

Conscious Thinking for Success

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INTRODUCTION: We are living in a rapidly changing world where resilience is of the utmost importance to regain our balance and wellbeing, and to prove to ourselves that we are successful. Resilience is the by-product of good mind-work. By engaging every part of the mind, we easily adapt to changes, restore vitality and ultimately our participation and performance to lead a successful life.

AIM: The aim is to introduce methods to invoke consciousness and effective mind-work. Apart from optimizing the conscious mind for its 5% contribution to control our thoughts, emotions and behaviour, we also aspire to utilize the intelligence and mind-power of the sub-conscious and body-conscious mind.

MATERIALS AND METHODS:

The participants in the groups set goals that are difficult to reach and would require some form of change. In a 7-week program they are introduced to methods that allow access to all parts of the mind to assist in finding new ideas and resources to assist the change. The methods include the following:

1. Journaling
2. Meditation
3. Body movements

RESULTS: The results are based on the feedback of the weekly meetings, as well as on the feedback at the close of the program.

1. The program equips people with extra skills to make changes in the way they approach goals.
2. It provides a variety of activities, and people are free to choose between the ones they find the most effective.
3. The most difficult part is to access the body-mind. In every group, there are requests to allow more time for these activities.
4. Most subjects reported in the past that they enjoyed the meditations most and found that it assists with the process.
5. Participants recorded that, after the seven weeks, they took practical steps in the direction of their goal that they would previously avoid.

CONCLUSIONS: The 7-week program provides activities to assist with change and achieving goals.

Positive and immediate changes in thinking as well as behaviour are recorded.

It is a cost-effective method, and easy to do in your own time without having to travel.

It will necessitate ongoing use of the methods to provide ongoing success. **KEYWORDS:** Success; resilience; change; goals; mind-work; thinking; consciousness; journaling; meditation; conscious mind; sub-conscious mind; body-mind.

BIOGRAPHY:

Dr Elsi Meyer is the author of "Re-mind Your Body". Her research involved her in a variety of fields such as Kinesiology and Human Movement. She believes that beyond the scientific and analytical models of modern Psychology, there is a rich and alive inner-mind where the key to our well-being will be found. The following were completed by her: Dissertation: *Psigoterapeutiese gebruik van Edu-Kinesiologie in die bevordering van selfaktualisering*, Translated as *Psychotherapeutic use of Edu-Kinesiology in the Promotion of Self-Actualization*. UNISA Pretoria 1999 D(Ed); *Intra Uterine Experiences, Manifestations and The Treatment of Identity Problems in Adolescents*. UNISA Pretoria, 2001

