

Problem Solving

Article Legal Stuff

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By Paul Richardson Author of the

Power of The Mind – Achieving the Unbelievable

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Problem Solving

Problem solving

For this exercise you are looking to remove some barrier that is holding you back. When you find it you can create a method to remove it. For instance if it is a fog then you can imagine the warm sun rising in the sky and it's warmth causing the mist cloud to rise and evaporate into the sky never to return. The key is to have fun, and not be serious about the activity. Treat this type of activity like a game where you make the rules to suit yourself.

Select the problem that you are going to consider, or an issue from your previous notes.

Start of visualisation.

- You have taken a break to sort out some issues.
- You have gone away for a weekend break to the country.
- The guest house is situated, in peaceful quiet surroundings.
- You walk to the back of the hotel and find some stairs leading down to an open grassy area
- It is a perfect day with warm sunshine and gentle breezes.
- As you walk down the steps, you feel a peace coming over you as you see the view expanding outwards around you
- When you reach the last step, you let the energy of the view soak into you.
- Feel the peace of the trees that have been here so many years.
- Feel the energy of the flower's colours soaking into you.
- Take the last step, walk across the grass, and lay down.
- The sun is warming you and the freshness of the breeze brings the fragrance of contentment
- In the distance, you hear water running.
- Its gentle gurgle draws you into the distance and you begin to remember good happy times.
- Let the scene of your issue develop in your mind's eye; let it draw nearer and the scene become larger as you remember more.

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- Allow the scene to move, hear the sounds, and feel the mood feel all the emotions.
- Now if there is something there, which you would like to change or remove, do what needs doing and then re-run the scenes and see what the outcome will be.
- Keep doing this and become aware of the changes for the different actions.
- Become completely comfortable with your surroundings.
- Change it and re-run it, re-run the scenes and see the outcome.
- Is this better, then, do more of it or less until it is the best it can be.
- Keep doing this and become aware of the changes for the different actions.
- When you are satisfied that the outcome is the best possible at this time,
- Raise your awareness a little and analyse the outcome, in the real world.
- When you have done this and come to a decision or concluded the exercise.
- Reflect for a short time and note down what you have discovered.
- Be ready also to write additional ideas and information.
- They are liable to flood in on you, and you will need to catch them before they fade away.
- Write quick notes to capture the ideas so you will then be able to recall the information later.

You can sit down later and visualise or meditate on this new information. At this time, you can fill in the details of required modifications and the practical issues involved with putting the new ideas into practice in the material reality.

Good.

Daydreaming or reflection has to be one of the auto-responses of your mind.

However, this is the best part; your mind has learned to do this in a peaceful way.

Paul Richardson

Leader of the Power of The Mind System

Problem Solving

More information available

Website www.successgeneration.org.uk
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