

Diana's 3x3

You will remember that **Positive Presence is the skill of adjusting and creating a positive and energized mindset within yourself through conscious thought processes**, and that neuroscientists looking at cognitive functioning and behavior have suggested, simply put:

- We can assess our personal energy flow through our feelings.
- Feelings such as happiness and optimism can be linked to a positive energy flow, and feelings such as anger and frustration can be linked to a negative energy flow
- We can control our feelings with our thoughts.
- It is through our thought process that we choose how to behave.
- And the bottom line is the measurable result of a person's energy flow is reflected by one's choice of behavior.

That being said, the first step in developing the skill of Positive Presence is our ability to assess our personal energy flow through our feelings. Although many of us are automatically tuned in to our 'feelings', there are many more of us that are not because, chances are, we've been told on numerous occasions throughout our life, "You shouldn't feel like that...", or "Just suck it up..."

In order to teach your mind to 'tune in' to your feelings you have to first develop the ability to focus within yourself. A regular review of the list of feelings and/or behaviors that are reflective of a positive energy flow (Agenda 3 Discussion) is important ... but maybe even more important, is knowing what to avoid (Agenda 6 Discussion).

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. You will see the link (www.dinaproctor.com) to learn more about Dina.

So how do we develop the ability to focus within our self? 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."*

So there you have it -- The first step in the skill of Positive Presence – the ability to focus within yourself! Just set the timer on your phone for three minutes, three times a day ... and you're on your way. If you find at first three minutes is just too long to do this, then start with just one minute and increase the timer by 15 seconds every day until you've made it to the three minute mark. You will soon notice that the three minutes flies by in no time at all – and when that happens, if you like where you are, give yourself permission to stay there....just a few seconds longer.

Dina was kind enough to provide us with a direct link to a guided 3x3 meditation for "Super Focus". Here is the link: https://corporateharmony.ca/wp-content/uploads/2016/03/Dinas_3x3-Super-Focus.m4a ... so listen often!

Remember, the more time we spend in the positive, the greater our capacity for achieving peak performance, for building and maintaining good relationships, and for experiencing good health...

...As a side note, you have probably noticed that some of the exercises you are doing involve asking yourself questions. Not only does this create moments of introspection, but it also creates a natural break, or opening, in your personal energy field. The universal laws of human energy are looking for these breaks or openings, through which to make a connection, so it is important that we ask the questions with a focused and intense awareness.

Remember, acquiring the skill of Positive Presence is a slow and gentle process that begins with awareness ... but it's also a process that must be doused liberally with forgiveness -- especially self-forgiveness -- as well as a good solid pinch of humor.