

DYI

for self-improvement,
creativity, stress, and much
much more.

This is a kind of meditation,
mind exercise but instead of
clearing and quieting your mind
or thinking about the outside,
random outside distractions,
you'll create a special space in
your mind to guide your
thinking.

Once or twice a day, for 10
minutes, go to an area free of
distractions and ignore your
senses.

These are some that I have
designed for self-improvement,
stress, and exploring the
undiscoverable mountains, rivers,
deserts, forests, skies and people
of my mind. Think and design
your own. The sky is the limit.

Memorization for School

After you read a chapter or get home
from class, close your eyes for 10 min,
free from distractions, and recall and
review what you have read or heard.
Then do it 2X or 3X a day. The more you
do the more you'll remember!

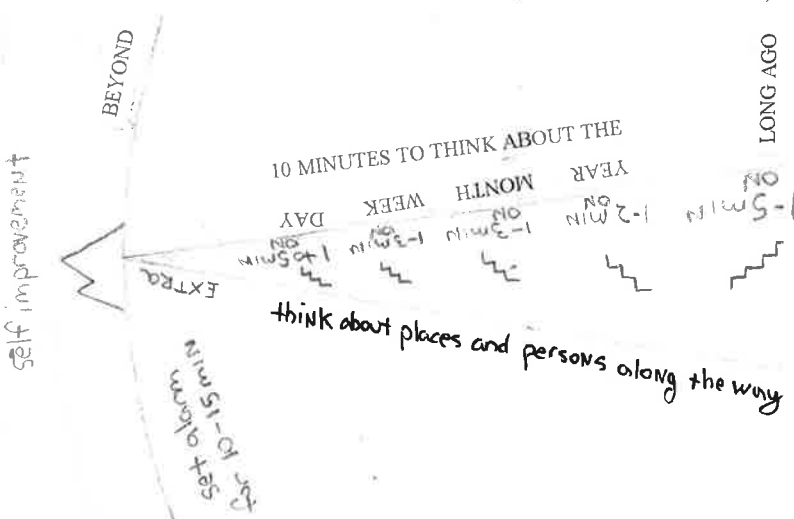
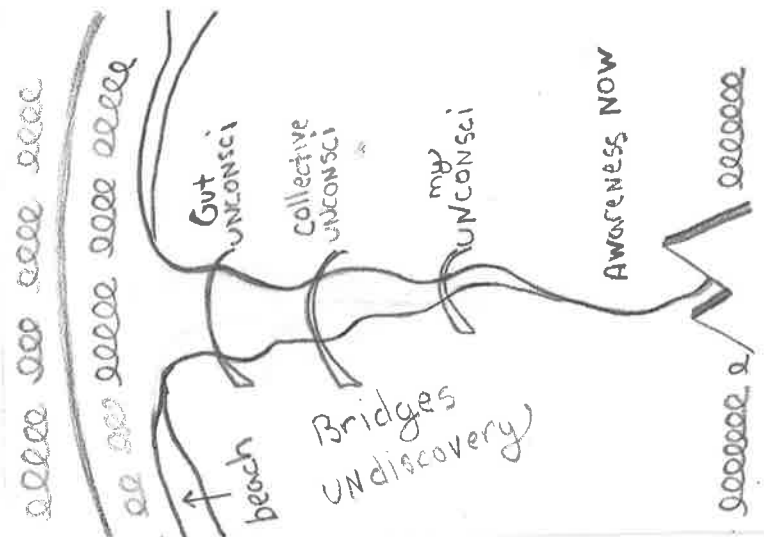
After you read a chapter, recall and
review for 10 min, before you read it
again.

With tests, the night before, recall and
review with eyes closed for one hour
starting with the first chapter ending with
the last.

Stress

Go inside your imagine room for 10 min
and let positive thoughts pop up from
your unconscious.

Visit with someone somewhere like from
a Christmas long ago.



free my mind
only to return
from today
walk along, puffy
snow, easy, simple
reaching the bridges
too far
going farther really
and further
over to my ship
leaving my body
behind. and AND
go, can't

