

How to solve problems quickly

Here's a really powerful way to use visualisation to solve a problem. Even if you don't think you can visualise well, we are sure you'll get great results with this clever process.

Here's what you do...

- Write the problem down as precisely as you can.
- Use coloured pens, and little symbols or doodles to involve your right brain.
- Now let the problem go – this reduces beta wave activity for the next step (If you have a light and sound device (MindLab Orion, Proteus, Little Calm Machine etc), you can use session 10 to increase your visualisation).
- Sit back, close your eyes and relax.
- Imagine yourself going down some steps, deep underground, feeling more relaxed with each step downwards. Pass through an imaginary archway and down a long dimly lit tunnel, taking you deeper underground. Take time over this.
- Come to a door. Inside is a clue to the answer to your problem.
- Tell yourself that you will remember what you see later (this is important).
- Enter and take time to look around. Let associations bubble up from within you. Accept what you see/feel/hear without judgement.
- When you're ready, leave the room, close the door behind you, go back along the corridor, and climb up the stairs, feeling more awake and alert with each step towards the outside world.
- At the end of this process, write down exactly what you experienced in as much detail as possible.
- Use coloured pens to write associated ideas to provide deeper insight.
- Analyse what you saw or felt in relation to your original problem. What did you learn? What insights did you get? What are you going to do now?
- Put a pen and notepad next to your bed so you can write your dreams down the next morning – you could be very pleasantly surprised.

NB: Travelling down steps etc in a visualisation increases theta activity, providing access to your subconsciousness; telling yourself to remember increases alpha activity – the bridge to waking (beta) consciousness, otherwise you'd come out of the meditation with a gnawing sense that something magical happened but the memory of it is just outside of your grasp.

And remember to have fun!

Please give us feedback on this process, or any other technique you use, by emailing cpayne@lifetools.demon.co.uk

For more information on products for improved focus and concentration, especially the MindLab Proteus and Little Calm Machine, please visit the LifeTools site at <http://www.lifetools.com>

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