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*The strength, peace and joy you seek
are as near to you as your own thoughts.*

The Mystic Cool Vacation Tool To Revitalize Your Brain

Here are a few very simple things you can do to increase brain power while you're away on vacation. Each day of vacation spent in this way can return three days of recovery time. Practice these steps every day, and when you return to work you'll be a powerhouse of renewed intelligence and creativity.

Before you leave, put your email account on auto-responder. First thing when you arrive at your destination put your Blackberry in a drawer. If you have to use it, be disciplined about letting non-urgent business calls go to voice mail. Most of these calls will be non-urgent.

Twice a day, morning and afternoon, practice the 3-step process below. It takes no more than 3-minutes to perform, although you may want to do it longer, once you discover how good it feels:

1. Tilt your chin slightly toward your heart and allow the next few breaths to relax your mind and soften your heart. Imagine your brain quieting down and relaxing.
2. Now relax your body. Start at the feet and slowly move up the body, relaxing each part separately: the feet, the legs, then the torso, then the hands, and so on to the arms, hips, back, shoulders, neck and finally the face.
3. Conclude the process by slowly taking in a deep breath and as you exhale, let the mind go completely.

Commit yourself to tuning into loved ones. Rediscover them all over again. Hold the intention to listen better, judge less, and forgive more. In fact, practice judging nothing that happens while on vacation, from traffic jams to service workers. When unpleasant people or situations arise, forgive them. If you are the source of dissonance, forgive yourself and return to feeling happy and at peace.

End each day by writing down at least three things you appreciated about the day or your life in general.

Exercise moderately and restrict your consumption of alcohol.

