourself with people who feel good about themselves.

These are the ones with a positive attitude. Negative-minded people will pull you down and then leave you cluttered on the wayside. Positive-minded people will pull you up, reveal your hidden potentials and make you success-minded. Be infected by them.

2. Always seek to step up.

Ever heard of a mediocre success? There is no such thing! Success is always a step higher than mediocre. Seek always to step up from where you are. Hone your skills. Always seek to be better at who you are and what you do. Never rest on your laurels. Life is a continuous ladder; there is always a rung higher from where you are.

3. Look for opportunities in every challenge.

Do not allow yourself to succumb to negative feelings when you find yourself in a difficult situation. Challenges are there to spur you to think, to act, to connect with others, to motivate you. Food for thought: When written in Chinese, the word "crisis" is composed of two characters. One represents danger and the other represents opportunity.

4. Learn, learn, learn.

Some wise old soul once said, "An idle mind is the devil's playground, and it's called Alzheimer's disease." That may not be totally true, but there is a point to it. Our minds need to be fed; and let me stress this: not with junk! But with food that will bring out the creativity and potential of our minds. The road to success for many has been paved with brilliant ideas learned and then put into effect.

5. Be of service.

Help others be successful and they will help you succeed. On the ladder of success, push the one above you towards the top and pull the ones below you. If you pull down the ones above you, there will be no room to move farther up. What is worse, if you pull the one above you and he falls, he might take you along with him.

It may not take overnight to build an attitude for success. It's a process. However, when you begin the process, you might well discover that success is just around the corner.

How Creating and Revising Personal Goals Can Change Your Life

Setting goals is an important part of operating a business, whether an Internet business or an off-line one. Without goals, any business can flounder when poor planning leads to such problems such as insufficient funds to cover cash flow, employing inexperienced staff, lack of sales and having no way to measure success.

But have you thought to apply the same planning process to your personal life? If not, now would be a good time to start. Why? Because it is well documented that the most successful people in any field you'd like to name, always had a clear picture of what they wanted to achieve long before they actually achieved it. Not only did they know where they were going, they had many of the steps mapped out to lead them to where they wanted to go.

So decide now on some of the things you would like to achieve. Take them one at a time and work out a time frame for them; is this a goal for today, this week, six months, a year, five years or even ten. Start from the end result and write down what you would need to know or do to accomplish that particular goal. You may need more knowledge, more money, more time or perhaps a formal qualification of some sort. Think of ways to get what you would need.

If something seems impossible at first, instead of saying that you "couldn't do that", ask yourself how you could do it. By opening your mind to possibilities, you will be amazed at some of the ideas that pop into your head and some of the opportunities that will come your way. To take back control over your own life, you have to believe you can do it. Your thoughts and your attitude will play a large part in determining your success.

If you still are not sure how to start, choose something that you know you could achieve if you really wanted to, perhaps a small task you have been putting off, perhaps decide that you will smile at ten strangers walking down the street or maybe speak to someone at work you don't know very well. Choose a task that is challenging, but not so hard that you will put it off and then just do it.

Once you have accomplished the task you set yourself, analyze how it went. How did you feel before you started, were you nervous, shy, scared, sweaty or relaxed? How did you feel afterwards, calm, excited, pleased with yourself, still nervous maybe? The sense of achievement you gain whenever you complete a challenge successfully is what encourages you to try again with another challenge until eventually you build the belief that you can change things in your life for the better if you choose to.

This probably won't happen overnight. Think of weight loss. It would be great if you could lose 20kg in a week and still look good, wouldn't it? Everybody knows that this isn't likely to occur without something drastic happening and that the best way to lose weight and keep it off is to lose a little at a time.

Well, improvement in any area of your life, whether it be personal or business, comes from consistently taking many, many small steps. The process is always the same. Identify a task, make a plan and then carry it out. There are very few overnight successes in personal life or in business either; so-called overnight successes are usually the result of many years hard work by people who didn't give up!

Not giving up is very, very important. It takes time and effort but believing in yourself and being in control of your own life will bring many rewards. It will be very easy to see how one thing builds on what has come before and leads to something better. If you feel you are off

track, go back and start again from where you knew you were on track. There aren't really any wrong decisions, just different choices that have different consequences and there is always something to learn from every one of them when you look for it.

As important as initial planning is, evaluating progress and making improvements is just as important. It doesn't make sense, does it, to keep doing something the same way over and over if it isn't working? You might laugh and say that no business would survive if it did that, but how many people do it in their personal life? Analyse your results and utilize feedback from others. Could something be done a better way? Is a new way feasible? Again, open your mind to new possibilities.

If you find on assessment that a goal seems too hard, or doesn't seem relevant any more, put it to one side and concentrate on another. You may never go back to that one, or you might, it doesn't matter. The main thing is to keep taking small steps every day along the path to being where you want to be and achieving the things you want to achieve. These small steps taken consistently will lead you to bigger and better results.

Live your life with you in control. See in your mind what you want to achieve and where you want to be at various times in the future. Map out a rough path of how you might get there and break the plan down into small manageable steps. Assess your progress at regular intervals and make changes if they are needed. Do something small in one of your goal areas every day, whether it is self improvement or business. Believe you can do it and you will be successful.

Achieve Your Goals with Creative Visualization

Setting and achieving goals is one of the central keys to personal and professional success. Putting your goals down as a concrete statement of what you want and linking the achievement of those goals to a specific timeline, is essential to actually getting what you want. Other techniques like sharing the goals with others to enhance accountability and reading the goal aloud are a couple of ways to reinforce goal achievement. However, a far higher degree of success with goal achievement is assured when "creative visualization" is applied to both goal setting and implementation.

There are numerous definitions for creative visualization but our emphasis here is on using it as a tool to link your goals and the power of your imagination. By using creative visualization to formalize what we are doing subconsciously most of the time, we are generating a powerful tool to support our vision of our success.

When we set a goal and capture it in writing, we have a word picture of what an outcome will be when our efforts are finished and completed. If we use those words to create a mental image in our mind, we now can "see" within our brain what things look like when that goal has already been achieved. Creative visualization is simply seeing things, your work, your relationships, even yourself, the way you want them to be when your outcomes have been achieved.

By using this amazing tool, we can harness our emotions, our concentration, and our focus so we can point them at a brilliant, vivid mental picture to achieve what we have visualized. As we keep replaying these images in our mind, almost like a movie, we are using the art of creative visualization to move our actions in the direction of these powerful, positive thoughts.

Day after day those acts and steps move us closer to the image of the completed outcome for our goals that we hold in our minds eye. When we do this, we stop allowing our unconscious or subconscious to take our thoughts and actions in the wrong direction. We are continuously and consciously using our thoughts as a powerful tool to achieve the things we truly want.

There are several resources covering the practice and implementation of creative visualization. Recently a book shot to the top of the bestsellers list by promoting, among other practices, visualization as part of "the secret" to life's law of attraction. We suggest you do some online or library research to identify authors and other resources that can help you link creative visualization to the achievement of all of your goals.

Using Self-Hypnosis to Create Success in Your Life

Your reality is largely shaped by the beliefs that you hold. Beliefs can be compared to software that programs how you experience and relate to the environment around you. Who you are and how you relate to the world is controlled by your beliefs. In order to change yourself and your life, the place to start is with your beliefs.

The major difficulty in dealing with beliefs is that most of those that affect you are harbored in your subconscious. Many of these subconsciously held beliefs sabotage your conscious efforts to improve your life and remain beyond your conscious control and awareness, impeding you from realizing your full potential.

The subconscious is responsible for approximately 90% of a person's mental and physical functions so it makes sense to use the subconscious to create success in all areas of life. Self-hypnosis is a tool available to everyone and you can use it to penetrate the resistance to your conscious efforts and tap into the source of your own personal power. Anyone can generate the thoughts that have the power to change their lives: mentally, emotionally and physically.

Know what your objectives are before beginning any session of self-hypnosis. Your objective can be anything; losing weight, improving your health, having a better relationship or making more money. Many people who use self-hypnosis claim that even when they had concentrated their efforts on only one or two objectives that other aspects of their lives improved beyond that which they had focused their intentions.

Before starting a session, take note of your state of mind as well as your physical and emotional states. Determine how long your session will last. A session of self-hypnosis consists of four stages.

1. Induction
2. Deepening
3. Trance
4. Awakening

Induction

Induction is the intentional shifting of awareness from your normal state. Begin to relax by using deep breathing. Taking deep breaths in a rhythmic pattern will begin to relax the mind and body. Another method that can be used in the induction phase is to focus your sight on a single spot, letting your vision naturally blur and allowing the eyelids to close on their own.

Deepening

Deepening is similar to induction but extends to a deeper level of relaxation. Count down from a number of your choice until zero. Synchronize the count with your deep breathing and gradually put yourself into a deeper state of relaxation as each number is counted. There is no need to pick too high of a number: between 3 and 10 is optimal. If you prefer not to countdown, try visualizing some peaceful, beautiful location. This place could be imaginary or somewhere you have actually visited.

Trance

Trance is also known as the Auto-Suggestion phase as this is where you will be repeating to yourself a script which describes the positives changes you wish to take hold in your subconscious. This script will be something that you have written in advance. It can be as short as a few words or as long as a few paragraphs. Most importantly, the script should be written in terms of implementing positive change and

avoiding terms describing making changes to negative behaviors or circumstances. For instance, if you are trying to lose weight, repeat something such as, "I eat healthy everyday and feel fulfilled" but do not repeat something like, "I will stop eating so much chocolate".

Once you have become more comfortable and familiar with entering into the trance phase you may decide to try making a longer, more comprehensive script to read or you can record your script to play back during this time. To enhance the effectiveness of the trance phase create the emotion within yourself of how you will feel once you have realized your objective.

For someone beginning self-hypnosis, the most asked question is "How do I know when I am in trance?" The reality is that it is different for every individual. Trance is a natural state that exists in everyone. Have you ever been driving and suddenly realized you have gone miles without being aware? Have you ever been so involved in some activity that you lost perception of time? These are examples of natural trance.

With time and experience you will recognize your own personal signals to indicate when you are in trance. Signals can be physical, emotional or mental. Below is a small list of examples of possible signals to give you an idea of what to expect.

Emotional

- * Tranquility
- * Euphoria
- * Neutrality
- * Forgiveness
- * Unconditional Love
- * Detachment

Mental

- * Altered time perception
- * Clarity
- * Wisdom

Physical

- * Tingling
- * Warmth
- * Light headed
- * Floating or levitating

Awakening

The final phase of your self-hypnosis session is Awakening which simply means returning to your normal state of consciousness. Obviously, it is best to come back gradually and not with a jolt. This can be accomplished by using the same countdown method as used in the deepening phase except with each step increasing to your normal conscious state.

The effectiveness of self-hypnosis is in balancing the intentions of the conscious with the subconscious. The conscious mind is rational and envisions the changes that you want. The subconscious is creative, intuitive and powerful. It creates a reality based on beliefs of which you are too often unaware. By using self-hypnosis, you can program your subconscious mind to work for you to create the life you desire. Results will not appear immediately but with practice and patience the results will be dramatic and well worth the effort.

Basics of Creating Your Own Self-improvement Program

Self-improvement programs can be found almost anywhere for sale and can cover almost any area of life you want to improve in. Some are designed for general life improvement and others are very specific, like losing weight or gaining confidence. They also vary widely in cost as well. One-way to get the specific program you want and at the cost you want is to design your own self-improvement program.

The first step in designing a self-improvement program is to decide what specifically you want to improve. Whether gaining confidence, losing weight or gaining wealth, it is important to focus on one area for now. If you feel you need to improve in several areas, it is best to just focus on improving just one area of your life for now, and in three months or so, focus on another.

Once you have decided on what area of your life you want to improve on, you need to come up with a measure of where you are currently at in this area. For some areas, like weight loss, you can simply measure your weight. But for other areas, you need to subjectively measure yourself. In the area of self-confidence, you might grade yourself on a scale of 1 to 10 on how you feel. The purpose of measuring where you are at is so you can see if you are improving yourself as your program progresses.

Next, you need to come up with a specific plan on how to improve your life. Most people know what they need to do to improve their lives, but few people actually have the self-discipline to do it. Well now is the time to discipline yourself and do the things you need to do to improve your life.

It is best to keep things simple and take consistent action. Simple

consistent action towards the goal you want is much better than worrying about lots of specific details of more complicated plans.

As you progress on your improvement program, it is important to measure yourself on a regular basis. For most areas of improvement, weekly is a great time to measure your progress.

Another important thing to do is to regularly review what is working and what is not working in your self-improvement program. If you do this on a regular basis you can catch things that are not working quickly and make changes.

Designing your own self-improvement program can be done. Most people know what they should do to improve their lives; it is often just a matter of putting those things into action. Start today towards the life you want.

Are You Your Own Worst Enemy

In this day and age of terrorism, poor health care, pollution, global health issues, and declining middle class, things can seem pretty scary and uncertain. It's no wonder, with new types of crimes to replace old outdated ones, and world situations that have some just scratching their heads that we feel like an amusement park ride just spinning out of control sometimes. It's in these times of most uncertainty that we need our friends close. Some would say we need our enemies closer. But did you ever stop to question whether or not you may be subconsciously self destructive? Whether you may be your own enemy? And do you think it's something that can not have a very strong impact on your life? You may be subconsciously "misguided."

Did you ever wonder how many different thoughts can be going on in your head at one time? Countless. Limitless. Like a little society of flying words blasting aimlessly around in our heads with reckless abandon. Did you ever pick up on a few? Like "I'm so fat" or "I can't do this" or "My parent was right I never will amount to anything." Maybe you've even cheered someone else on and told them "You can do it", "I believe in you" but when it comes down to your turn you hear things from yourself like "I can't" or "I feel (or look) silly" or "how am I ever....." (You get the picture)

Have you ever known that person who has such a negative attitude and seems to always have some trauma (or drama!) to complain about? It seems like things are always "happening" to them. They probably have or will have some health issue come up at some time too. It's a "victim" mentality, and it can lead to depression and physical illness. How about that other person, the one who is always cheerful. So constantly cheerful that you sometimes just want to slug them! How do they do that? How can anyone do that? No matter what they're dealing with they are always positive and optimistic.

To see things with a positive "spin" even at the lowest times in life, takes practice. What seems like a monumental task is really just a series of small changes. And desire.

To change a behavior or action, you have to change your thoughts. You may have heard the concept before. You may think it's 50 affirmations of "I love me" a day or some other "hype", but the truth is, it IS something that has to take place. It is something that has been physically measured and documented in studies. So you must believe you can and you must have a strong desire.

The first step is to make sure you have forgiven yourself for everything. EVERYTHING. It might take awhile. It's ok, you're worth it!! Now, there can be and have been positive benefits from repeating affirmations customized to your situation or desire to change, but if you don't believe them, then all you are doing is enhancing the negativity. If you give off negativity you will certainly receive negativity back. We must get out of that "victim" mentality and just accept that "life happens."

The next thing you must do is listen to yourself and make efforts to correct yourself. Kind of like coaching or teaching yourself to rethink. If you can't say "I am beautiful" and believe it, then start with things like "I looked pretty good in that outfit the other day" or "those new shoes made me feel beautiful". Instead of saying "I can't do anything right" start with "I did a really good job on that proposal last week" or "that was a great hole in one last month!" Stop and relive the good feeling. This is also an instant mood elevator. Feel the real feeling associated with that one, little thing that made you feel good. Make the feelings bigger; pat yourself on that back so to speak. Did you know that your body can't tell the difference between an emotion based on a real event or just one made up in you head? Realize that any

accomplishment is, well, an accomplishment! It need not ever be measured by anyone else's. Except maybe your own, when you are stronger, for motivation. Keep doing this like a series of "baby steps." Take certain times in your day, and evaluate the types of thoughts that are going through your mind. They are probably different at work than they are at home. They are probably different when you are watching TV than when you are with your friends or family. Maybe they are very different when you are with your family. Realize that these thoughts have been responsible for your present actions, as well as your present circumstances.

Try a positive thought stated out loud with belief (aka an affirmation!) Write something down. Something good for your future. Something like "every day I get better at making positive changes in my life and the lives of those I love most." Try getting very specific. The more specific, the better. Try it for a series of days, with whatever it is you want to change. What have you got to lose? Your circumstances will never just change "someday" but they can start changing "today." You may not be able to tell right away, but you will see yourself change if you really want to. That "desire" thing again!

Small changes focused on daily will turn your course and you won't be able to miss the results! It will get easier. It will become second nature. You will become your own coach and your own friend.

Everyone in life will face difficult times. They will come and they will go and they will come again. We need to accept that. We need to be our own life coaches and cheer ourselves on. We need to be our own friends. We may not always be cheery and happy, but we don't need to be our own worst enemy. Make an effort to be your own best friend. The hard times will come again and again, and your best friend will always stand with you through them!

Is Anger Destroying Your Life?

Anger drains your emotional energy, plays havoc with your body and destroys your relationships. It simply isn't good for you or the people around you.

Arguments cause resentment and can be hard to recover from. While people may be willing to make allowances or even forgive you, they often find it hard to forget.

The wrong words or even the right words spoken at the wrong time or in the wrong way, can cause a lot of difficulties. The more you continue to say the wrong things in the wrong way, the bigger the trouble you'll find yourself in.

Even if what you say is true, if you say it using the wrong tone or with the wrong facial expression; you could easily find yourself in an unnecessary argument.

One way to stop an argument is to stop adding fuel. When you feel yourself getting angry it can be best to say nothing. You can easily stop an argument by simply deciding not to say anything else.

When you carry on arguing, you stop listening and that only feeds the other person's anger. If necessary, simply walk away and give up your right to be right.

If you want to avoid arguments, choose your words more carefully and think about the results your words are likely to have before you open your mouth.

Train yourself to wait before you speak and find a way of bringing peace to the situation. If someone is angry with you, try giving them a

gentle answer rather than matching their tone and volume. A gentle answer can bring peace in the midst of an argument; try it and see for yourself.

When someone hurts your feelings it's easy to lash out and hurt them too, yet it's much wiser to let it go. Sometimes it's better to ignore an insult.

I'm not suggesting that you let people walk all over you. There are times when you need to confront people. When you do, find a way of saying what needs to be said without making accusations. Once people are on the defensive, they rarely hear what you have to say.

Consider that you might be partly to blame. Sometimes you simply need to admit that you are wrong. "I'm sorry," is very powerful. When you are prepared to admit that you might be wrong, it can defuse a situation and bring reconciliation.

Next time you find yourself in the middle of an argument, try saying, "I think I'm right but I could be wrong." You might avoid a nasty argument and all that you will lose is a bit of pride.

One last thing, try to stay out of conversations where no one knows what they're talking about and everybody is arguing over nothing. I'm sure you can think of situations where nobody really knows what they're talking about but everybody thinks they do.

Is the price of being right worth it?

7 Steps to Reclaiming Your Life Through Forgiveness

The alarm goes off and through the thin slit between your eyelids, a sliver of white daylight gets in, signaling another day has begun.

With your sore, aching body, you buckle up your lead boots, strap on your sack of anger and resentment, and trudge laboriously into your day. You're weak, exhausted, and burdened with pain before the day even starts.

This is what it feels like to carry around anger, resentment, and emotional pain day after day. You have no energy left for things that might bring you joy or happiness. In fact, if asked, you may not even remember the last time you had a truly great day.

All you keep seeing in your mind's eye is replay after replay of the person you're angry at, the person who wronged you.

This may be a difficult thing to hear but the only person being hurt carrying this emotional baggage around is you. According to a study performed at the Harvard School of Public Health, those scoring highest on an anger scale were three times more likely to develop heart disease over several years than those scoring lowest.

And here's another other thing you might not want to hear - each day you hold on to that emotional pain and resentment, you give the person who wronged you control over your life. Each and every day drains away more and more of your own personal power.

There is a way out of this soul-depleting cycle -- it's forgiveness.

You probably don't want to hear that word either. But that one word

carries the most incredible power of healing and growth.

If you're like many people in a state of emotional suffering, you may confuse forgiveness with excusing the wounding behavior, or simply forgetting about it, condoning it, or reconciling with the hurtful person.

Forgiveness doesn't mean any of those things.

Forgiveness is having the courage to let go of the negative emotions you have about the person who hurt you. Researchers on forgiveness believe you are in control of your behavior and have the ability to make a personal choice to forgive or not.

Choosing to forgive is *YOU* having personal control over your own life -- instead of giving that control over to the person who hurt you.

This does not mean the offending person is unaccountable for their actions. The goal of forgiveness is to take you from the place of victim to the place of improved health and greater personal power.

You're probably saying to yourself, "Yes, I'd love to let go of the heavy load I'm carrying around, but forgiving is easier said than done." You're absolutely right - forgiveness is probably one of the most difficult things to practice.

Here are seven steps you can follow to help you in your process of forgiving and lead you into reclaiming your life. (You can find more steps at The Worldwide Forgiveness Alliance, a non-profit, tax-exempt educational foundation dedicated to evoking the healing power of forgiveness worldwide.)

1. In order to start the process of forgiveness, you must first

acknowledge your anger, fear, resentment, and grief. Your feelings are justified and should not be minimized.

2. Recognize that to dwell on your negative feelings will do serious damage your physical and emotional health.

3. Understand that forgiveness does not condone the behavior that has brought you pain nor does it allow you to be abused.

4. Accept that you are responsible for your own feelings and it is up to you to heal your pain.

5. Make a choice to release the anger, sadness, grief, and fear your feeling by seeking appropriate professional help.

6. Make the decision to forgive the person who harmed you.

7. Remember you are forgiving the other person in order to free yourself from unnecessary pain and suffering — not the other way around.

Practicing these steps can help you reduce anger, hurt, depression and stress and lead you on the path toward physical and emotional strength and well-being.

Remember forgiveness is for you -- for your health, overall wellness, and quality of life. It's not for the offending person.

You, and only you, can make the choice to take off the lead boots, un-strap the heavy sack filled with anger, resentment, and pain and start living your life free of the past.

Enhance Your Brain and Learning Capacity

Everyone has the ability to become smarter, think better and absorb new material quicker. In today's world technological changes occur so quickly and information accumulates so rapidly that each of us need to become lifelong learners. The state of our educational system is not conducive to optimal learning and because of past experiences in this system many people believe that learning is an arduous, tedious task.

The truth is that most people were never taught how to learn. Optimal learning is not like some mass produced assembly line product. Each individual has a preferred way of learning. Discovering your individual learning style will make any learning experience more profound, productive and will extract the maximum benefit.

When learning a new subject there are basically two approaches that people can take. Either an individual is the type of person who looks at the big picture first or an individual is the type who prefers to start by looking at the details first. If you are the first type of person, you prefer a more unstructured learning environment. You look for general principles and basic concepts and then begin to relate the details to the larger picture. However, if you fall into the second category you begin with the facts and data first. You prefer to methodically approach each detail and build upon it before moving on to the next step.

After determining your learning approach, the next factor to uncover is your learning intake style. We all use our senses to intake information from our environment, whether through seeing, hearing or touching. When it comes to learning a subject, each of us has a tendency to rely on one particular sense more than the others. The three principle intake styles are kinetic, auditory and visual. A person who learns best when seeing a demonstration or reading a book is a

visual learner. Auditory learners do best when hearing a lecture or listening to a tape. Someone who absorbs new skills and knowledge by applying hands-on experience, doing and learning at the same time, is considered a kinesthetic learner.

A couple of other factors come under the heading of intakes style. Does a person learn better when interacting with other people? This is known as an interpersonal learning style. A person with an interpersonal learning style learns better when alone.

What is your preferred resource in regards to learning material? Today there exists an overwhelming amount of choices when it comes to learning resources: videos, classes, seminars, lectures, books, audio books, e-books, workshops and much more. Basically, any type of resource can be classified under one of five different categories.

1. Print - books, magazines, newspapers
2. Media - video, audio, slide presentations
3. Personal Experience - workshops, simulations
4. Discovery - documenting a subject firsthand
5. Interaction - classes, seminars, conversations

By choosing the wrong resource to learn from a person could end up feeling that the experience was frustrating and a waste of time. Incorporating the right learning resources can make the difference between a positive learning experience and a negative one.

While every individual has a set of unique learning styles, there is another factor to optimal learning which is universal to all people. Research has demonstrated that people learn best when manifesting certain brain waves. Depending on state of consciousness, an individual's brain can emit one of four different brain wave patterns measured in cycles-per-second (CPS).

- *Beta - (10-40 CPS) can be either conscious awareness or dreaming
- *Alpha - (8-12 CPS) relaxation, meditation
- *Theta - (4-7 CPS) strong emotion, concentration
- *Delta - (1-3 CPS) Dreamless sleep

The Theta brainwave pattern has been shown to be best suited to optimal learning. Unfortunately, a person cannot consciously transfer from a Beta state to a Theta state. On the other hand, since the Alpha state is close to a Theta state, it is possible to enter into a Theta state in just a few easy steps.

First, enter into a relaxed Alpha state by using deep, steady breathing. Next, deepen your relaxed state. Since the low end CPS of Alpha is 8, it is a small incremental step to reach Theta's high range CPS of 7. Finally, repeat numerous times an affirmation to lock in the Theta brain wave pattern. An affirmation is simply a positive statement which can be something as simple as "I learn easily and effortlessly".

Learning should not be considered as a burden or a chore. Learning keeps our lives and brains new and refreshed as well as opening unlimited possibilities. Discover your learning styles and make learning the adventure it is supposed to be.

Meditation For Romance Or Business Success

The ability inside of you is infinite. It knows no bounds but the limitations you place on yourself.

Just like a good tool around your home. You have to put something into the tool to make it work properly. Right? If you purchased a new Honda lawnmower, that mower cannot operate by itself unless you put the proper ingredients into it. Those ingredients are dependent upon the owner or operator adding the right fuel and the oil mixture into the engine and oil chamber. If you select the wrong oil the engine will soon be destroyed after not running very well.

What has this got to do with you advancing in any task faster than you've ever thought possible?

It has everything to do with it. Just follow along here. Your mind is just like that Honda mower. It depends on what type of fuel you put in the engine and the grade of oil you use in it. It may not run properly if you fail to feed it the right ingredients.

The ingredients you need to ensure that you have going into your mind are the avoidance of negativity, fearful thinking and the all so frequent phrase, "I don't think I can do it."

Henry Ford was once heard to have said, "If you think you can or think you cannot, you are right in either case."

Examine his statement closely. For within this statement is the truth that holds many people back from achieving their greatness.

ATTITUDE.

Perhaps you've had something holding you back from the progress

you've wanted to make. Maybe you are single and want to find the love of your life. Perhaps you are in need of greater income and look to start your own money making business but don't know just how to go about it.

If you are reading this you've got the answers right at your fingertips right now. The Internet is a virtual vault of knowledge that holds the answers to the two quandaries above and many many more.

Your first task is to cultivate the right mental attitude. You do this initially by making a decision to change your circumstances.

Next, you've got to follow that decision up with action. The action that Tony Robbins the motivation guru often talks about as "the past does not equal the future." This is so true. The past is just that, something that happened in the past. It only comes into the present moment unless you bring it.

Thirdly, you must learn to concentrate your thought on a single idea and watch the ideas come to you. During meditation, you can often get ideas coming to you. But after you've practiced this method a little while you should strive to keep a journal or voice recorder with you at all times.

Keeping a journal going will keep the ideas flowing to you. No one really knows where the ideas come from. But history has shown that some folks have used the ideas that come to them to find their soul mates in love and go on to build fortunes with the ideas they've received.

That being the case, isn't it time for you to get going too?

Energy Breathing for Superlative Health

Hindu, Taoist, and Buddhist traditions have special breathing methods for union with the primordial source of our being. Martial artists have made use of them to perform superhuman feats. You, too, can make use of them, and the focus you develop by doing so can make every part of your life work better.

When you breathe, do so with no pauses in between breaths, which means not holding your breath at any moment to stagnate the flow of life energy. Just keep it moving. This is the type of breathing that solidly connects you with the Life Force of the Universe!

Unsurprisingly, it is called Connected Breathing to describe not only how it is done, but also what it does for you. It is Yoga, which means Union.

What you are doing is uniting the in-breath and the out-breath in a smooth, uninterrupted pattern. And you can do it anywhere, even while reclining in a soft comfy easy chair. Breathe. See yourself... feel yourself... know yourself to be pure energy. The shift in consciousness will take you there. Imagination is a real thing of energy. Combined with this breathing it will take you to the realm of energy.

Microcosmic Breathing is an advanced form of Connected Breathing. Microcosmic Breathing will energize you, heal you, clear your mind, and balance your emotions. It promotes strength, long life, and spiritual development. It is powerful and simple to do -- so simple that you can do it and still be reading this. Here's a novel idea: do it while finishing that book you never quite finished.

Microcosmic Breathing gives you heavy-duty benefits, so do not let the simplicity of its practice fool you. Here is how it goes. You take a deep breath in from the bottom of your spine, up your back, to the top of

your head. Then you breathe out from the top of your head, down the front of your body, to the bottom of your spine. Imagine and feel the breath move that circular route. You can even visualize it as an orbiting ball of energy.

Try doing many Microcosmic Breaths. Continue doing Microcosmic Breathing for five or ten minutes. Even count to 100 breaths and see how you feel from doing that. A big inhale brings the energy up the back, and a relaxing exhale brings it down the front. The exhale is where you can feel the energy swirl in your lower belly which is the major energy center of your body.

An advanced form of Microcosmic Breathing is Macrocosmic Breathing. Here is where you take full advantage of the Magnetic, Transformative, Life Resurrecting power of the Earth.

In Macrocosmic Breathing you take a deep breath in from the center of the Earth, pulling the energy up through the balls of your feet, up the front of your legs to the bottom of the spine, up your back, to the top of your head. Then you breathe out from the top of your head, down the front of your body, to the bottom of the spine. Continuing from there down the back of your legs through the heels of your feet to the center of the Earth. This exhale is where you can let go of any of the negative things that might be bothering you and just let them fall into the Earth. The Earth has the power of Renewal and Rebirth. It gladly accepts any kind of negative energy you send it and brings it back positively transformed. You can see this power by viewing the growth of nature in springtime. The energy of the Macrocosmic breath travels in a figure-eight.

An added visualization you can do with this is: when you reach the top of your head, visualize the Sun shining down on it, and when you breathe out, feel the warmth of the Sun filling your whole body. If you

happen to have a problem anywhere in your body, then send the trouble down to the Earth while filling the area where it was with extra amount of that Healing Warmth of the Sun.

Deep breathing and visualization are a potent combination. Feel yourself filling with power. See yourself as the person you want to be and doing the things you would like to do. Make it a time to celebrate a goal you have in your life, actually imagining that you have accomplished it. Bathe in the excitement and rush of endorphins. Make it a habit to put yourself in such a state of ecstasy.

Now that you can do the Microcosmic and Macrocosmic Breath, you are ready for the Metacosmic Breath. You do this by starting the Macrocosmic Breath, but while breathing in you picture yourself getting bigger, turning giant, a giant with wings spreading out as you get bigger and bigger. You get so big that rather than being in the universe, you become bigger than the universe. Your wings close as you breathe out, collecting all that cosmic energy that now swirls in your belly at a center two inches below the navel. Feel the dynamic power gathering there as you breathe out. Even push out your belly with power as you exhale instead of letting your belly contract. That technique is called reverse breathing and it gives you that extra oomph of supercharged energy!

All this is leading up to something called Triplecosmic Breathing. It is what will open and balance all your energy meridians, activating your DNA, chakras, and higher brain centers. Triplecosmic Breathing is the Microcosmic Breath followed by the Macrocosmic Breath followed by the Metacosmic Breath.

Aging is caused by acidosis. Acid causes you to age and die. The waste built up by your body causes acidosis. Deep breathing clears up the waste in your body and alkalizes your body fluids. The Nobel

Prize-winning Dr. Alexis Carrell said, "The cell is immortal. It is merely the fluid in which it floats which degenerates." He proved it by keeping a chicken heart alive and beating for 28 years simply by periodically renewing the fluid it was in. The heart died when he stopped doing that.

You've no doubt heard of people dying of heart attacks while exercising. Don't exercise, do deep breathing instead. It will get you in better shape than highly trained professional athletes. Three-year World Wrestling Title-holder Martin 'Farmer' Burns said, "Deep breathing alone has made many a weak man strong and many a sick man well." Do deep breathing and let those poor athletes wear out their body with acidosis from straining stressful waste producing movements that age them way faster than an average person does. You, on the other hand, will get younger with Triplecosmic Breathing.

The Enlightened Qi Gong Master Routine for Immortality:
At 3 a.m. face northeast and do the Triplecosmic Breathing.
At 6 a.m. face east and do the Triplecosmic Breathing.
At 9 a.m. face southeast and do the Triplecosmic Breathing.
At 12 p.m. face south and do the Triplecosmic Breathing.
At 3 p.m. face southwest and do the Triplecosmic Breathing.
At 6 p.m. face west and do the Triplecosmic Breathing.
At 9 p.m. face northwest and do the Triplecosmic Breathing.
At 12 a.m. face north and do the Triplecosmic Breathing.

This puts you on a cycle gathering in force from Yourself in the Microcosmic Breath, the Earth & Sun in the Macrocosmic Breath, and the Cosmos & Beyond in the Metacosmic Breath.

Make this a regular practice to do and don't worry about sleep. You'll find yourself energetic and you won't need it like you used to. Use that extra time to accomplish more in your life. However, if you are not so

fanatically inclined then that is also okay. Just do the Triplecosmic Breathing in the morning, sometime during the day, and again at night. That too, will be all right, and you will be all right. Nay, you will be more than all right. You'll be Vital, Alive, and Ecstatic!

Change Your Thoughts - Change Your Chemistry!

The Stoic Lucius Seneca once wrote: "It is part of the cure to want to be cured."

This simple observation reflects our current understanding of the relationship between mind and body. There is a close correlation between physical actions and mental states. Certain actions can impact our mental attitudes and our mental attitudes influence our physical being because the mind and body constantly talk to one another. The brain sends all that it thinks and perceives to the rest of the body.

An extreme example of this interconnection can be seen in the effects of voodoo. In the 1940s, Harvard physiologist Walter Cannon spent several years collecting examples of "voodoo death" -- case histories of men and women who died as a result of being the recipient of a curse, an alleged supernatural visitation or the breaking of some tribal or cultural taboo. Cannon concluded that humans could die from "the fatal power of the imagination working through unmitigated terror." Another researcher, Dr. J.C. Barker, in *Scared to Death* -- a collection of case histories of individuals who had willed themselves or others to death -- concluded that voodoo-like death results "purely from extreme fear and exhaustion...essentially a psychosomatic phenomenon."

How is it possible for thoughts to impact the body so drastically?

It is possible because the central nervous system and the body's immune system are hard-wired together. In 1981 neurobiologist David Felten and a team of researchers at the Indiana University School of Medicine found the first concrete example of the mind/body connection -- a bridge between the body's immune system and the central nervous system that is under control of the brain. While

tracing nerves to bone marrow, lymph nodes and the spleen, Felten's team discovered a network of nerves leading to blood vessels as well as to cells of the immune system. They found that nerves in the thymus and spleen terminated near clusters of lymphocytes and mast cells, which help control immune function. In other words, the brain absolutely communicates with immune-system cells.

This establishes a close correlation between a person's mental state and physical reactions. You can generate an emotion simply by going through the appropriate muscle movements. For example, if you clench your fist and scowl, you will begin to feel anger. Force yourself to laugh and you will begin to feel good. The specific muscle action is an integral part of the corresponding emotion. You cannot hold your features in the expression of one emotion and call up the feeling of a different emotion at the same time. It is impossible to do.

Paul Ekman, Professor Emeritus at the University of California at San Francisco, is a pioneer in the study of emotions and facial expressions. His research on more than 200 kinds of smiles demonstrated that you could actually alter your emotional state and immune system by smiling or frowning. When Ekman's research subjects were trained to control their facial muscles and voluntarily form smiles, their physiological processes altered immediately and their hormones changed drastically.

So when you smile, you alter your blood chemistry. The natural opiates in your system and your neuropeptides change. These chemicals are located not only in your brain but in your stomach and intestines.

What does this have to do with hypnosis?

Hypnosis is the most powerful tool we possess for changing thoughts and attitudes. It is a trance state characterized by relaxation,

extreme suggestibility and hyper-attentiveness. The subject is fully conscious, but chooses to focus internally while ignoring external stimuli.

Hypnosis allows one to access the subconscious mind directly. In this relaxed, hyper-attentive state, the subject experiences the hypnotist's suggestions as if they were real. If told that his or her tongue has swollen to double its normal size, the subject will have difficulty talking. If told that his/her hands are glued together, the subject cannot pull them apart. By the same token, the subject is receptive to suggestions that are designed to change destructive thought patterns and habits such as anxiety, depression, stress, smoking and eating disorders.

A potent example of hypnosis' power to affect physiology through the brain connection is its medical use. Since all pain is transmitted through the brain, the pain associated with surgery or medical conditions responds well to hypnosis. Hypnosis is an effective anesthesia for surgeries, dental procedures, childbirth and migraines. It also helps patients to manage nausea and symptoms from chemotherapy by enhancing control over their body responses.

The mind/body connection is the key to why hypnosis can be used so successfully to manage our physiology. Hypnosis gives us the power to alter our mental attitudes for the better; this in turn positively impacts our physical being.

In light of this potent interplay between mind and body, we would do well to take seriously the old Cole Porter song: "Accentuate the positive; eliminate the negative; latch on to the affirmative." And enjoy happy body chemistry as your reward!