

Igniting Your Mind Power: 7 Great Tips from "The Imp" for Improving Your **M**ental **P**roductivity



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Igniting Your Mind Power: 7 Great Tips from "The Imp"
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Introduction

Congratulations! You've taken the first step to Igniting your **Mind Power!**

By choosing **now** to **ACT** on these tips you will enjoy significant results. Knowledge alone is not enough. By taking action, you can make the new learning a habitual part of yourself and reap many benefits.



"Okay," says The Imp, "say to yourself
'It's My Priority!'"

Will you make it a priority to continually **IMProve** yourself?

Many of these tips, though appearing simple, may not be.

Why?

Because they go against the common grain of our culture! And because they may mean changing very entrenched habits.

The fact that you're reading this means you're not willing to be average. You desire to excel.

Be aware of the first thoughts that pop into your mind as you read. They are valuable clues to your subconscious beliefs. Read with pen and paper handy to write down your thoughts.

At the time this e-book was created, all the links were valid and operational. For all books suggested, simply click on the title and it will take you directly to Amazon or another source where it is available.

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Disclaimer

This information represents the author's viewpoint and is based on extensive knowledge and research. Change happens and the author reserves the right to revise this book in the light of new information.

The author encourages you to take action. However, use your own best judgement or seek appropriate and relevant professional advice as needed. The author suggests options to consider. She does not 'prescribe'!

The author disclaims all and any liability to any persons whatsoever with respect to anything done by any such person as a result of using this book as a resource.

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#1 Dumb and Dumber?

Stress can make you dumb!

That's in addition to it being downright unpleasant and a health hazard. Stress affects your whole body. It's not just in your mind. A body under stress creates hormonal and biochemical changes. When chronic, those changes can destroy regions of the brain resulting in decreased memory capabilities.

To **Ignite** your **Mind Power**, make it your first priority to not 'manage' stress but rather to eliminate as much stress as possible from your life!

One way to do that is to take a day completely off for soul-searching. Turn a 'sick day' into a wellness day and really look at your life and what needs to change.

In 1993, I left my job (and career) on a medical leave due to stress. You don't have to get that stressed out before making changes. If you are ready to make dramatic changes in your life now, check out my program at <http://www.StartingLifeOver.com>

'Going blank' is a common experience when under stress to perform. I recommend the book, [Overachievement: The New Model for Exceptional Performance](#) by John Eliot, Ph.D.

Meditation is one of the most effective ways to eliminate stress.

Do you feel like you have no time to stop and meditate? Meditation actually gives you more time by making your mind calmer and more focused. A calmer, more focussed mind is a more productive, more efficient mind.

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Ten or fifteen minutes of a simple breathing meditation can help you overcome your stress and find inner peace and balance. There is a free [How to Meditate](http://www.meditationexpert.com) pdf file available at www.meditationexpert.com

Michael Licenblat, resilience expert, says anyone can learn how to become resilient to stress and pressure. Check out his e-book [Turn Stress into Energy and Enthusiasm](http://theimplady.resilience.hop.clickbank.net) at <http://theimplady.resilience.hop.clickbank.net>

Make the time to exercise. Another great stress reducer. Choose what most appeals to you. Find a buddy to participate with you. If you are not presently getting enough exercise, The Imp suggests (in the words of Tony Robbins) that you "turn this 'should' into an 'absolute must!'" Oh, and have fun doing it!

Dumb and dumber? Not you! Choose to become smarter and smarter!



"Relax and let your troubles float away."

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#2 To Train the Brain: Include the Food



"Calories, shmalories," pipes up The Imp, "forget calories. It's the nutrients in food that are most IMPortant!"

Your brain works best on the best of raw materials. There are hundreds of nutrients - minerals, vitamins, enzymes, the right fats and proteins. And you won't get them just by popping supplements. Many nutrients, no doubt, have not yet been isolated or named by scientists.

Super-charge your brain naturally. To get started, the best sources are fruits and vegetables. Raw is better than cooked. Enjoy often, for example, a luscious bunch of grapes or a colorful salad. One resource is <http://www.NutrientRich.com>

By the way, have you noticed that large meals make you sleepy? (Especially if you've ingested mostly refined carbohydrates.) When your bod is focussing on digestion, blood is diverted away from your brain. If you need to stay alert at work or school, eat smaller meals and healthy snacks.

Perhaps you are able to put off eating for a half hour or so to complete a task. More effective that getting back to the task with a full stomach and a dull mind.

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The Imp Lady's Green Smoothie is a great starter for the day.
(I use only organic ingredients.)

Place in a blender:

1 ripe banana
juice and a little zest from half a lemon
One heaping tablespoon of raw tahini (that's ground sesame
seeds, available at health food stores)
small chunk of ginger root
lots of greens - kale, lettuce or other leafy greens

Add a little water and more as required.

Blend until smooth and enjoy. Sweeten with a few drops of stevia if
desired.

(Stevia is a natural herbal sweetener)

(By the way, we are the only species that cooks our food. More and
more people are changing to an all raw diet or increasing the amount
of raw food they eat. It will benefit your brain power and much more!
Check out <http://www.rawfood.com>)

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#3 Sleep Zone: Brain at Work

Did you know that during sleep you have fantastic brain power working for you? From the day's experiences, your brain categorizes and stores information, decides what is **IMP**ortant, solves problems and more... such **Incredible Miraculous Processes!**

Your creative subconscious mind works best when your conscious mind is asleep (or pleasantly occupied and distracted from the 'problem').

Make it a habit at bedtime to 'program' your mind. Say something like this to yourself:

"Tonight while I'm asleep, my creative subconscious mind will be working on (a specific challenge). I will be guided in thought and action toward a solution. I trust that creative options become available to me. I may be pleasantly surprised at how easy it is!"

With sleep deprivation, your brain goes into dysfunction mode. Your intellectual capacity drops significantly (but you won't realize it has) and your health is seriously compromised. Sleep experts still agree that the average adult needs eight hours and younger people at least nine hours. **ZZZ...**

"Night, night," soothes The Imp, "want me to tuck you in and sing a lullaby?"



"Your creative subconscious mind is working..."

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#4 GIGO



"Brilliant!"

Like computer lingo, **garbage in, garbage out**, the same principle applies to your brain. Let's focus on **Great Input, Great Output!**

Reading is one of the best and easiest ways to keep your mind sharp. Make it a goal to read at least 20 minutes a day.

Find time, make time - while commuting, in the bathroom, while eating lunch, relaxing in the evening (reduce or eliminate time watching TV), bedtime. Getting up early to read is a great way to start the day.

Choose newspapers for current events; business, trade or professional magazines; personal development books. Sometimes choose topics or categories completely new to you.

** ** * * * * * * * *

Make listening time just as valuable. There are hundreds of tape/CD programs available from which to learn. Make your driving/commuting time a University on Wheels.

Listening to the radio while driving has been called "chewing gum for the ears" by Brian Tracy, a very successful motivational speaker. "Out with the chewin' gum!" suggests The Imp.

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Friends have been described as being like elevators - some take you up, some take you down. Choose the ones that take you up and graciously let the others off at the nearest floor.

Become smarter by associating with smart people. Gain knowledge, great insights and fresh perspectives from others.

Choose to be with the winners not the losers!



"Gain fresh perspective."

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#5 Close Encounters of the Distributed Kind

Anytime you are learning something new, don't stick with it for hours and hours - going over and over and over it. Sounds like a recipe for frustration and fatigue.

Instead, learn it in smaller chunks of time with breaks in between. Research has shown this simple habit of 'distributed learning', by far, is more effective in learning things as diverse as ballroom dancing, studying for a math exam or acquiring a foreign language.

For the first encounter, after about an hour, consider a half hour to hour break and then resume your new activity.

For something you don't know very well but it is not your first encounter, get back to it within 4 to 5 hours if possible.

Once you know the content or dance step, etc. quite well, practice it every day or 2 to IMProve. Then as you are feeling more comfortable and know it even better, a week or 2 until your next encounter is fine.



"Learning for Smarties"

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#6 Danger a-Head

Did you know your brain is the most sensitive organ in your body? There are a number of ways it can be easily damaged even with its great bony safety helmet. That helmet can't protect your noggin from an 'inside job'.

Street drugs, over the counter drugs, prescription drugs. They all adversely affect the way your brain functions. Be wary of them all.

Interesting expression: a 'no-brainer'. Well, street drugs are a no-brainer. You use, you lose in the 'smarts' department. Parts of your brain are literally destroyed.

For over the counter and prescription drugs the smart choice is to seek out healthy natural and herbal alternatives.

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Ah, alcohol.

It's interesting that in the French culture young children are introduced to wine and taught that it enhances food. To North American children alcohol is forbidden and is 'bad' for you. And by doing something forbidden, they discover intoxication. It is a common teenage experience to drink to get drunk.

It's NOT a myth that alcohol 'kills' brain cells. A comparison of an MRI or CAT scan of a regular drinker's brain and a non-drinker's brain would clearly show that. The root word of 'intoxication' is 'toxic'. To continue 'igniting' your brain power are you willing to limit drinking to just now and then on special occasions?

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"Wanna keep your brain workin for ya?" queries The Imp, "Then eliminate the use of a cell phone if possible. Or reduce use and minimize brain damage by using an earpiece or by keeping the phone as far away from your head as you can using speaker mode."

You are exposing your brain to harmful electro-magnetic radiation every time you use a cell phone. An online search for "cell phone hazards" will bring up lots of evidence.

While you are at it, when possible, stay out of close range of others using cell phones.

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You're always making choices. Choices are based on your values. Choices have outcomes/ consequences. Are you making choices consciously or by default?



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#7 Dancing the Can-Can

'The Can-Can' is music for a high-kicking chorus line routine. If you know the tune, hum it. Keep thinking, "I can!" "And kick yourself into high gear!" challenges The Imp.

Your beliefs are either limiting you or empowering you. Beliefs about your intelligence and capabilities were formed very early in life. Beliefs can be changed!

Reread that last sentence.

Beliefs can be changed! **Intend** to eliminate limiting beliefs and create 'can-do' beliefs!

"Whether you think you can or whether you think you can't, you're right," said Henry Ford.

When you catch yourself thinking, "I can't because..." or "There's no way I could..." STOP!
Ask, "How can I?"



"Oh, yes I can!"

Actually, you don't always have to know how. Just know that what you want or want to do is possible, set the intention, **believe that you can**, and let the Universe handle the details.

Once you include The Universe, you're really Igniting your **Mind Power!**

Stop and capture your thoughts (self-talk).
Is what you are saying to yourself supporting your dreams/goals/passions or sabotaging them?

Does it reflect empowering beliefs or limiting beliefs?

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Sit with your awareness for a period of time. Journal about it.

A big part of Igniting your **Mind Power** is learning to think and act in empowering ways. Be kind to yourself as you learn to think and act in new ways. You will notice your self-talk and will change limiting beliefs when you believe **you can**.

Right now decide to look at life differently - to shift your focus from solving problems (or going from crisis to crisis) to creating what you want in life.

I urge you to accept the belief that **you can create your life the way you want it!** That's the main point about Igniting your **Mind Power!**

A short, practical book that can help you do that is [Law of Attraction: The Science of Attracting More of What You Want and Less of What You Don't Want](#) by Michael J. Losier.



"Inky-winky, Monkeyshines and Polliwogs," chortles The Imp, "a bonus tip - **play!** Just click to the next page..."

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Bonus tip: Play!

All work and no play makes - guess who - very dull...

Playful ways to use your noggin:

Curiosity.

Observe children.

What are they curious about?

What can you learn from them?

Explore!

Go somewhere in your own community you've never visited before.

Creativity.

Check out <http://www.creativityforlife.com>

The Imp and I love two books by Sark:

[Inspiration Sandwich: Stories to Inspire Our Creative Freedom](#) and
[A Creative Companion: How to Free Your Creative Spirit.](#)

Humor.

Start (or add to) a bulletin board at work for jokes and cartoons.

Go to garage sales to find humorous articles to use as gifts, props or conversation pieces.



"Has your Intuitive, Magical, Playful inner child been out to play today?"

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Spontaneity.

Choose to drop a few 'shoulds' and do something fun at a moment's notice.

Do you have a dressups box? Get into the spirit of any occasion by having appropriate costumes and props. Browse in a thrift store and/or a costume rental store.

Play is a time for renewal. You will return to your brainwork refreshed and more effective.

Got a problem to solve? Often the solution will come when you least expect it, when you are doing something else.

Here's one place to have fun:

www.TheImpLady.com/play-pages/play.htm

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A Personal Letter to You

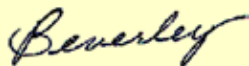
Dear Reader,

I'd love to hear how any of these tips have helped you **Ignite** your **Mind Power**!
What results have you achieved?

Would you like to discover and tap into the 90% of your brain that you're not using? Would you like to find out that you really are smarter than you think, that your IQ just might be irrelevant? Are you ready to unleash the genius within you? Create greater prosperity and success.
Live a life of **Inspiration**, **Magic** and **Passion**!

For more information about resources and programs than can inspire you and help you to reach your **Incredible Magnificent Potential** go now to www.TheImpLady.com

Warmly,



The Imp Lady

P.S. Please contact me if you would like to provide this e-book as a special bonus to your opt-in list. I do ask that you make no changes, honor and leave all copyright information in place and do not take credit for the writing.



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