



DINA'S FOCUS METHOD

A good friend of mine, Dina Proctor, has developed a very simple and quick technique to focus within. Dina is a bestselling author, speaker, and coach for corporations and individuals. Her 9-minutes a day, 3x3 Technique (3 minutes, 3 times a day) delivers impactful changes. Dina's work has earned the support of co-author of *Chicken Soup for the Soul*, Jack Canfield, renowned cell-biologist Dr. Bruce Lipton, professional coach and teacher Bob Doyle from *The Secret*, and a featured presence on Maria Shriver's blog, among many others. Learn more at www.madlychasingpeace.com or at her personal website at www.dinaproctor.com.

In Dina's book "*Madly Chasing Peace – How I went from Hell to Happy in Nine Minutes a day*" on page 141 she describes the foundation of her technique.....

"1. Many times I will do nothing more than sit quietly with my eyes closed and count how many times my heart beats during the three minutes. When I first started meditating, I tried counting how many breaths I took but kept getting distracted – maybe because there was so much time between breaths that my mind had a chance to wander. For whatever reason, putting a hand over my chest to feel and count my heartbeats with my eyes closed keeps me completely focused. Even if my thoughts are negative or overwhelming before I sit down to meditate, distracting myself with this little task always gives me relief.

2. It also helps for me to have a mantra or some words I can repeat over and over to give my crazy mind something to put its focus on. My favorite mantra that I use when I'm feeling overwhelmed, anxious or paralyzed with fear is: "I'm open, I'm willing. Show me. Guide me from within." This mantra puts space around whatever thoughts are choking me and creates an opening inside of me for willingness, letting go and a bit of peace. You can choose whatever words suit you. Other examples are:

a) "I know there is another way to approach this. Just because I can't see it right now doesn't mean it's not there. I am open to the possibility of a new idea, a new way of doing this."

b) "There is space inside me for new ideas to flow in and to show themselves. I don't have all the answers and I don't need to. I'm open to new ideas."

I hope you find this as useful as I do.

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