



Is Health Your focus

by Cheryl Lucas - Chairmans Club Director

Energy flows where attention goes ...as directed by Intention. Will 2010 be your New Year filled with celebrations, possibilities and seizing of opportunities to learn, grow and experience new levels of wealth, health and wellness or will it be just another year filled with more of the same, disappointments and broken resolutions ?

Statistic's reveal each year the same 10 resolutions top the list.

- 1. Stop smoking
- 2. Get Fit
- 3. Lose Weight
- 4. Enjoy Life More
- 5. Quit Drinking
- 6. Get Organised
- 7. Learn Something New
- 8. Get Out of Debt
- 9. Spend more time with the Family
- 10. Help Others

How come they show up year after year, how come we play this pattern out year after year unsuccessful at keeping or achieving our resolutions?

What makes us lose focus, after we have made our resolution? What destabilizes our focus which then causes us to spiral into beating ourselves up about what failures we are ? Why me, how come I can't follow through, I don't deserve success! Or do we blame others, the economy, stress, continually excusing ourselves yet again from living our dreams.

There is an Art and Science to Personal Mastery

Is it a lack of motivation, discipline? Could there be a science to staying focused and achieving what we want? Is there a way of staying focused to achieve our dreams, goals, visions – could this be about something personal like achieving Personal Mastery?

Our thinking, feeling, behaving and speaking patterns impact our choices. These patterns are mostly unconscious and interfere with our ability to achieve .

It is time for a different approach to achieving resolutions, goals, it is about achieving personal mastery. Our thoughts determine our truths, our realities, and give us the maps for navigating life. Our thoughts act as perceptual filters for our senses, and exist holistically within the mind-body-emotion system.

If you intend to live joyfully, for example, then what decisions will you make?

The potential for Personal Mastery is wired in each one of us and accessible through our "higher thoughts-and-feelings" and to consciously choose to evaluate our current thoughts and feelings, and go with those that serve us. With this level of consciousness, we are able to achieve control and focus over our thoughts, feelings, and actions. We become the "programmers" of our minds and therefore a co-creator of our destiny.

Our future actions will then result from conscious acts of will, rather than by habit or default. In this way, we experience conscious, purposeful living. Begin with examining your decisions that have been limiting you, decisions that sabotage you achieving personal mastery and your resolutions, replace them with empowering ones that support your highest intentions.



What is important about that new decision? When we conduct ourselves based on intention, rather than attention, we become more skilled at directing our volition (willpower). Take time to identify your higher-order thoughts, feelings and empowering intentions.

If we attempt to only deal with where our attention is and what we focus on, without considering intention, we will never find the leverage point that will transform our lives, and that makes change very hard and rarely sustainable. Practice strengthening and aligning your attention with your higher intentions.

**Much of our attention is directed by
unconscious reflexes**

Practice interrupting or cutting off distracting thoughts and emotions. However, attention is only partially a consciously willful act. Much of our attention is directed by unconscious reflexes and habits, body sensations, mental models, filters, constructs and emotions. The way and art of dealing with this sort of incongruent process of multiple drivers currently, is to accept and align them with our higher intentions and purpose.

The challenge for many people is that when they think of willfully putting their attention on what they want without aligning their higher intention they sabotage their success through incongruence. So they end up trying to do one thing but end up doing another. Their attention is unconsciously drawn to some other goal. Then the energy flows there instead. Then they may not feel too good about not being able to be willful enough to make themselves do what they set out to do. This is learning to be mindful and place your energy intentionally and practicing feeling good about doing so.

Energy flows where attention goes means that if we are not getting what we want, we have the power to change our thinking and behaviors and keep changing them until we achieve our desired outcomes, resolution, dream, vision. This also means that you have the power to change your emotional state. It is not what happens to us that matters, but how we respond to what happens.

**Achieving your Resolutions, Goals, Vision and
Personal Mastery is in your hands.**

***Do you need
focus?
mental acuity?
alertness?***

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