

Choose to Focus on Your Highest Wishes and the Best Possible Outcomes

Instead of Focusing on What's Wrong and What's Bad . . .
Shift your Attention to What's Right and What's Good in the world, and
In Your Personal Life;
And you'll see that it really is all around you right now.

This simple shift of attention attracts more of what you focus on.
“What you see is what you get.”
Visualize that which you wish to appear.
See the outcomes you desire rather than those based on fear.
Look to a future that is bright with promise.
Dismal thoughts produce dismal effects on your life, your health, your relationships.

Stop looking for flaws and faults and begin to seek, instead, to focus on everything that is a blessing, a gift, a thing to be thankful for. “Count your blessings, not your problems” is a great Re-Minder. Look to your workplace, community, country, the world and pay attention to all that is good, creative, loving, productive, caring in the world. It exists. Seek it.

This is one of the great secrets. As we shift our attention, our personal awareness, the collective consciousness adjusts its focus. Results follow. Be a quiet leader in this. Live your wisdom. Apply the knowledge. Speak only of what is good. Expect awesome outcomes for the future of life on this planet. For yourself, your family, friends, co-workers, community, country, the worldwide family of humanity. Notice the interconnectedness of all human beings. (Most have good hearts, even if hardened by hatred and fear.) See through a filter of compassion. It is a blue-violet electro-vibratory waveform pattern.



Do all that you can to contribute to the highest good for the greatest number.
Ask that universal wisdom guide our leadership, rather than greed and materialism.
Abundance is an attitude that cannot be measured by what we own.

Visit with nature as often as possible, and leave nothing changed by your visits.
Sit quietly by streams and on mountainsides. Float in clear, blue tropical waters.
Contemplate the ocean, its waves and its rhythms as you sit on distant shores and simply breathe in synchronization with the rhythms of nature. Notice the air, the water, the foliage, the earth; then consider all living things in harmony and in balance. Imagine.

Try it. You might like it. It's a simple shift in perspective.
Change Your Habits . . . Change Your Life.
Watch for signs that the world is changing around you.
Engage an invisible shield of protection while encountering others who may be angry, fearful, judgmental, critical . . . or in any other negative emotional state.
Give back respect and universal love and simply see this person as you wish they would be.
Then, wait patiently. Be consistent. Work on yourself. Walk away to release tension and breathe away negative energy – do this preferably in a space where fresh oxygen and moisture (negative ions) are in the air. Look at green leaves and exhale completely.

It all begins with paying close attention to what you are thinking. Thought forms generate energy fields. A shift of focus adjusts brainwave patterns accordingly. This is a scientific fact.

Choosing to focus on the best possible outcome, that which you prefer to see, tends to attract all that will make it materialize.

Knowing that this Principle is at work whether you consciously pay attention to it or not is a good start .

Your brain operates like a creative device, manufacturing electro-vibratory patterns generated by your thoughts. Angry thoughts generate a certain energetic force into the field surrounding the person who is having such thoughts. If we're sensitive, we sense dark, muddy-colored energy around them. Simultaneously, neuro-chemical transmissions that begin as brain-waves, cascade through the nervous system on micro-electrical circuitry. Signals relay throughout the body, triggering hormonal and endocrine secretions from the glands and the lymphatic system. Should these influence the chemistry by building up in the tissue surrounding internal organs and muscles (especially around the heart in the peri-cardium) from sustained negativity (example: holding onto the belief that you have something called "depression" which in itself generates worry and fear – a vicious circle), toxicity results, leading inevitably to unhealthy conditions, and susceptibility to illness and disease.

Some words and certain thoughts must be examined and simply let go. Once replaced with "I am healthy, I am strong; I'm organized; I'm working out regularly; I eat and drink healthy food, juices, lots of water; I relax and rest and release tension and return recharged and refreshed" . . . and this type of self-talk becomes what's true for you – the chemistry of the body automatically becomes less-toxic, more balanced, continuously renewed, regularly flushed and cleansed, generally regenerative. The cells are programmed. The DNA holds the blueprint. Your body is a self-repairing mechanism if given the right conditions.

Smiling is healthy; laughing is healing! Same concept – the chemistry of our emotional states influences the tissue in profound ways; whether we know about this process or not. So, by knowing, we can make choices. It is our human prerogative – the freedom to choose what we think and feel. Things happen; your reactions are what really count.

Knowing that it would be wise to let go completely of any and all negative emotions, if any arise, do this as quickly as you can.

Examine your reactions, as if from a distance. Become detached and objective. Formulate a considered response, rather than a sudden reaction – before you say or do anything. Walk away. Recompose. Restore clear thinking. Shift focus. Redirect attention to a MindBody TuneUp Procedure. Become, for a moment, still and calm. Ask for the best possible answers and ways to resolve situations.

As you breathe to increase energy circulation, imagine that you can watch as your own tissue repairs and restores itself. Provide Oxygen, Water, Nutrients! Get up from your desk, your couch, your chair – reach, breathe, stretch, step – for a few minutes regularly; and enjoy longer sessions whenever you see an opportunity to use your time thus wisely.

Organize your schedule; adjust your priorities. Without complaint, quietly work to simplify your life in order to be able to schedule time for Private MindBody TuneUp Sessions, alone with only yourself for 5 or 15 or 30 or 45 or 60 minutes. Build gradually as you realize the profound value these TuneUp sessions are having on your entire life.

Maintain live plants and indoor trees in your living and working spaces – especially where the air of the city surrounding you is polluted and full of dangerous particulates. Clean the inside air (with a “Fresh Air” Unit by Ecoquest, or if you have found another device that utilizes Radiant Catalytic Ionization). Maintain your air/heat conditioning ducts in clean condition, free of dust and trapped particle build-up.



Adding live plants and trees, keeping them healthy, will keep you healthy in return (it's an investment with huge dividends). Take short breaks from your work duties and responsibilities to take a walk around, clear your mind, stimulate your circulation (back up to the brain), and energize your cells! Discover how valuable this is for work productivity and memory performance.

If at all possible set aside specific indoor spaces for the purpose of stretching and breathing and go there with the intention of clearing your mind and body of all stressful influences, releasing the tension, returning recharged, refreshed and twice as productive in all you must think about and do!

Go find such a place somewhere nearby right now.

If there is none at this moment, begin to visualize where the best place(s) would be and initiate the transformation of all types of rooms, corners, hallways, walkways, balconies into Green Oasis Places. Moving air currents, and water-falling, further enhances the breathe-ability of the air. Spray mist around the leaves. Good air is the goal. Breathing provides the benefit.

Once you have these indoor spaces – encourage everyone to use them often . . . including yourself. Go there and focus on your highest wishes and best possible outcomes.

To Your Health,

Jan



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