

The Power Of The Mind Appeared in WebDiva

What Can Your Mind Do For You ?

The mind is a powerful tool. "My Super Ex Girlfriend," starring Uma Thurman, explores the ways that a superhero threatens a man (Luke Wilson) to be in a relationship with her by unleashing her "super-human" powers. With the release of "My Super Ex Girlfriend" on Friday, July 21st, DivaVillage started thinking, "What kinds of things can we cause to happen by using the power of our mind?" As it turns out, research shows that by using the power of our mind, we can make lots of things happen!

(Read More about "My Super Ex Girlfriend," Uma Thurman, and Luke Wilson)

The Power of The Mind Will Help You Lose Weight

Did you know that you can use your mind to help you lose weight? Dr. Larina Kase, founder of <http://www.strengthweightloss.com/>, has done research that show whatever you think will happen, often will. That is why she says that when you believe that you can lose weight and commit yourself 100%, you most likely will achieve your goal. However, many people tend to doubt their abilities based on previous experience, and they dwell on the fact that they can't afford a healthy chef or a gym membership – thinking that is their only hope. When someone dwells on this, it causes them to fall back into their old habits, and become incapable of losing the weight they have wished to lose. Another fear women tend to have is that they will achieve their goal of weight loss, but then automatically put the weight back on.

These fears must be resolved in order to achieve results! It's time for you to use that beautiful brain of yours and prove to yourself that those fears are false! Dr. Kase says, "If you think you can't go for a day without fried foods, try it and find out. If you're afraid that you won't stick to an exercise schedule, plan some enjoyable exercise with a friend and do it." You'll find out that you are indeed capable! Dr. Kase's final suggestion is to "write down all your success and disproven fears so you can read over the list for a motivation boost when you're starting to doubt yourself again. Remember that weight loss is just as much about your mind as your body-- use your mind to lose the weight." You can do it!

For more information on using the power of the mind to lose the weight, visit www.strengthweightloss.com

POWER OF THE MIND PROGRAMS

The Power of The Mind Can Improve Your Communication Skills

Did you ever think that it would be possible to have good communication skills just by using the power of your mind? Marcia Reynolds, author of “Outsmart Your Brain! How to Make Success Feel Easy,” explains why using our mind is the best way to learn those skills: our brains are more likely to learn an activity or motor skill than just remembering information - this is why we can more easily remember how to ride a bike, than how to fight fairly in an argument. The problem with learning communication skills, is that we are most likely taught them from a book. If by some chance we actually happen to retain some of the information we read, chances are that in a situation that requires those skills, we will forget what we learned or will not have the confidence to apply it when under pressure.

So what do we do with what we just learned? According to Marcia, “If you figure out what you want to say and do in specific situations and practice over and over, even if it is just in your head, the brain may record it as a skill in your motor cortex where you have access to use it even under duress.” Here are a couple tips she has given on how to do that:

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When you want something to happen, practice how you will talk, act, behave and feel in your head a few times every day. Make it your mental practice as you would prepare for a concert or sports event. You have a much better chance of performing well in spite of your fears if your brain can remember what to do instead.

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Be prepared for the unexpected. The situation is not likely to turn out as you imagine. Therefore, consider many possible endings and how you will handle them. Then reassure yourself that whatever happens, you will be fine.

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Be conscious of your thoughts as often as possible. Running negative tapes in your head is also mental practice that is remembered. You have to stop and listen if you want to change the channel.

Remember, your brain learns quickly. If you choose the lessons you want it to learn, and practice regularly, you will reach mastery. Begin today to master your communication skills.

To learn more about gaining communication skills with the power of your mind, pick up a copy of “Outsmart Your Brain! How to Make Success Feel Easy” by Marcia Reynold.

COMMUNICATION

The Power of The Mind Causes Women To Achieve Their Goals

Mark Stevens, Image consultant and Management expert and CEO of MSCO, a full service marketing firm and author of "Your Marketing Sucks," and "Your Management Sucks," has plenty to say on women in management:

“The only kind of studies that really count - those involving real people doing real things instead of wasting time with survey takers - shows that women who are determined to achieve, who have what I call Monster Ambition and Combat Eyes, wind up on the Supreme Court and in the CEO's office. Glass ceiling? Ha! They shove their minds and then their fists through it. How can the mind be so powerful? Because the vast majority of people simply wish for success and then give up when the road to it becomes - as it always does - a minefield. The women who are willing to take the fire, get wounded, patch themselves up and continue to drive forward.....well, they have determined they will win. I know from advising so many of them that they can't be stopped. Can you stop Hillary? Ruth Bader Ginsberg? Angelina? I wouldn't try it. And none of them are doing it with braun. The secret is much more powerful than that. It is the mind.”

How inspirational! Pick up Mark Stevens' book “Your Management Sucks” for more!

ACHIEVE GOALS

The Power of Positive Thinking!

Susan Gayle (Neri-Friedwald), CHT is the founder of the New Behavior Institute in NYC and has seen thousands of clients who come to her to learn how to think more positively in order to change their behavior and change their lives. Susan suggests that in order to feel more positive, a person must focus on solutions. As we focus on solutions, we are able to take back our sense of control over our lives, and therefore, we take back our sense of happiness. As human beings, we are always moving toward our dominant thought, and if our dominant thought is positivity, then the result is that we are able to pivot easily into new solutions.

According to Susan, “People can achieve this by writing down what they want and reading it as the last thing before going to sleep. It is important to state everything in positive terms (i.e., not "I don't feel anxious about this change" but "I am relaxed, confident and know I can handle this.") and in the present tense. Notice the subtle difference in the 2 sentences - they both mean the same thing, but one focuses on the fear (negative) and the other focuses on the confidence (positive). The last thing we tell ourselves before going to sleep will be repeated by our subconscious mind all night long. Each day, we will feel stronger and stronger about the change and if a person does this for 30 consecutive nights, it will then be their new AUTOMATIC subconscious thought/belief.”

What we focus on intensifies, so in order to feel more confident and positive, we need to focus on the feeling of being confident and positive. Think back to a time when you felt confident and positive and continuously revisit that memory - the more you revisit it, the stronger it will become. Eventually it will be easy to recall the memory and emotion that

comes with it whenever you need to. As we begin to feel positive and confident, we will begin to simultaneously attract people to us that confirm those feelings. Because according to the Law of Attraction, “like is attracted to like!”

For more on the power of positive thinking, visit <http://www.newbehaviorinstitute.com/>

Now that you know how important the power of the mind is, use it! You can achieve things you never thought possible just by believing you can do it. Think of a goal and have the confidence and belief that you will accomplish it. Good luck divas (even though we know you don't need it!).

***** POWER OF THE MIND GUIDE *****

POWER OF THE MIND

POSITIVE THINKING

EMPOWERING WOMEN

SETTING GOALS

POSITIVE THINKING BOOKS

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