

Mind Training

the ability to think clearly under threat is of great importance. Fortunately there are methods to train for this.

Method one SELF TALK

Imagine you standing face to face with a person 45 feet tall. (4 storey tall) Given a choice between having him as a friend or as an enemy which would you choose?

Now the fact is that such a monster is already there around you but you hardly realize it. It is your subconscious mind. It is nine times stronger than your conscious mind. When you are attacked your conscious mind really becomes weak. You have to fall back on your subconscious mind. Now is the time you really need the subconscious mind. Unless you have won it over to your side, it might work against you. And then you will really suffer the consequences (freezing in panic, hands and legs not responding, etc.)

Download the MP3 from this website www.gittstuff.com and listen to it daily twice for 30 days it will work on bringing the right qualities to your subconscious mind.

method 2 visualization

Ask 10 of your friends for the most unsafe situations that they were in. Imagine yourself in these situations, what would you do or say to get out of it. Use your imagination to come up with creative solutions

method 3 actual practice

Arrange for 3 friends to keep grabbing you. use your weight and momentum to wriggle out before they hold you fully.

lower yourself...

accelerate yourself...

turn yourself...

use your voice, shout...

in all possible ways.

After 10 minutes you will be really tired. Try again the next day. In 10 days time you will be an expert in wriggling out using, physical and verbal techniques.

method 4 reflexes

take a dupatta and knot the end. ask a friend to throw it towards you like a yo yo. as it comes towards you bend backward and kick in the air like a reflex action. try to get weight into the kick. Then use the reflexive energy of your reaction to the dupatta to poke with your hands in the air.

The idea is to convert your reflexes into a strike. Over a period of 30 days this will train your mind to strike when surprised.

Ashwin