

Mind Fitness

Bonnie Seitzinger



Mind Fitness – Lesson 2

AGENDA

- The Power of our thoughts
- “Thought power” as a philosophy of the ages
- Your “muscle plan” creation last week
- Mind/Spiritual Activity – Meditation
- Daily Commitment now includes meditation (includes handout)
- Know you can grow at your own pace-discussion group?
- Resources for growth

The Power of our Thoughts

- How we grow our soul muscles?
- Thought control, “making our mind matter” because that is where our daily actions begin
- Thoughts effect our emotions;
- Thoughts influence what we communicate;
- Thoughts precede our actions & behaviors;
- Learn to change thoughts in the moment



Thoughts as a philosophy of the Ages

Let's look at the “**power of thought**” quotes from history

- “Very little is needed to make a happy life, it is all within yourself, in your way of **thinking**”. - Marcus Aurelius (121-180 AD) Roman Emperor
- “Man's Greatness lies in his Power of **Thought**”. - Blaise Pascal (1623-1662)
- “If you **think** you are beaten, you are; If you **think** you dare not, you don't, if you like to win but you **think** you can't, you won't”. - Napoleon Hill (1883-1970)
- “GREATNESS is only attained by the constant **thinking** of great thoughts. No man can become great in outward personality until he is great internally; and no man can be great internally until he **THINKS**. No amount of education, reading, or study can make you great without **thought**; but **thought** can make you great with very little study”. - Wallace Waddles (1860-1911)



Thoughts as a philosophy of the Ages

- “All that they achieved they accomplished through the power of **thought**; and this is possible because they had learned the art of thought control”. - Henry Thomas Hamblin (1810-1891)
- “Whatever we plant in our subconscious **mind** and nourish with repetition and emotion will one day become a reality” - Earl Nightingale (1921-1989)
- “Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lively whatever is admirable – if anything is excellent or praiseworthy – **think** about such things” Philippians 4:8
- “All that we are is a result of what we have **thought.**” or “Our Life is shaped by our **mind**, we become what we **think.**”
Budda



Spirituality – Your Deepening Plan (Muscles of the Soul)

- From last week -Our **spiritual potential is vast;**
- You selected 5 muscles of the soul to deepen your spiritual and mind connection
- What have you noticed from your 3-part breath relaxation 4-7-8- twice a day?
- What have you noticed from your 5 minute journaling about your soul muscle development?



Activities - How to Deepen Muscles of the Soul

- Meditation may be the most useful habit you can use to develop your mind and spiritual muscles.
- Start with the 4-7-8 breath and see if you can concentrate on the breath and think of nothing else.
- Meditation or sitting in silence can be transformational
- It is not necessary to “feel” like a yogi or monk. Sit in silence when you can to just be within yourself, without thought



Daily Commitment Checkpoint

- From Lesson 1 - Creating habits and get them to stick.

(handout)

Week Date	Breath 4-7-8	Meditation	Breath 4-7-8	Meditation	Journaling
Day 1					
Day 2					
Day 3					

- If we simply continue to do the same things in life, we will not create our best mind and spiritual muscles.
- From now until our lesson 3 next week, I challenge you to twice a day 4-7-8 breath, journaling your 5 muscle progress and meditating 5 minutes a day morning and evening.
- 20 minute a day commitment and you will notice results

Spiritual Muscle Building

- **Discussion groups – are you interested?**
...or this can work one of one with a life coach.
- Format – discuss specific events or situations for getting input from the group on how to best handle from a spiritual or soul muscle standpoint.
- This group will discuss how each participant is doing in their quest for muscle building, including the breathing, meditation and journaling activities.
- Each employee will take the “stage” at one of the meetings to explain how they feel about their spiritual muscle growth.



Mind Wellness References

Dr. Bruce Lipton was a Biologist and has turned his attention on the mind, specifically how to influence our subconscious minds. If you want to go deeper into making your mind matter, this is the YouTube interview for you. The Best Way to Reprogram Your Mind. <https://www.youtube.com/watch?v=xpGsAgE3TkA&feature=youtu.be>

Dr. Dispenza's previous work included Breaking the Habit of Being Yourself. If we choose to maximize the power of our thoughts, Dr. Joe's work has actionable methods of doing so, including meditation. Dr. Joe Dispenza. (2014). Your Are the Placebo, Hay House, Inc.

Understanding the meditation benefits is a motivator to meditate. Article quotes Harvard – “meditation fosters clearer thinking, reduces stress and increases our capacity for compassion and empathy”. Shankar, G. (n.d.). The Benefits of Meditation. Retrieved on July 8, 2018 from <https://www.artofliving.org/us-en/meditation/meditation-for-you/benefits-of-meditation>

This site includes a free meditation course and guided meditation at the bottom of the 30 tips. The Art of Living (n.d.) Meditation for Beginners. Retrieved on July 8, 2018 from <https://www.artofliving.org/us-en/8-tips-get-started-meditation>