

DEVELOP TOGETHER

"Helping You Make Positive and Long Lasting Changes to Your Life."

How To Empty Your Mind

There are two states our minds can be in when we're consciously active. These are a thinking state and a sensing state. We spend most of our time in the thinking state with multiple trains of thought passing through our brains at any one time. Some of these trains of thought can quickly spiral out of control and we build up a picture of a situation that seems so real that it can stop us taking actions needed to make progress. This can be a precursor to anxiety if it's not controlled. The sensing state is when we are purely concentrating on our five senses. Touch, taste, sight, smell and hearing. When we're in this state there is no room for those spiralling thoughts to take over. Some people call this state meditation, others call it mindfulness. Whatever you choose to call it, there are many benefits.

1. It can help to stay focused and remove distracting thoughts from your mind.
2. It can improve your ability to process information correctly, like complex numbers or ideas.
3. It can reduce the potential for anxiety, depression and other mental health problems.

All of these benefits have been tested and proven scientifically and here's a link to an article which details these and other benefits
<https://www.forbes.com/sites/jeenacho/2016/07/14/10-scientifically-proven-benefits-of-mindfulness-and-meditation/2/#3886c90d5e4c>

Moving from the thinking state to the sensing state is the key to emptying your mind. So you need to focus on your senses.

1. Focus on your breathing. Feel the air go in through your nose and out of your mouth, also listening to the sound of this and the movement of your stomach as your lungs inflate and diaphragm moves down.
2. Close your eyes and listen to the world around you. Birds singing, cars whooshing past, trees rustling or anything else.
3. Tickle your palms. Your fingers tips and palms are sensitive areas and you'll notice this feeling enough to draw your focus into the sensing state.

There are many other methods to do this and you need to find the one that works best for you. While doing this you might find yourself slipping back into a thinking state. When this happens, just notice it and refocus on the senses again. It takes practice to be able to stay in this state for longer periods of time, so start off with 30 seconds and build up from there.

If you have any questions about this, please email info@developtogether.co.uk.

Kind Regards,

Rob

Rob Palmer – Founder of Develop Together