

5. The Principles of Appropriate Gradient by David Kamnitzer.

Inch by Inch... It's a Cinch!.. and Other Keys to Powerful and Lasting Change!

By David Kamnitzer

Today, I want to share with you the principle of APPROPRIATE GRADIENT.

One way to think about gradient is as a challenge or "stretch." For example, if you already know how to add, learning how to subtract would be a logical next "stretch." We could say that learning subtraction would be on a workable gradient for a person who has learned how to add.

We build on the success of learning addition to move on to the next step of subtraction. By building on our momentum, success breeds success. Why not put the power of momentum in your favor by generating a series of small successes at the beginning of any new cycle or project? Here are a few examples:

1. When you wake up in the morning, ask yourself this question five times before you get out of bed: "What is ONE THING I could feel grateful for today?" Just let yourself receive an answer. Breathe and feel the gratitude ... and then repeat.
2. Ask yourself, "What is ONE change I could make in what I eat this week that might be more nurturing to my body?"
3. Pick ONE person you've lost contact with and would like to connect with again ... and reach out today.
4. Select ONE quality (like humility, gratitude, or patience) you would like to cultivate this week, and look for opportunities to practice.
5. Ask yourself, "If I were JUST FIVE PERCENT wiser, what might I begin to realize?"

These are all powerful and practical examples of the use of taking a LITTLE STEP in a direction you would like to go. It is amazing how one step leads to another, very quickly you develop a POSITIVE MOMENTUM that is far greater than the sum of the little steps you have taken.

Then success begins to become a HABIT. Your subconscious mind begins to "get the idea" that success is normal and natural for you.

Make sure you allow yourself to ENJOY THE JOURNEY! That way, your subconscious mind will realize that you like how you feel as you proceed on your success journey, which is powerful reinforcement.

Soon SUCCESS will become part of your self-concept, especially if you apply disciplines such as the five I listed above for at least 30 CONSECUTIVE DAYS.

May these ideas help you along your Path.

[Ed Note: David Kamnitzer, D.C. is an expert at helping people achieve high levels of health and well-being - far beyond what is available simply through drugs and surgery alone. He combines his 20-year clinical experience and extensive knowledge in structural, nutritional, and energetic balancing to offer individuals cutting-edge approaches to healing.]