

# **Benefits of Learning to Calm Your Mind, Body and Brain**

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If you can learn to stay calm in this hectic world of ours, you will also learn to recoup your lost physical and mental energies. By learning the strategies of being calm can boost your physical and mental health and make you to become more productive spiritually, mentally, and physically. This is because you can find and get your inner peace anytime you so desire.

You must find the time to relax for at least 30 minutes daily and basically to do nothing but to allow our mind, body and brain to rest. To achieve this fantastic psychological technique, one needs to cultivate an unflinching methodical and unchanging routine for the daily procedure. This period of solitude will allow you to refocus your life activities and to also prioritise your most important life's needs. You should make it a routine by practicing it either in the mornings, before lunch time or just before you dose of at nights.

You can either sit or lie down to relax and become calm. Let you're your tight clothing be loose. In order to avoid distractions, switch off you telephone handset, television, radio and if possible the lights of your room or office and let the temperature of the room be friendly, this, not too hot or cold. Breathe into your lungs and abdomen slowly for about five seconds; hold your breath for another five seconds and thereafter exhale through the mouth for ten seconds slowly as if blowing through a straw. These deep breathing sessions will further relax all the muscles in your body especially those of the brain. To further prevent your mind from wandering, count downwards 100 to 1.

On attaining some forms of calmness of all your muscles, mind body and brain, you can further connect to the supernatural power also known as God. You can also use your calm mind and body to talk to God and also listen to His soothing still voice. While discussing with God about your life needs and desires you can also fast-track the attainment of your set your goals in your relaxed states though affirmations.

This is another reason why you should learn to design some motivationally crafted phrases that you can repeat during your relaxation period that will further instruct your subconscious mind to further direct your thoughts and behaviours positively. Your affirmations should be powerful enough to trigger positive behavioural changes towards your life needs. If you also want to be more creative emotionally you can add visualisation to your affirmations. You can visualise a form of home video about things that you want in your life. The acquisition of the power of visualization works well to achieve any life need.

However, to get to enjoy the beauty of life, you must learn to live in the now. Forget about the past and don't allow the future to disturb you. The past is gone forever and nobody can predict the future. Your choices and decisions of the past may have conditioned you but it should not define you for today or the future. These personal power development strategies will assist you to develop your empathy for others around you, improve your communication skills by listening more to people, because you will have the power of self-awareness especially that of your emotions and feelings and also those of others around you thereby also enhancing your social skills.

There is no hurry in life, relax and enjoy your life. Chikena.

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