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

Take Your Vacation. It Rebuilds Your Brain.

A proper vacation can repair and expand higher order brain function that a stressful year has debilitated and even damaged. The reward for the time you invest in a vacation is a brain humming with the creative intelligence, emotional balance, and physical energy that sustains you at the top of your game. When you return from vacation, neurologically you will be ahead of the person you worried would get ahead of you.



Think of your vacation as an intensive care unit for your brain, where no one from the outside is allowed to enter your personal space who might stress you. That means that before you leave for your trip put your **email account on auto-responder**.

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.

Here's a simple approach to making your vacation rejuvenate your brain.

(1) **Start your day in quiet** in a place where you won't be disturbed and follow the process below:

- ❖ Close your eyes or take a downward gaze.
- ❖ Tilt your head toward your heart. Follow your breathing. Imagine each breath softening your heart and opening it wider.
- ❖ Take a few minutes to frame the day in a positive light.
- ❖ Feel appreciation for the gift of another day of life.
- ❖ Feel appreciation for another day to be with the ones you love.
- ❖ Set the intention to have a relaxing, happy day.
- ❖ Make your goal to succeed at love, peace and joy.

(2) **During the day:**

- ❖ Practice being present, right here, right now.
- ❖ Practice letting go of worries and judgments.
- ❖ Commit to tuning into your 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 unpleasant people.