

Keep It SIMPLE Silly

SIMPLE - Something Impossible Made Possible with Less Effort.

How many of us are still in the toddler stage when it comes to accomplishing things? A toddler, rather than walking around a chair in the middle of the room, will climb on it, fall off of it, climb on it again, cry when the chair falls over, climb on the chair again after an adult has picked it up and finally make it over the chair!



There is an easy way to do things and a hard way. Which would you rather choose? Judging by the fact that the profits from the \$4.98 Staples Easy Button benefit the Boys and Girls Clubs by up to \$1 million a year, I would say that we are looking for simple and easy.

Lofty ideas, challenges, desires or something that you hope to accomplish can feel impossible to achieve. Many of us get stuck with step number 1. Where do I start? What do I do?

Ideas, options, alternatives, intuitive "hits" come from our right brain hemisphere. It's where we do our big picture thinking, brainstorming and creating. To put those ideas into action, we have to switch over to the left brain hemisphere. That is where our logical thinking and manifesting energy lies.

To take your wonderful ideas and make them happen, give the following exercises a try.

Simple Exercise #1:

With pen in hand, block off your LEFT NOSTRIL and breathe only through your RIGHT nostril. This accesses the left brain hemisphere and allows the process of logical thinking to begin. Get ready to write out the ideas or steps that come to you.

Simple Exercise #2

Shift your attention to your **RIGHT EYE** only. This will also activate left brain thinking.

Simple Exercise #3

To release mental congestion, clear the cobwebs and feel more focused, experiment with the **Crown Pull:**

1. Place your thumbs on your temples (on the side of your head) and rest your fingertips just above your eyebrows.
2. Slowly, with pressure, pull your fingers apart and stretch the skin above your eyebrows.
3. Repeat at your forehead, stretching the skin.
4. Repeat at the hairline.
5. Continue this process along the top of your head, all the way to the back.
6. Repeat as many times as you like. Enjoy the feeling and reap the benefits.

Simple Exercise #4

When your thoughts keep going round and round and your head is filled with mental chatter and you can't seem to get a thought on paper, give the Bach Flower Essence *White Chestnut* a try. Most health food stores carry the 39 Bach Flower essences. Four drops of the flower essence in water or under your tongue several times a day will allow you to come up with ideas from a calm, centered mind.



Simple Exercise #5

Get a Staples EASY BUTTON. I do not work for Staples. I simply found that having the button on my desk and hearing the voice say, "That was easy", is a constant reminder to walk around the chair instead of tripping over it. Sometimes we simply have to change our perspective.

Simple Exercise #6

Ask yourself, "Is there an easier way?" "Could I use some help?" "Is there someone who I could brainstorm with?" "Do I need to walk away and come back later?"

As one of the cards from the *Creative Whack Pack* says, "What would Walt Disney do?" Hmm.