

Title:

Using Your Body To Strengthen Your Mind

Word Count:

847

Summary:

For thousands of years, physical disciplines like yoga, Tai Chi and Sufi Dancing have been said

First, we have to strip away the mysticism from the activity. Not that these activities have m

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Article Body:

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My own enlightenment in this regard came from studying the work of Coach Scott Sonnon, the fir

Perhaps the single most important in terms of Body-Mind is what he calls the ^Flow State Perfo

1) All physical technique is composed of three aspects: breathing, movement, and structure.

2) Each of these aspects is controlled by the other two (breath is created by movement and str

3) Stress ^dis-integrates~ this structure. In other words, when you are under stress, the phys

Before he died, Hans Selye, the creator of the ^stress~ concept, said that he had misspoken hi

Stress is not the enemy. In fact, when handled healthfully, it is the primary trigger for grow

Let's skip around a bit to a truth about artistic and intellectual pursuits: your ability to u

Combining these ideas, what we have is that mental and emotional balance under stress leads to

A good yoga teacher, for instance, will place the student in a posture sufficiently extreme to

The student learns to recognize the early signs of strain, and to dissipate them. NOTHING in l

Or when you have a writing deadline, or when insecurity and fear hammers at the door of your m

Deliberately practicing a physical discipline to enhance this quality of calmness and centered

There are numerous disciplines that will teach proper breathing under stress, and this article

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