

Inspiration and meditation techniques. Happiness and / or mind mapping for action alone or in a group.

The goal of this technique is to achieve a calm and focussed mindset for problem solving using meditative techniques that can potentially be applied to almost any situation. The only limit on this is If the situation is actually impossible to solve If real (time constraints, resources, buy in, people's feelings or prejudices etc.). May be necessary to take a timeout mentally, break a meeting, change the subject, go for a walk etc depending on how you are using this but in the case that a problem is impossible to solve and must be accepted then a coping strategy may be to apply this technique to recover mentally afterwards or just have moments of happiness as a leisure activity. Work life balance type stuff. This can also be used for mission planning, business planning, business roleplaying, relationship problems and so forth.

The reason that this mindset approach is effective is that it, along with other strategies, allows you to create a calm minded, rational approach taking in all of the relevant factors for the goal that you want to achieve. This may be for calming, enjoyment or practical purposes.

In effect it is the opposite of mass hysteria. Choose situations ideally where everyone is at least prepared to consider the problem positively or If recreational then decide how you would like feel and that will be contentment and rapture. Can raise a smile or laugh. A sense of humour is not optional but must be applied sensitively.

The only limit on this technique is your own or collective imaginations and intellects. Decide what you want to achieve and explore.

Diagram 1. An example approach.

MY PERFECT DREAMS OR GOALS →

MY PERFECT OR ACTUAL PLACE →

WHO DO I NEED OR WANT THERE

WHAT WE OR I WANT, HOW TO MAKE IT HAPPEN OR BELIEVE IT COULD BE REAL

Effectively role-playing or a mindset but can apply to any situation in life or a fantasy depending on the objective.

So, imagine where do I or we want to go tonight. A decision might arise in real life from this etc. It's up to you. Alone, with someone, over the telephone or even by messaging or email. Patience is essential and multiple goals may be ideal here as the response time is slower for some methods of communication. Focus level required will depend on the situation. Try to avoid the temptation to daydream while in a meeting or If your wife is telling you something. Imagine being away with work and ringing your wife. You can go on about how the children are and how was your day. My day was okay etc. The good news will be enjoyable and problems might be solved later, learnt from and passed on but could enter into your roleplaying if it's okay. So, before you hang up ask your wife out to virtual dinner. If you want to talk about private things then make sure you're discrete, not in a restaurant or on speakerphone if the children are about.

Be yourself, be nice, smile, joke, laugh, problem solve etc. A great way to find out what someone would like for their birthday for example. A great way to find out more about someone. Similar to a relaxed conversation in real life. Control the situation accordingly.

You can consider having dreams within dreams to solve multiple problems (keeping everyone content, happy etc) or enjoy a fantasy. Bit like the film Inception but all good If you approach it right. You could even write a book, poetry, music or a film using this approach. I write poetry and it works for that, writing a work of fiction at the moment and it applies to that. Capturing empathy, emotion and opinions. Who do you want your characters to be, what will the plot be, target audience (demographic) and so forth.

It's effectively a form of meditation or group meditation or just rational thinking. Sure all the information on this is out there. There will be other techniques that you can add in that will help. Suggest one to me and we're brainstorming.

Have suggested that people try it together but not yet put it into practice myself so it's a hypothesis that can be tested or just part of my own personal mindset. Read this with someone else if you're going to try it together. It does work through on a personal level so how well and broadly it applies will require optimisation and will depend on the situation but you can control this If you're focussed on your goals and resources.

Preparation is key as is a calm head(s) and adaptability of course. Perhaps you can see a disagreement or argument coming, so request a timeout together and work it out in a calm and clear headed manner.

Need to find the right balance between being open minded but with real world limits if applicable.

Can't afford to go to the restaurant or on holiday, perhaps you want to give up a bad habit (some health apps use part of this approach but solely for relaxation but it can be applied more broadly). Think about the film Total Recall but without the problems. Whatever. The only limit are you're imagination and of course if applicable reality.

One of the bases of this approach was when I was in a bad situation, a friend suggested imagine that you're on a beach somewhere. Took me years to actually try it in a way that I could fully understand and capture the techniques logically.

Perhaps you feel like punching someone but instead find a way to remain calm, visualise and move on. Plan a coping technique or techniques for such situations beforehand. Planning is key for most situations although there is a space for relaxation time. Experience is useful but if you can teach it beforehand, ideally at home, at school and in fact everywhere then you're being proactive and preventative or laying foundations for progress, happiness and success depending on the situation. Remember though that some problems can't be solved overnight so make a note and work on them when you can or ask for help. If it's impossible and uncomfortable then walk away and worse case then keep a calm space in your mind, your own perfect panic room. Fill it with whatever you like. Mentoring and teaching, nurture etc. Could consider the options as a way of overcoming the fight or flight response or however you classify the biochemical basis. This opens a psychological discussion, which you can have, again internally or in a group. Look up Freud and the id. It isn't actually real if you have self control and you can teach this, I hope. Most people aren't in fact animals so create your own personal version of the evolutionary model. I personally think that humans can rise above and be an exception to the rules of animalistic behaviour if basic needs and education are provided and people are well nurtured. This isn't training though, it's my perspective and open to discussion if you like. I believe in this approach, willpower and self control. It is your choice so take control if you possibly can. These conversations on philosophy can be enjoyable so keep them light, open and relaxed. Do you really want a punch up? You might lose etc. Remember that this is about self control and group control but not Big Brother style. Positive and productive. If someone says

you can't do that then ask why, consider and so on. Is the problem important etc. There's a document on this from a different yet similar perspective on a stress and trauma management website that I've set up. Don't worry, it's all free as I see it as so important that for me it's a basic need so open source as if I feel that it's that useful then it really should be. Stress in society, well that's a complicated and longer term problem to solve but is possible to some extent. Make the most of everything. Enjoy life basically.

Website for stress and trauma management:

Helpisouthere.com

A trauma therapy method that I've worked on mentions three key factors: your rock or rocks (what you want to achieve and / or why, effectively your goals or reason), a calm mind and time. It's elegant, simple and effective.

Try it.

Some considerations:

Choose the right location if possible or adapt as suggested, positive background noise that is appropriate (not the annoying music that you sometimes get when on hold on the telephone) and at the right level. This why open office policy doesn't work in research and development (R&D) in certain situations because you need clarity and focus to explore the phase space as it can be called. I used to go rework at 0700 so I would at least an hour to imagine, invent and plan for the day or longer. For a social situation, an old family video or voice recording might work well. Choose wisely.

If appropriate and acceptable to then maybe a glass of wine, coffee and biscuits etc

The mindset can become second nature and if it works then it will help you to be the very best version of yourself.

Contentment can become happiness, elation or rapture as appropriate. You don't want to spend an entire meeting laughing but the right level of appropriate humour really helps. Laughing hysterically in the street etc might end up with a visit to the Drs so be sensible.

Worth considering in team building and selection.

This is now a guide for me and if you want to try then I hope it works for you.

If you're in a conversation that becomes uncomfortable or overcomplicated you can say excuse me a moment while I think or say we'll discuss it later when time allows. Note it down and if it's important then make time. Remember that saying I don't understand so please explain, give me a moment or even stop or no are good things to say so don't feel embarrassed or dominated. Control the situation.

For some people this will be common sense already and if so that's brilliant and also suggests that I might at least have gotten some of it right! If you can then find a way to achieve the right frame of mind, refine this and work on it until you can apply it whenever you like.

It can also help with zoning in, in a way. It's why it took me less than five minutes to write this document. Took a bit longer to expand from notes, type it and of course I'll keep working at it.

Allows real virtual reality within your mind if you immerse well enough. If it works for you then I hope you enjoy daydreaming, perhaps dreaming in life real if you evaluate before bedtime (loads of hints and tips out there), planning, invention and all other aspects of life.

Had to make sense of the techniques, understand them myself and express this in a document to make it make sense so you've got the highlights of my own personal brainstorming session and experience. Add in your own and pick and choose what suits you. First draft so it may be a little scatter-brained so I've made a note to refine it later. If

you're reading it, like the idea but don't understand then please ask. I'll reply if I get time:

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