



February 02, 2007

Welcome to this month's Newsletter from Changing Perceptions.

TUNE INTO YOUR OWN UNCONSCIOUS, THE COLLECTIVE UNCONSCIOUS AND THE UNIVERSAL UNCONSCIOUSNESS

The formula you need for all the wealth, success and achievement, and peace of mind, indeed for all your answers to your problems, and I mean all, is S S S - Silence, Stillness, and Solitude.

A patient of Carl Jung rang for an appointment one day and was told that he was fully booked for that day. She was so desperate to see him that she decided to go to his home anyway and found him relaxing by the lake near his home, dangling his toes in the water. "I thought you said that you were booked up all day," she protested. "I am," he replied. "This is the hour I booked for myself."



Jung knew the value of setting aside time to listen to his inner voice and to quieten the left side of his brain in order to activate the right side and creative thinking. If you are suffering from poor concentration, feeling anxious, fearful, or angry and are having a problem keeping focused on solution thinking, these are all sure signs of an overactive brain.

One thing you can do for yourself in 2007 is to commit to setting time aside each day to relax. By allowing both halves of the brain to come back into balance you will allow yourself to be in touch with deeper levels of your mind.

Give it one month, setting aside 10 minutes three times a day.

Learning to relax - Differential Relaxation

This involves tensing specific groups of muscles and then relaxing them, to the rhythm

of your breathing.

- Breathe in, tense your feet for ten seconds
- Breathe out and relax
- Breathe in, tense your lower legs for five seconds
- Breathe out and relax
- Do the same with your thighs and work your way through the muscle groups - buttocks, stomach, back, chest, upper and lower arms, hands, shoulders and neck until your whole body has been systematically tensed and relaxed

When you are completely relaxed count yourself down from fifty to one. To do this look straight ahead then lift your eyes to a 45° angle and focus on an imaginary spot while counting backwards, allowing yourself to let go a little more with each number, so as to deepen the relaxation.

This is a great exercise to do every time you move on to a new task or to a new client as it creates alignment and clear focus.

Quick Relaxants

Breathing and relaxing go hand in hand. When you are anxious, your breathing is shallow and quick. When relaxed it is slow and deep. Try this: Walk four steps and breathe in as you do so; hold your breath for four steps and then breathe out for four steps. In time, increase to five steps, then six, seven, and eight, as many as you can manage. Do this regularly. It has a calming effect and helps focus you in the present.

The Sigh Breath

Breathe in deeply, filling your entire lungs. Pause for a few seconds. Then exhale in the form of a long, slow, audible sigh, making an extended “aaaaaah” sound as you do so. Feel the tension leaving your body, and notice especially the calming effect of the sigh breath on your emotions.

Go on - have a go and start developing your dynamic mind power!

Remember - the learning is in the doing.

Thank for your interest, we hope you have found this newsletter interesting.

Sincerely,

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