



It's all in your mind



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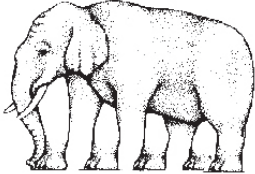
We take our brain for granted, thick skull and all. We assume that we continue to learn and be smart indefinitely. ***It comes as a surprise when we're not as sharp as we think we should be. Scared?***

Don't be fearful; be curious. The mind is much like how astrophysicist, Carl Sagan, described the universe with its billions and billions of stars and wonders. Our brain has beautiful capacity. We're invited to explore it daily. We're also invited to make use of it far beyond where most of us venture.

Do we know how it works and how it is that we can maximize the power of this interior universe? The mind is phenomenally flexible, like a Tibetan yogi. ***If we get stuck in one place, or get turned off, another compartment opens up to introduce us to a new way of thinking and seeing.*** This is a highly effective tool for us in business. Think of it as strategic planning or devising strategic maneuvers to create solutions.

Thomas Edison held over 1000 patents, he was an advocate of daily, intentional mental exercise and set quotas for himself. I agree, and do the same. I also provide clients with tools to exercise their mind – everything from algebra or creative drawing to traditional self-assessments. Visual exercises are particularly helpful.

Try this – how many legs does the elephant have? 4, 5, 6, 7?



Typically, we don't make the fullest use of our ability to see. ***We look, but do not see what is right in front of us. Mental exercises train you to develop the ability to transform the mundane into the miraculous.***

Imagine what this can do for you.

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