



Introduction

First let me tell you I do not have any medical degrees nor am I a scientist. I am merely a woman who has been interested in how the brain works since I was 18 and read Maxwell Maltz's "Psycho-Cybernetics."

This book changed my life. The idea that our brains were like a computer and could be programmed enthralled me and started me on my quest to control (in other words -- program) my mind.

Forty two years later

I am happy to tell you

I have a serene and

very creative mind.

In the rest of this book I am going to explain what worked for me which will hopefully help you have a controlled and serene mind. Only when you do, will you be able to figure out your purpose in life easily and manifest it into your reality.

The first step in having a serene mind is knowing you have 50,000 or more thoughts flow through your mind every day. If these thoughts aren't controlled, you are reacting to your environment. In other words, you are letting life situations affect everything you do. Not a serene way to live.

So how do you get out of this mode of living?

You Train Your Brain

Now it really isn't that difficult to do but it will take practice and persistence if you want to have a serene mind and life.

The first step to **Training Your Brain** is to realize you have been programmed to only use a portion of it. The portion you are using is the conscious part and I tend to think of this as the frontal lobe of your brain. Is this medically correct? I have no clue but it does help me determine or image where my thoughts are originating from.

Think back on your life. When you were young, you had imagination or imaging power up the gazoomie. When you went to school, this was programmed out of you. You were expected to learn by memorizing. This is a linear process which promotes logical thinking. You were taught to get from Point A to Point B in a straight line.

This was great for teachers because teaching 20 or more free-thinking children on a day-to-day basis would be chaos. But this method did nothing to train you to handle every day problems using your whole brain.

And to have a serene mind and life, you really need to use your whole brain not just the conscious (frontal lobe) of your brain.

So let's discuss how I view our brains:

There are two main parts and two which complement them. They are —

the conscious (smaller) and,

— the subconscious (larger).

Plus the left (logical) and right (creative) side.

They are inter-related and create the "**Whole Brain**."

Most people are unaware of how they work but as we advance into the area of computers, we are getting a general idea of how the whole brain works.

Computers have a Read Only Memory (REM)
and a Random Access Memory (RAM)
and so do our brains.

The REM part of our brain is the left (conscious/logical/smaller) side and the RAM is the right (subconscious/creative/larger) side.

In computers, the REM is only a small percentage and the RAM is the larger percent of memory.

In order to make each side work together so serenity becomes completely normal and natural in your life, it means you must control what happens in the frontal lobe of your Brain. So how do you do this?

First take a deep breath and relax. I am only going to explain common sense techniques that have helped me have a controlled and serene mind. Will they do it for you?

More than likely if you take the time to do what I explain and are open and willing to have serene life. So the first technique is.....

Technique #1 -- Build a Room

Maxwell Maltz had a technique in “Psycho-Cybernetics” which I used when I was a IRS Revenue Officer. It kept my sanity when dealing with this totally stress-filled job. The technique is to build a beautiful room or scene in your mind and go there five minutes every day.

I built the room in my mind with beautiful golden spiral stairs leading up to a very ornate wood carved door. When I opened the door, I stepped on plush blue carpeting and walked over to a soft canopied bed. As I lay in the bed I looked out a huge window and saw a large lake with a sail boat. I felt totally relaxed looking at this peaceful scene.

This whole process of closing my eyes, walking to the room in my mind, laying down on the bed, relaxing in the beauty of the scene, then back out and down the stairs only took 2 to 5 minutes. I usually did this technique after dealing with a particularly belligerent taxpayer so I would not carry over the feelings to my next appointment.

I did get questioned by some of the other Revenue Officers why I could stay so calm. Once I explained this technique, they started using it -- especially before they went home from a stress filled day. Their mood lightened and their family life improved.

The next page will help you to build this room in your mind. Don't make the mistake of thinking this is a dumb technique. It has worked for me over the last 42 years whenever I want to calm down -- in other words remain serene.

It even works while I am sitting in the dentist chair. In fact after doing this, I suggested to my dentist that he paint serene scenes on the concrete walls his windows faced. He liked the idea so much, he asked the owner of the other building if he could do

this. Since there was nothing between the two buildings except a 10 foot piece of ground for building code provisions, the next building's owner agreed.

Now every time I go in for an appointment, my dentist thanks me because he loves how calm his patients remain while he is working on them. If you have an ugly wall, you might want to do the same thing. There's nothing like seeing a wall painted with blooming flowers in the middle of winter (smile).

When building your Room or Scene for relaxation, be very specific when answering the following questions:

1. How will you get to your room (I.e., stairs, a path through the woods, row out to an island, etc.)

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

2. What are you experiencing when walking to your room (I.e., are your feet crunching on gravel, grass, or soft plush carpeting)? If carpeting, what is the color, etc.? Write down all your movements what you are seeing, hearing or feeling as you walk to your serene place or room.

[illegible]

3. If you are building a room or scene, what are the colors, textures, etc., you want to see? Be extremely specific. To this day (42 years later), I can see my room with out even closing my eyes because I was specific and used it often in moments of stress.

[illegible]

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.

Once you have your room created, close your eyes and see yourself actually doing all the movements to take you to your room or scene.

When I go to my room, I can tell you the number of steps, what the spiral stair hand rails feel like, the type and feel of the doorknob, how much I sink into the carpeting, where I place my shoes before laying down on the bed, what type of pillow is under my head -- well you get the idea. By the time I've lain there for about 2 to 5 minutes, I am completely relaxed. Then I know it's time to come out of my room. Once I do, I feel like I've had a vacation.

I hope you will feel the same way. Do this for 21 days and your room will become a habit. In fact a habit that feels so good, you'll want to stay in your room but don't. The world needs you here (smile).

Technique #2 - Create a Serenity Poster

For this technique, you are going to create a Serenity poster. This is a fun project and combines two aspects of manifesting a serene mind and what you want in life.

You're going to need white poster board, some magic markers and pictures of either how serenity looks (feels) to you and/or pictures of new things you want in your life.

At the top of your Serenity poster you will only put one word in HUGE letters. That word will, of course, be **SERENITY**. Then either go through your albums and find pictures of scenes that bring back memories of relaxed and happy times or cut out pictures from magazines which will trigger your brain to relax.

If you don't have any pictures, search the Internet and make a collage of the pictures you find. You might even create one of your own using a paint program. I did and created this for my wall paper on my computer.



As you can see it does two things for me.

1. I see the word Serenity every time I look at my desktop which reminds to take a deep breath and relax and,

2. The picture of the cruise ship is what I want manifested in my life. Yes, I want to cruise the world in a ship just like the one pictured.

By making your Serenity poster, you are reinforcing the word Serenity into your brain. And when you place it on a wall with your collage of pictures, all you'll need to do is look at it periodically to feel the results.

It will also help to breathe and say the word Serenity whenever you feel like your life is getting a little too busy. Which brings up another point -- please do not say these words ever:

I AM stressed

Or

I AM stressed out

Why? Because the words **I AM** are the most powerful words in the Universe and using them in front of stress makes it happen. It's so much better to say:

I AM CALM

Or

I AM SERENE

My favorite saying is:

"Divine Love is in my life Now!"

When I use it, whatever stress-filled situation seems to disappear. I know this happens because the Big U hears me saying this and acts on it immediately. And if I say this quietly in my mind when a difficult person is getting in my face, they hear it telepathically and instantly calm down.

Technique #3 -- Step Outside Yourself

I learned this technique while I was training to be a Revenue Officer. This training took place in the mid-70s when Transactional Analysis was the ****big thing****. You know the one I mean -- “I’m OK, Your OK and every body else isn’t.”

The IRS felt we had to learn this so when we got back to our jobs and had a taxpayer screaming in our face, we wouldn’t haul off and punch their lights out.

One day while doing a role-play of a taxpayer trying to piss me off, I suddenly realized I could step outside myself. By this I mean, I imagined myself outside of my body.

No matter what the other Revenue Officer trainee said, I did not get upset. I couldn’t because I wasn’t in my body. I was outside observing the interaction.

I know this technique may sound a little wacko but it actually works. The next time you are in a stress-filled situation, imagine the real you is outside your body observing. Think of it like acting. Because you are outside your body, you are the director and get to call the shots.

In other words, you have complete control of your emotions and no one can push any of your buttons. I used this technique successfully even in my family life. My youngest daughter with her sassy mouth couldn’t get me riled. Nor could my late husband when he was being less than cordial.

What they didn’t know was -- they were not talking to Judith but a reflection of Judith. Still makes me laugh when I think back on some of the confrontations. They could never figure out why I was smiling.

Technique #4 - Un-clutter Your Life

Most of you might wonder what this has to do with having a serene mind. Well I am here to tell you quite a bit.

Clutter on the outside means clutter on the inside.

How can you possibly feel serene if your life is filled with clutter? The sheer mass of clutter in your surroundings can make you feel as if the walls are closing in on you. I know -- I've been there, done that.

Before I found Karen Rauch Carter's "Move Your Stuff Change Your Life" my house was a total mess. My idea of housekeeping was saying "the 1 inch layer of dust on my light bulbs gave my rooms ambiance."

The sub-title to Ms. Carter's book is "How to Use Feng Shui to Get Love, Money, Respect and Happiness." Now I AM up for anything that brings Money and Happiness into my life. I had checked out some Feng Shui books from my local library but they were dry, dull and sounded like too much work was involved.

I'm not into work because my attitude is "If it ain't fun, I'm not doing it" especially when it comes to cleaning my house. Well, Ms. Carter's book was interesting and full of fun. She made Feng Shui sound like a blast to do.

So I started in my bedroom and kept going until my whole house was done. Yup, it was Feng Shuied in every crook and corner. Did it bring me all the wonderful things she said? Yes, but in a different way than she stated in her book.

I felt freedom! My house was immaculate, everything thing "had a right place" and there was not an ounce of clutter anywhere. With this freeing feeling came **Serenity**

which quite surprised me as I had not expected this as a side benefit of Feng Shuiing my house.

I was ruthless about un-cluttering because I AM fully aware that creating a vacuum is necessary for the Universe to bring more good things into my life.

Besides, I know when I transition (a pleasant word for dying), I won't be taking anything with me so I AM not attached to any material thing. Well maybe my computer but I am pretty sure when I transition there will be better ways to communicate <grin>.

Try this technique and see for yourself. I guarantee, if you are ruthless and only keep the beautiful items you love surrounding you, you will feel serenity every time you look around your house. And by consciously placing your items in their proper area your life should improve. Mine did and why I am listing it as one of the techniques that brings serenity.

If you want to order Ms. Carter's book [Move Your Stuff Change Your Life](#) click the link and it will take you to Amazon where a new book is \$11.20. I highly recommend this book as it kept me motivated because of the humor throughout the book. She makes Feng Shui Fun!

Technique #5 -- Snap Yourself

Some of you might not like this technique but it does work to train the critical editor in your brain to leave you alone. Frankly, a serene brain is a quiet brain filled with pleasant thoughts and that's what this technique will do for you quickly.

You need to take a small rubber band and place it around the opposite wrist you write with as you will be snapping it every time you have a negative thought come into your brain.

It's the fastest way I know to help you be aware of negative thoughts and immediately pivot to better ones. Your objective is to become **INSTANTLY** aware when a crappy (my word for negative) thought like those starting with the words "I can't" comes into your brain.

When you snap the rubber band, your unconscious mind sits up and take notice especially if you replace your negative thought with another more pleasurable one. Pretty soon your sub-conscious mind won't even offer up a crappy thought as it will know better (smile).

The reason I am an advocate of using the rubber band instead of simply recognizing a crappy thought and saying "Next" is because it has been scientifically proven that a human will respond quicker to pain than to any other method. Therefore, pain is an effective stimulus when properly used.

You don't have any reason to change unless pain is involved. And believe me, crappy thoughts running into your head all day long does not lead to serenity. So for 21 days, snap your rubber band.

The reason I say 21 days is because science has determined this is how long it takes for you to develop a new habit. If it's a bad habit it's 21 seconds.

If any of your family or co-workers ask you what you are doing, explain the method. They might like to try it also. I equate this method to un-cluttering your mind. Just like Technique #4, you are tossing out or clearing your mind of all the crap that does not need to be in it.

Technique #6 -- Yell Shut UP

When all else fails you can do what I did:

I was out on my 6.7 acres and my mind would not quiet down. It had continual chattering (thoughts whizzing in and out) inside my head so I yelled at the top of my lungs to:

“Shut the Heck Up”

Actually I used a word which starts with the letter F. Instantly I heard a “zip click” and then, total silence. It was awesome. From that point forward, I’ve been aware of each thought flowing through my brain.

I suggest you use this technique when you are alone. You don’t want the people in the white coats coming to take you away.

If you find at first you don’t hear the zip click, you will in time. The reason I think it worked for me the first time was due to my being completely disgusted that day and when I shouted, I fully meant what I was saying.

In other words, the frontal lobe’s message got through loud and clear to my sub-conscious mind. There was no doubt I was completely pissed off and wasn’t going to tolerate any more inane stupid thoughts.

I don’t know if reaching this point will be necessary for you but it’s what I needed to have my **quiet** mind.

Technique #7 -- Just Say No!

Say No and mean it! If you really want serenity in your life, you must learn how to say the word **no** to anything that doesn't make you feel good.

Now I know this is going to be a really hard technique for women who have jobs and a family. Saying **NO** isn't in your vocabulary. But it should be!

If you want a serene mind, you don't need resentment boiling inside of you. I'm talking about the resentment of having no time for yourself. You definitely need to schedule quiet time every day.

When I worked for the IRS, I had 2 children under the age of 10, a husband who wanted attention and a 3000 square foot home to clean. I worked at least 50 to 60 hours a week at the IRS and the job was so unpleasant, it was all I could do not to smack something.

In order not to take my stress out on my family, I made a rule they couldn't talk to me for 30 minutes after I got home. *This was Mommy's Time*. I either took a relaxing bath or I read a no strain your brain novel for those 30 minutes.

At first they tried to interrupt me but my children soon learned Mommy was so much better to be around when I had the time alone. Did I feel guilty that I didn't listen to their day's events the moment I got home? Not in the least. Once I had *my time*, I was always in a better mood and could listen with patience to their stories.

The ability to say NO and mean it also applies to other things which clutter up your life. Unless you truly enjoy an activity, say NO. You are not doing anybody a favor by going to the event and feeling resentment.

On the other hand, if you decide to attend the event or activity because of the repercussions like hurt feelings you'll have to endure if you don't, take responsibility. Don't feel the resentment because you have already made the choice going is **better** than the alternative.

In other words, your choice was for your own peace of mind. Acknowledge that fact and go to the event determined to have a good time. You'll be pleasantly surprised that you do because resentment is no longer a factor.

Your quiet time can be in the morning or evening but it must be every day. It's your time to appreciate the uniqueness of you. Let nothing interfere with your time. Trust me this is not selfishness on your part because when you come out of your time, your family will have the experience of a pleasant person.

Technique #8 -- Tap To Serenity

There is a web site on the Internet with a fascinating way to get rid of fears and phobias. And getting rid of those will help you have a serene brain. The site is:

<http://www.emofree.com>

I'm not going to go into the technique of tapping because you probably already know about it and if you don't, you should read the manual first and decide if it's for you.

I've used the method outlined in the manual to rid myself of some phobias and it worked. I can now see a spider without screaming, I can stand on a chair without hyperventilating and I am working on my phobia of driving on ice and snow. I won't know it this works until there is ice and snow on our roadways <grin>.

The reason I AM advocating this technique is -- the more phobias or fears you get rid of the more serene your mind will be. But I also got to thinking, you could use this technique for immediately pulling yourself back into serenity consciousness.

Before I knew about this technique, I used the word "**center**" to bring myself back into the present moment. If someone or something was making me go off balance (meaning I wanted to yell F**K It or You at the top of my lungs) I would say in my mind "*Stay Centered Judith*" and my serenity returned easily.

Find a word that works for you. Make it simple. Even the word SERENITY or BALANCE will work. Then if you like the EFT method, use the one word while you are tapping. Believe me your mind and body will calm down in a New York minute.

Technique #9 -- Comfort Zone

No, I am not going to tell you to stay in your comfort zone. In fact, I AM going to tell you to do quite the opposite. The more adventures and experiences you have in life, the better you sustain serenity.

For instance, back when I was in my early 20s I joined a Toastmistress club. Mainly because I had a bad experience in speech class in high school and I wanted to overcome my fear of speaking in front of people. Well, I was with them for a year or two until Toastmasters opened its doors to women.

Yes I was the first women to join this particular club. And yes, the men did make it interesting for me the first several months. But by getting out of my comfort zone, I ended up with being able to speak comfortably in front of large groups.

Another side benefit, I absolutely adored job interviews where a panel of men and women asked questions. This was the one place I could brag about how great I am without being considered immodest (smile.)

What you find out when you step outside your comfort zone, is the experience is a lot more fun than you expected. Maybe not always the first time or even the second time but by the third time, your comfort mechanism kicks in and you realize you are feeling peaceful and serene.

So go out of your comfort zone often and resolve not to let your critical editor out until after the 3rd or 4th time you experience something new. Serenity comes through repetition.

Think about when you first started learning a sport, were you good? Did you keep at it anyway? Well learning to have a serene mind is the same. It takes practice but the benefits are awesome.

Serenity allows your Inner Voice to come through loud and clear because those 50,000 thoughts are no longer mucking up the works. And when you can hear your Inner Voice, your creativity will blossom and your life is a blast to live. At least, that's been my experience.

Thank you for allowing me to share my thoughts and techniques for having a serene mind. I hope you will take the techniques which resonate with you and use them to have a rich and full life.

I wish you always “good read,”

Judith

<http://www.agoodread.com>