

# Welcoming 2016: Intentions for your Mind



As 2016 moves closer in, we can all benefit from a few moments of quiet reflection considering how to deepen the connection to our true self. That connection only occurs by doing activities that nurture your body, your mind, and/or your soul. What positive activities could you consider adding that will do just that next year?

I have set aside these last weeks of December to offer some personal thoughts and suggestions. Last week I shared ideas to better care for your body in 2016. Today I'd like to touch upon what your mind might appreciate in the New Year.

While we all do a lot of THINKING we don't often consider the impact those thoughts have on our physical and emotional bodies. What are you feeding your mind these days? That's an interesting question. Everything we take in visually and

everything we hear audibly feeds our minds. So what are you spending time looking at? What are you reading? What are you listening to? Who are you listening to?

Take some time today to consider these questions. I know I spend much more time than I would like looking at a computer screen rather than at the beauty just outside my window. I spend more time reading about the hate and struggles in the world than the love that exists because that is what fills news and social media. And surely I listen far too much to my own thought process than the beautiful words of wisdom from a variety of spiritual sources.

What we feed our mind can affect the very health of our cells in the same manner as what we feed our physical bodies. That is a pretty powerful statement, but it is true. Consider that beautiful organic smoothie you just consumed and then what good effects might be negated by tuning into a mainstream news source. Just think about how your body reacts to the negativity and the stress responses that occur subconsciously. So, may I suggest we deepen our awareness of this and consider some of the following ideas to nourish your mind and guide you closer to your authentic self:

### **Meditation**

While there are countless great teachers of meditation, Deepak and Oprah no doubt offer some of the most accessible guides today to train remotely. They seasonally offer a Free 21 Day Series that can be later purchased for download. Here is the current collection. If you happen to be in Austin, there is no better option than Kelly Lindsey's Wednesday morning series at Dharma Yoga. The next series begins January 6th.

### **Talks**

While you may not be able to control the time you sit in traffic or waiting for a delayed flight, being prepared with some positive teachings will absolutely shift any negative thoughts that may arise. Sounds True offers an incredible

selection of audio talks by some of today's most gifted spiritual teachers. Choose a few to download and give your mind a real treat.

### **Writing**

Whether it is journaling or creating the next NYT bestseller, the writing process is a beautiful gift to your mind. You may find that the morning pages prescribed in Julia Cameron's *The Artist's Way* speaks to you or possibly you would like a more guidance, as in *The Dharma of Writing* course by Susan Piver.

### **Learning a new skill**

There are many ways to learn a new skill today but one source I am particularly fond of is Skillshare. Currently they are offering a promotion of 3 months of unlimited classes for 99 cents. Now that is a deal! Skillshare offers creative minds fantastic training in a wide variety of subjects with project based courses at less than an hour in length. Expand your skill set and foster your creative side in 2016.

Join me next week, just days away from the New Year, when I will return with some final thoughts on caring for your soul in 2016.