

Hey everybody, I'm Yolanda. I'm so happy to welcome you to the first class of our course on using mental self-care to get unstuck and improve your. Before we start, I want to let you know, I'm recording this call.

And so I you're by staying on this call, I think it's implicit permission for me to record it. And I'm the only place I'll use the recordings is in our course website and nowhere else. And also this connection should be fine, but if it goes down, just try signing back in with the same link after a few minutes.

And if I need to, I'll send you a link by email or by the Facebook group, but we should be fine. So I created this course to help other women learn the same mental self-care practices that I used to leave a good job that would hold me back to lose 10 pounds to stop overworking, reconnect with people I love and had lost touch with.

And to find time and space in my life from my life true work, which is teaching women, mental self-care, as well as if for those who don't know me, I'm also really passionate about supporting the Tibetan people and helping people traveled to Tibet easily and safely. So the purpose of this course is to get you the following results to break out of feeling stuck, burned out anxious and overwhelmed to get tangible specific wins on your own unique path of joy, because we all have one to get practice practical tools, to deal with fear, procrastination, failure, and moments of high stress, and to learn simple practices, to counter negative thoughts and negative.

Self-talk also to keep motivated and avoid the new year's resolution sales cycle, which I'm guessing probably more than one of us are probably already in. So here's just a quick rundown of the course. Lesson one today is breaking the negative thoughts cycle. And this is about beginning to break the negative cycle, but that's keeping you stuck and preparing your mind for growth and change.

Lesson two is identifying where you want to go. So that's developing techniques for focusing on where you want to go so that you're not focusing on what you, where you don't want to be. And that's what we usually do in this lesson. We we're going to get specific achievable. We're going to set some specific and achievable goals.

And less than three is harnessing the power of your brain to get better results with better thoughts. This one is really critical. So in this one, I'm going to show you some mental hygiene techniques and some mind hacks that I've learned.

And we use these to manage fear, procrastination, and overwhelm, and then lesson four is making your dreams real with action.

And this is another really important lesson. This one, you learn tools for keeping motivated, staying on track. So you'll learn how to take baby steps, how to course correct how to fail in a good way and how to track your. The way it works is our weekly live Google meet call. There are going to be four of these trainings.

They'll always be recorded. And then there's an extra Q and a one that's live. We'll have weekly practices and assignment. So this is your homework, but I want you to know that my goal is to keep these easy, fun, quick, practical. Effective for the time that you spend on them. I just want it to be something super.

I want it to be something that you want to do. There are handouts on the course website, under each lesson. These are extras that I hope will support your work. And then we have our private Facebook group. If there's anybody here, that's not in the group, let me know, just reply to one of my emails and I'll help you get in there.

And then there's a 30 minute individual coaching session. So I suggest you wait until the third or fourth week of the course to do this. And I'll send out invitations for that. But if you really want to do it earlier, I'm happy to schedule you in earlier. Okay. So let's just jump in and get started with lesson one.

And this one is great. The negative cycle. So if you're feeling stuck, if you're stressed, if you're demoralized. I can pretty much guarantee that your mind is cycling negative thoughts like these ones. So why am I so fat? I'm such a failure when it comes to X, why is so-and-so such a jerk? Why am I so weird?

Why did I say that? How come she, or he, or it, or whatever so much better than me. So this is not to put you down or give you a reason to beat yourself up. You're definitely not alone. You have a lot of company. My mind is a wackadoodle, hot mess, plenty of the time. And I think it's fair to say that a majority of women spend a lot of their waking hours in negative thought loops and negative self-talk.

But here's the thing. If you can't change the way you think there's no way you can improve your life. So you have to break those negative thought loops before you can grow and create a new path to a new life. So the question obviously is

how do you do. The great thing is that it's pretty easy to begin to break those loops.

So in this lesson, I'm going to explore what I call the miracle minutes. And some of you first learned these in the mini guide that I offer. They're great because they're really easy and they are incredibly effective to breaking out of negative thought loops. So let's look at them one at a time. The first one is gratitude.

So this is the simplest one. It's arguably the most effective of the manifests, the miracle minute practices. So a daily practice of gratitude will change your mind and that will change your life. And I know that sounds kind of like hyperbole, but I really believe this to be true. I've seen the impact that it's had on my life, and I've seen it on other people as well.

So gratitude is so important for so many reasons, not the least of this is that when you are in gratitude, You are literally the happy and fulfilled kind of person that you want to be. And for that minute, the minute that you are saying the gratitude and feeling the gratitude, you are happy and fulfilled.

So I know that sounds simple, but I want to, to reflect on that for just a minute. So when you're expressing gratitude, you are at that moment experiencing the kind of happiness and fulfillment that most of us feel like we're missing out on. And that we're always looking for. And I love this quotation.

That gratitude is not only the greatest of virtues, but the parent of all of them. So his holiness, the Dalai Lama often talks about how positive emotions like gratitude have a demonstrably positive effect on our lives while negative thoughts and emotions are not useful and lead to negative impacts.

This makes a lot of sense to me and I hope to use. So for example, anger could lead you to lose your job. Frustration and stress could harm your health. Jealousy could hurt your relationships, fear and feelings of inadequacy. Adequacy could stop you from going after your dreams and overwhelm can paralyze.

But on the other hand, positive thoughts and emotions have demonstrably positive effects on your life. So love and compassion. Bring you closer connection with other people. Self-confidence motivates you to take action

towards your dreams. Enthusiasm makes you attractive to other people moves you forward.

Altruism connects you with other people and often brings good things back to you. So serenity is good for our mental and physical.

And gratitude is a huge example of the positive effects of a positive emotion. So here's some of the things that have been linked to a practice of gratitude, all of these things, stronger, social relationships, greater life satisfaction, less stress, better sleep, lower inflammation, less depression, lower blood pressure reduced physical pain.

I know that sounds crazy, but there are studies for all of that. If you want to learn more, you can explore the work of this guy. Robert MN. Who's actually here nearby at UC Davis. He's a professor of psychology and an expert on the science of gratitude. So if you need me, I'd like to kind of know the science behind.

Honestly, if I could give you just one takeaway from this course, this would be it, that practicing gratitude is the simplest. And also one of the most core things you need to do to change the way you think and the results in your life. And this is another really sweet one. So in daily life, we must see that it is not happiness.

That makes us grateful, but gratefulness, that makes us happy. And if any of you have been doing the greatest gratitude practices already, I think you may have experienced some of that already. So let's just look at how to actually practice gratitude. And the simplest way is to take one. What I call these miracle minutes a day to do your gratitude practice.

Doesn't matter how you do it. You can write it out on paper, or you can say it out loud, or you can just think it in your mind. So. My husband and I do this, we say, so MOBE songs, you guys met a minute ago. We say three to five gratitudes every day after breakfast. So we do it like this. And I'll say, one of us will say, what are you grateful for?

And the other one will say, I'm healthy. And we'll say, I'm grateful that it's raining. I'm grateful that mom survived. COVID my mother did. In fact to my COVID, I'm grateful that we have good food to eat. I'm grateful that we have nice friends. So we just holler this out. We literally say it like, what are you grateful for?

I'm grateful that we're healthy like that. And it sounds silly, but it feels amazing. We always, it just puts a big smile on your face. And then if we miss that for any reason, I just say them to myself, just like a list of things. And it puts the same smile on my face. And plenty of times it'll bring tears to my eyes.

So by doing this practice early in the day, it just sets my mind on a positive path for the day. And I want to come back. Trust that with a way that I often used to think before I started doing mental self care. So I would literally start my day or pretty much from beginning to end, have these kinds of thoughts with maybe some slight remains at some point, but it would be like, crap.

I didn't call mom yesterday. It looks really crappy and cold out there. I have too much to do. I suck at my business. I'll never be able to retire from UCSFs. I wish I didn't have to go to work today. I didn't sleep well last night. So even without evidence or direct experience of this yourself, can you just intuitively see how my day might go quite differently?

Even if I did know other mental self-care practices, besides gratitude, by thinking and grateful, starting off the day with a grateful thought. So I strongly encourage you to take a minute to experience gratitude in your life every day. You could spend one minute really thinking deeply about one thing you are grateful for, or you can just say a bunch of gratitudes in one minute, actually there's many, many ways to do this and there's no one correct way, but you can.

But just to keep it simple, I encourage you to just take one minute and either be grateful for one minute about one thing, like be grateful for your health for a minute, and think of all the ways you're grateful for that, or be grateful for many different things. Like the way that that looks song. And I do just say a bunch of different things and feel happy for them.

So here's some ideas. If it helps you to get started with your gratitudes or to expand what you're already doing, you can be grateful for huge things like the roof over your head, the sky, your health love running water or little things like watermelon. Although I personally wouldn't call watermelon a little thing, a nice pen, your favorite hat or people in pets, somebody you admire your friend, your spouse, your dog, or cat, or.

In Quana. Hold on a sec. I think, oh, let's see. Technology and conveniences, like computers, phones, internet, the fact that we can meet together in this way. It's just amazing. Starbucks, drive-thru fences the sun on your face, the smell of

coffee, light streaming through a morning window, a hot shower, smell of your favorite lotion, all those things, and many, many more.

So when I take a minute and do some gratitudes right now, so how about you writing one or a couple of things you are grateful for and I'll read them out. And while you're writing, I'll say that I'm super grateful for the presence of each of you in here today. It just fills me with a lot of joy that you've trusted me to help you with your self care.

It's also raining right now here in Northern California. And that's a really good thing. I'm grateful for that. I'm grateful for a home I'm grateful for. Katherine says she's grateful for me. Thank you. That's so sweet. And if you you can put your gratitudes in the chat. So the chat for me is up in the upper, right?

There's like a little notepad looking thing. Yay. Yosh says grateful has time to focus on me. I love it. Grateful for my parents being healthy. My mother just turned 76. Happy birthday, mom. Grateful for the sound of thunder. Ooh. I love it. Make new mug. Yes. I'm grateful for my supportive family. The rain. Yes.

Grateful to have crafty material to relax after work. Yeah, that's so good. My 19 year old daughter. Yes. Gabriel, I'm able to speak up and say, no, that's a big Len Catherine. Thank you. Warm shed covers hot showers. Yes. Grateful for my cup of peach tea on a warm day. I mean cold day. Yes. I love it.

Beautiful. My family is healthy. Yes, that is gorgeous. My supportive friends. Yes. Love it. Okay. I'll keep moving. Those are beautiful guys or my brother grateful for a home brother. Wonderful friends. Grateful to me. Thank you. You guys are so sweet. I'm such a sucker for gratitudes. They always bring tears to my eyes.

Like you guys gratitude brings their smile. Okay. Let's, let's move on to the second one, which is the second of the miracle minutes. And this is blessings. So this is another very simple practice. So you just take a minute to bless other people or animals or things. Great. Anything you want institutions so that the purpose of blessing people at its heart, I think is the practice of that.

The practice of blessing, other people isn't that attempt or a way to counteract our own tendency towards selfishness. So most of us think a lot about our own happiness and what others need to do to make us happy and not so much about

how we can offer how we can help them. So unfortunately, focusing on our own happiness has the opposite effect and leads to unhappiness.

So it's like this amazing quotation from the wonderful Indian Buddhist master Shanti Deva, who said that all joy in the world comes from the desire for other's happiness. All the suffering in the world comes from the desire for one's own happy. Of course. I mean, I know that not everyone has this problem, but I do think it's pretty widespread than it's definitely encouraged in Western culture that we focus on our own needs much more than on those of others, even as women.

And I know as women, sometimes we have, we have to care a lot for other people, but I still think there's a very strong tendency in our culture. Just the way that we're raised to focus on our own needs. And in the same way that result that that studies show the benefits of gratitude. They also show that selfish thought and behavior shows negative consequences, excuse me.

So lower psychological wellbeing, greater self doubt, envy anxiety and depression, poor health, more smoking, and drinking more conflict in relationships and less relationship stability, which I find kind of amazing.

So, if you think of how to bless people, it's super easy actually. So to try and counteract these negative results you just need to think of the person and then bless them with all the good things that you can think of. So here's one there's again, this is, you can do it any kind of way, but here's one way to say it.

You could say, may you be happy? May you know, peace, may you feel loved, may you feel respected and honored and seen for who you really are. Then you have all the things and friends that you wish for. So like with the miracle minutes, it's really useful to some, the emotion of love and Goodwill. When you say you're blessed,

Who should you bless? You can bless anyone. So for example, you could bless your family and friends that you love and care about. You can bless people that you don't know that you've heard about that need help. A friend's husband or child, people who are suffering from natural disasters, people who are sick, medical professionals, working in COVID units firefighters working in fires.

People who've lost their jobs in a bad economy. And for your blessings, it's good to switch it up a little bit from time to time to keep it fresh. So it's fine to bless the same people every day, too, if you as long as it, it doesn't start to feel

wrote to you, it's an amazing practice to bless your enemies in quotation marks too, or just people that you dislike or who you believe have.

And there's this particularly I find useful if I'm trying to bless my quote, enemies or people that I dislike, I find this whole Pono, Pono, prayer really helpful. And it's just, I'm sorry, please. Forgive me. Thank you. I love you. And this is some of you may be familiar with this. It's a Hawaiian forgiveness practice, and I know it sounds completely counterintuitive, and I don't have time to go into all the theory about hope on a Pono, but the idea is that you just say that this person, you, you say this for the person that has caused you harm and suffering.

You can also say it to people that you love, but I just find it helpful for those kind of quote, enemy blessings, because this is a little formula it's I think it's easy. Then thinking of a blessing for somebody who I have resentment for. So if I'm trying to bless somebody that I have resentment for, unless I have a little formula, I kind of get stuck on my resentment.

So I don't want to go down that track. So I just saved this one and then just by the end. So it can be pretty powerful. It's a healing tool. And by the way, as I understand it hope on upon means the hoe means to make or cause and porno porno mean to right, right. Pono means, right. Pono means. Right. So, right, right.

Or can also be that as perfection. So the term hope on a, can be translated as correct. A mistake or make it right. Which I think is really nice. So when you do this kind of practice for somebody that you dislike, it's not just from my experience, it's not easy and it doesn't dissolve the resentment or the bad feelings, but it.

Soften it, and it reframes my negative thoughts and strong emotion. And it gives me a way to think about those people that it just gives me an alternative to the way that I usually think about them. So there's just, it's like another door, another window. So I love for you guys to try this one and let me know what you think over the coming week.

And of course you should include yourself in the blessings. It, you know, we're so often so hard on ourselves and saying these blessings can soften any that self-harm, and I'll be honest with you. I, this was the one I have the hardest time with, and I don't, I'm just doing this makes me realize I need to reincorporate



this into my own practice because yeah, we all need a little self-love, which is all this is about anyway.

All right. So I would like to ask you, who would, you would like to bless. And I will say if you just put it in the chat. So I'll say that I would like to bless all the people who lost their jobs in the pandemic. Also blessing my mom and my brother, my brother works in the emergency room in in Florida.

Lots of COVID and blessing you. I want you to be successful. I want you to be happy. I want you to have all the good things, all the abundance and love that there is. Let me go back up. Oh, that was gratitude. The Katie, the internet. I can tie my shoes to be warm in my home. My granddaughter.

That's really sweet. Bless the former president. Yes. How do you define blessing to bless? I, for me, I just think of it as wishing well for that person, it could you could connect it with anything. You could connect it with your spiritual tradition or your religion if you wish. But for me, I just think of it as as wishing, well, sending good wishes for somebody.

May they find their best selves blessing? My son, those guards at the Capitol who were attacked, those who are on the front line, all the grandparents and the elderly feeling lonely less. My brother and my sister blessings for Trump may find empathy and wellbeing. The unhoused on this cold rainy night.

Oh yeah. May they find comfort? Okay. You guys are making me cry. Okay. Yeah. Frontline workers like my sister-in-law brother and older adults. Absolutely. All my teachers, my family and friends, my brother, his family, my dog. Prayer for peace. Not ready to bless number four. Okay. Behave. I bless my parents and my mother-in-law absolutely.

That's really great. Bless wildlife. Absolutely. That's that's been a big one since the fires. Catherine blessing, a friend who am I, who, whom I am having a hard time with she that she feels loved and is beautiful. That's really sweet neck. Anyone who's suffering from COVID or the after effects of loneliness due to it, Joe Biden and Kamilah yes.

To it or to it. Yeah. Gloria, my sponsor used to say, bless the sob. My partner, my neighbor is my friend and my family. Yes. Our new president. Vice pres. Yes. Beautiful. Beautiful. I love those. I'm gonna, I'm gonna still bless the

ocean. Love that I'm gonna steal some of the. So here's the third of the miracle moments moving on the third and the final one.

So in this practice, you spend a few minutes visualizing your dreams. This one's really sweet. So why do visualization? Basically your brain is like a computer that can't be programmed. Okay. I'm not, I'm not pretending to be a neuroscientist here. So usually just kind of pretty basic things that your brain can be programmed.

So if you don't actively program it, you're just going through the world running programs that you didn't choose for yourself instead you're running programs. And when I say programs, I mean, thoughts, beliefs, goals, things that were given to you by your family, your teachers, advertisers on TV movies. So often these are negative thought loops created by commercials or movies, like, you know, by this, by these what's the word like Misperceptions that are created through what we see in commercials or movies like that we're too fat or we're not successful enough for that.

Our relationship, our job is not fairytale enough as we see. And the movies, you know, we're not rich enough, we're not whatever enough. So fortunately, since your mind can be programmed, you can program it yourself. I mean, you can tell your brain to focus on the things that you actually choose for yourself instead of running these programs that were kind of given to these crappy programs that were kind of given to you.

And the idea is that you want to get really conscious about what your brain is paying attention to. That's really important. You want to, you want to know what your, you want to put your brain actively to focus on something that you want it to pay attention to. So you want to put your brain to work on ways to achieve the goals that you want.

Olympic athletes are often masters at visualization. So Michael felt great Olympic swimmer. He talks about this a lot about how he visualizes races. So he's in a quotation here. He says when I'm about to fall asleep, which is known to be kind of a good time for visualizing when you just wake up, when you fall asleep, when you're, or after you, after you've meditated.

For example, if you meditate, then your mind is kind of more receptive. So when I'm down to fall asleep, I visualize to the point that I know exactly what I want to do. I die by Clyde. I stroke. I slipped, I reached to the wall. I hit the split

time to the hundreds. I swim back again for as many times as I need to finish the race.

And then Alex, Honnold the famous rock climber. He does the same thing. He imagined making every single move that he needs to make to get to the top table. And then if we look at how to do visualizations, we're just going to do a very simple form to start with. So you just pick anything you dream of having, doing, or being like a house, a job, a partner, a dog, or raise a better relationship with your family or with yourself or anything.

And imagine yourself having achieved this result as fully and completely as you can. So play it like a movie in your mind, and importantly, you want to feel how it feels. You can picture yourself in that situation with all the sights and the sounds that you would experience. I've been at, I'll enter this later, but some of us have a stronger connection to an emotion than to images.

And that's fine since emotions and sensations work really powerfully in your unconscious, your subconscious. So the more intense, the feeling that you bring up during the visualization, the more powerful your results can be. And I just say that again. So the more intense the feelings that you conjure when you're doing the visualization, the more powerful your results will be.

So here's some examples of things that you could visualize. You can visualize a new job. So I did this when I was working at the university of California, it was I had a wonderful job in many ways. I had a great boss. I had great people. I worked with. It was good work that I did that provided a service to the world.

I believe through science, diplomacy and science education. But it just wasn't my own passion. So I visualized what kind of new job I wanted. I thought about it all the time. Like for a few years, actually, like, what do I actually want to be doing? What would that look like? What would I be doing every day?

And that new job for me over time, kind of came into focus as working full time on my own business. And I'm having to say, that's what I'm doing. You can visualize a new home, like how it looks like what's the neighborhood, like walk through it, how it feels to have dinner over for friends and your new house, what would it be like to sleep and then your house?

And there's a wonderful coach who does money, mindset work? Her name is Denise Duffield-Thomas. She's an Australian lady. She talks about how she practiced and visualized owning the house on the beach that she now owns. She

sent her talking about her and her husband. She says, we used to walk along this very same beach and say, this is where we're going to live.

One day we go there every day, point to the houses and say, one of these will be ours for years. Her my password. She says it was the name of the street. I even drove up to the houses and say, I'm. She said she would drive up to the houses and say, I'm home and feel what it would feel like to be there. I think that's a good kind of description of, of one way that she was visualized.

You can visualize what it's like to have the body you would like, or have the, the health or to have the friends you would like or both. So, you know, you can just kind of run it like a movie, you know, if it's, if it's kind of physical health and mental health or, you know, friendship, just, you know, conjure it up like a little movie, what would that be?

Like? What would that feel like? What would you say? What would you wear? What would you do? How would your body. And then you can visualize having a loving relationship. So you can really imagine what that would be like. And, you know, I think too often we say something like I want to have a relationship.

I want to, I want to, you know, I want to have love and we don't really specify what we mean by that. So really get into it, like run it like a movie, really fill it out and and get kind of detailed and concrete and colorful about it. So this also works for people who are, you know, if you're in relationships now with, you know, I love relationship or other kinds of relationships, like how do you want that relationship to look like?

So really some spend some time imagining that you could visualize travel and that something that you love, you just visualize yourself going through the whole process, plan, the trip, visualize the ticket, buying the ticket, the place. You're going to say what you're going to do. So someone in one of the surveys asked me to model an example of a visualization.

So here's one that I did from a blog post recently on visualizing a trip to Switzerland. This picture is Tibet, but I was visualizing a trip to sweat, which when I picture the Swiss village in my mind, I imagined the view from a light, airy cabin. They're happy cows that dotted in these beautiful green mountains out the other window, I could see this stunning you from a seed.

I could hear the cow bells tinkling. I could hear a Swiss neighbor calling to a friend. I could see this slant of the sun through the picture window and the lit on

my face, steam rising from a cup of tea on the wooden table where I'm writing a blog post. I smiled to see, looks on doing yoga in the main room and all of these images or movies in my mind would lead me to experience feelings of calm, gratitude, joy kind of the excitement of being in a new place.

And then I want to add for this, that if you're not visual at all, it's not a problem. Cause I I'm actually not very visually minded in this way. I kind of forced myself to run the, make the movies and make a picture. But if you're not visual, you just, you can look at a picture for inspiration and you can draw one.

If that helps you call up the feelings in your body. But basically you can also just feel, you can conjure up feeling the feelings in your body, the emotions that you would feel if you had the, the thing or the state or the relationship or the, you know, the characteristic that you wish for. Like, if you wish that you were calm, What does that feel?

Like, feel it in your body, like conjure up that feeling of calm. And then if it helps you make the pictures, run the movie like that. So whichever method helps you feel those feelings, that's all good, but ultimately you you're trying for the, a strong emotion and feeling in your body. Okay. If you, if you would feel comfortable, I'd love.

If you guys shared something that you'd like to bring into my life, your life, my life for me right now, I'm just my whole month, literally what I visualize every day is you guys happy? I I'm, you getting great results from this course? I imagine you smiling. I imagine you blossoming. I imagine different ones, the ones of you that I knew before I've imagined you sitting somewhere writing or kind of creating things or walking in beautiful places.

Or just kind of made up relationship. That was what else did I visually today? I was visualizing something for you guys. I can't remember. So let's see, I'm visualizing a repainted and reorganize house. Nice. Oh, that house is beautiful. Isn't it? Gloria? I thought that was so gorgeous. We put that one on a vision board.

Nicole. You're very welcome. That's my wish every day, several times a day, that I'm visualizing that for you, for you guys to, to, you know, to just get beautiful results and some this when union with loved ones in person, that's really sweet, visualize in a happy marriage, a house and healthy kids, beautiful, a new relationship for the next chapter of my life and my family being okay.

Despite that. I'm visualizing a more connected relationship with my partner and work. Beautiful. I'm visualizing surf session salty and exhausted on a beach in Costa Rica. Nice. Yeah. Yes. I love it. And thank you guys for sharing those. I really appreciate that. Beautiful,

balanced decluttered inside now. Yes. Yes. My new bathroom to help my partner and I, as we are disabled. Yes. Wonderful. Being more healthy, more weight loss to a healthier mean obtaining a relationship with a good partner. Beautiful. Matt, can you visualize me there too? Can you put us all there, Meg

so sweet. I love it. I love it. Okay. Moving on. Oh, wait, there were a couple more being married Encarnacion and feeling appreciated. Whoops. I lost that one being married in Varanasi and feeling appreciated and loved by my partner. That's beautiful. I'm visualizing, embodying a thriving coaching business.

Yes, yes, yes, yes. I love it. So all of those things that those are exactly retirement. Those are like excellent things that you can spend your, your visualization minute in your miracle, minutes on what else? So just to quickly summarize the miracle minute, you can do them a million different ways, but to keep it simple, just try it.

I recommend trying this for one minute each. So you're going to do this every day for one minute. Each you're going to stay a gratitude, pause to feel. Then another and another until the minute is up and really take that time to feel that gratitude. Then you're going to spend a minute on your blessings, say a blessing, feel it repeat, you can say like I said, you can bless the person for the whole minute, or you can do different, but you know, have as many blessings as you want in the one minute.

And then in the visualizations, I suggest you just pick one result that you want and spend a minute imagining everything that you can about it and feeling it in your body, what that would feel like. Those, those visualizations that we just looked at would be beautiful. Every single one. If it helps you at all, you can set a timer on your phone for one minute.

I don't set a timer anymore, but I did. I used to set a timer for one minute and then just repeat it and repeat it. And I want you to do this every day during the course. I want you to do this honestly for the rest of your life, but I really want you to do it every day during the course. And just, just so I'm not confusing anybody.

This is a total of three minutes and you can do more, you know, a day, you can do more, but I really recommend that you just start using this like very simple, very kind of bare bones way until you get the habit down so that you don't overwhelm yourself, or it doesn't feel like. If anything that you're doing in this course feels like work, then come to me because it shouldn't feel like work.

It should really just feel wonderful. I, I, I think so there are some mistakes that people make about miracle minutes. One is that thinking that you have to do it perfectly or that there's a right way to do it is there is literally not a wrong way to do the miracle minutes. Like if you have a good motivation, you got it.

You're doing it. Even if you only did one, if you only did the gratitudes and you didn't do the blessings of whatever, you, you really can't screw it up. If you have good motivation and you spend some little time doing it, you got it. And then, you know, thinking that you don't have time, I would just, I think that you don't have time not to do this.

The benefits that three minutes of that give you are so enormous, especially if you build it over time, it's it really kind of gets into your brain and starts to change the way that your brain thinks, which as we'll see later in the course really affects kind of everything. And then did I miss something?

Yeah. And then questions. I got some questions about miracle minutes and and I'm going to take your questions as well, but The first one, is there any trick and some of these are from our Facebook group. I can't remember where, but anyway, is there any trick that I can use to visualize better since I suck at visualizing?

So I, I have a blog post about this and a video and I put a link in the lesson one and the course on the website, but I'll just quickly say that the actual goal of the visualizing, like the gratitudes, like the blessing is to feel the emotion in your body. So making a mental picture is actually just a tool to get you to the emotion.

So if you're not great at visualizing, like I said, no problem. If you just go straight to the feeling of having the results that you want, that's perfectly great. It's even sort of better than what if you don't feel like doing the practice. So, one thing that helps me if I'm not feeling motivated is to remember what results I want from the practices.

So like in the case of the blessings, one thing I want is to help the person I'm blessing. I don't, you know, there's studies about whether blessings and prayers actually physically help other people. I don't know if they do, but all I know is that they get my mind in the right place. So it lines me up with my path and lights me up with my kind of spirits so that I'm walking the path that I'm supposed to be.

And then that puts me and then I'm helping the world. I'm doing everything that I'm supposed to be. So I want so like, and when I'm blessing, I want to help the person I'm blessing. That's one of my motivations. I want to feel happier. I want to feel, and I do feel happier when I bless other people. So as the Dalai Lama says, He called it selfish altruism.

So we give benefit to others and we also get benefit to ourselves. So for me, it just helps me to have a purpose that way, when I'm doing the practices, if I don't feel like it to tell you the truth, I always feel like it. I don't, I don't think I've ever not felt like doing them just because the miracle minutes.

Cause they feel so great. And another person asked, is it okay to repeat the same gratitude? Absolutely. You can just, you know, I say I'm healthy. I'm grateful for being healthy every single day of my life. It never gets old, but should it ever get old and switched to something else or switch to other things you can, you can just feel it.

If it's starting to become bloated. A person said it's hard to say blessings and bring the person's face to mind at the same time. Any ideas? Yes. With gratitudes you're you want to, like, I keep saying you want to have that feeling, that sensation and emotion in your body. So. If you're not able to bring the person's face doesn't matter.

So if you just have like a sensation of that person, and then you have a sensation of blessing that person, that's all you need. And if it helps you to bring up the person's face, then do that. Absolutely. And when should you do the miracle minutes? I like to do mine in the morning and I kind of recommend doing it for this reason because you're, you start the day out in such a fantastic way and it will color your entire day.

And the chances are that you will do it more. Times in the day, you know, just naturally it'll come up. But having said that, of course you should do it anytime that feels right for you. If that's at midnight, then do it at midnight. The only thing that I really recommend is doing it at the same time every day, so that it



becomes a habit and it just becomes ingrained and part of you, so, and you can attach it to something that you always do.

Like you can do it when you take a shower, you can do it after you wake up, you could do it after breakfast like that. Okay. So in a minute, I'm going to take more questions, but you can just type in your questions now if you want. And then while you're doing that, I'm going to just tell you what's coming up next in the course.

So the talk about visualizations, the third of the miracle minutes leads us to the question of how do I identify what results you want to achieve in your life and how this set, the goals for that. So, you know, what are you visualize for? So we're going to talk about that more deeply next week in lessons.

And right now, here's your assignment for this week? The homework is just so sweet and easy. I would say this week, all you have to do is identify time to do your miracle minute, do the miracle minutes every day and write a gratitude letter. So here's how to write a gratitude letter, you can guess, but this is a good little outline.

This can be to anybody you choose, whether you personally know them or not. So just express all the things you're grateful to about them. You, you benefit, even if you don't send a letter. So like they've done real actual like clinical trials on this, and you benefit from a gratitude letter, even if you don't send the letter just by writing it.

So here's some ideas to spark your thought. And I wrote, I wrote a letter. I did a kind of quick. The other day. And I literally just did this. I, it wasn't even like a proper letter. I just filled these things out. I've been meaning to let you know that blah, blah, blah. I admire X about you. I'm grateful that you did X or said X or gave me X.

I appreciate you because you X I remember whatever nice episode when you, when we, whatever I've learned, whatever it is from you and be sure that you write something positive. Of course not like I learned what a Jackie, not like that. And then you contribute and then you contributed X to X. Like, you know, you contributed something to something that we both do or something, and it was so amazing and so wonderful to do this practice.

I. If you don't, if you don't have the time or energy to just write like a full-on letter, you can write that. And I suggest I want a bonus points for handwriting

your letter. I think it's better if you, if it's coming through your body bonus, extra bonus points, if you send it to the person, maybe like if you hand write it, you can actually mail it.

Or you could even if it's not perfect, even if it's just in this format, extra bonus points for sending to the prison in non COVID times, you'd get extra, extra points for hand delivering it and reading it out to the person. Or you could call the person up and read them, or you can send them an email.

But I would say if in the spirit of just keeping it easy and fun and light, just do it exactly like this and then shoot them an email or something, take a picture of it and shoot him an email or call, or if you're in touch with them and want to like tell them in person and you don't have to, of course, just, just write the letter.

I've got a link to a description about this practice inside the lesson. One section for the course.