

MIND MANAGEMENT

Compiled by
Dr. K.V.S.Raju
Dean Training, GRIET
Dr. T. Jagannadha Swamy
Dean Career Guidance, GRIET



GOKARAJU RANGARAJU
Institute of Engineering and Technology
(Autonomous)



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Your marvelous mind

Your brain is amazing and has enormous power. Its big job is to keep you alive and it does that by keeping you safe which tends to mean maintaining the status quo – because that's what's worked so far. This is fabulous for keeping you alive – but it's not always so fabulous when you want to make changes – in other words you want to move away from the status quo in some way. It's important to know that although you think you make your decisions and plans – including what you want to change – much of your thought processes go on at an unconscious level and decisions are made without you being aware of them much of the time.



Changing your mind

This is critically important when you want to make changes, because your unconscious mind, which is a million times more powerful than your conscious mind, is running the show. And it does this based on the beliefs and habits you've built up over your lifetime – not all of which are serving you well.

Both parts of your mind are crucial not only to survival but also to getting the changes and living the life you want. The real trick is to get them working together to make this happen. This enables you to use the whole of your marvelous mind to work for you and not against you – otherwise it's all too easy to end up self-sabotaging what you want to achieve.

We've all done that!

Why when you want to lose weight, do you still eat the very thing you know will not help you get the body you want? Because your mind is screaming at you that you've hungry and want to eat and want to eat something that tastes nice. And your belief and experience tells you that cream cakes, especially a Victoria sponge with butter cream icing, will fill you up quickly and taste nice. And you've had a hard day so of course you deserve a little treat. Now that might be irritating and throw you off course a little but it also happens in really important decisions and situations.

You want to leave a job and set up a new business for yourself, but your subconscious is screaming at you – 'are you mad, you'll never make a good business person, why do you think you can do it, you never see anything through.' Or whatever it might be for you, based on your past experience. Mind management is about becoming aware of the impact your thoughts have on you and using your mind to your advantage.

Your Thoughts

Time to take a step back – because underlying all of this is the notion that the way we think and the thoughts we think, influence what we do.

Our thoughts influence how we feel, which influences what we do or the actions we take, which impacts how we live our lives. It sounds obvious when you say it like that – but just take a moment to think about it and see if you really believe this is so or if you're aware of it in your day to day life.



The thoughts you think lead to the action you take.

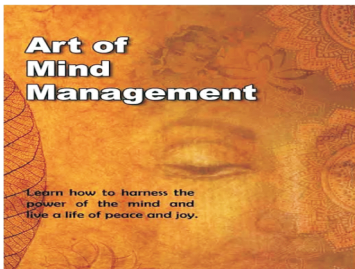
It therefore follows that if you change your thoughts (that's the way you think) then you can change your actions. This means you can make the changes you want in your life, work or business.

You are not your thoughts

It's a fabulous concept to accept and goes hand in hand with the concept that your thoughts are things.

Your thoughts are not you and you are not your thoughts.

You are not defined by your thoughts. Which means that you can change your thoughts to help you live how you want to live. That's what we mean when we talk about mind management. We've been talking about why you need mind management to make changes, but it's not just about doing things differently. It's also about enjoying the everyday experience of being alive. After all, one of the changes you could look for is to be happier or more enthusiastic in your daily life.



The captain of your ship

It's likened to a super tanker (the subconscious) being controlled by the captain of the ship (the conscious). The captain (the conscious mind) may be in charge, but the instructions the captain give take a long while to affect and influence the super tanker that is our subconscious. But the subconscious, like the formation of any habit, including thinking habits, can be influenced through repetition.

Advertising relies on this repetition of key messages to get you to believe and then buy into their product, concept or ideas. This is why you can recall adverts from years ago, even your childhood, because of the power of repetition. The bottom line is mind management will help you change what you want to change and achieve what you want to achieve.



How to manage your mind

You manage your mind by training your mind to think in certain ways – so you develop habits and ways of thinking to support change, happiness and success for you. Training your mind might sound a far out or like some sort of trickery, but all it means is using certain techniques and ways of thinking that you can develop through practice. With the result that you can improve and transform your life and business through your thoughts, self-beliefs and the action you take.

Key mind management techniques include:

- ◆ Goal setting or vision setting
- ◆ Affirmations
- ◆ Visualization
- ◆ Hypnosis
- ◆ Mindfulness and Meditation
- ◆ Learning and internalizing new skills through repetition and practice



They're also captured into a 10 step framework which shows how they all fit together and build one on the other in the Changeability framework.

Improve Your Life with Mind Management:

You have decided to change your life, but you have not yet determined how exactly you want it to change. Or you have tried to change your life, but you seem to be stuck and nothing you try to do works out. Only wanting to change things is a wishful thinking with which you do not get results.

When you plan what you want to change in your life, you will determine what you have to do to actually make the planned change and most importantly you have to change your mind to get results. First you have to figure out how you have to change your mind and with what means you will accomplish this goal. You have to consciously prepare yourself for the changes and you have to reprogram your subconscious mind by repetitions of how it should function to get it in line with your planned changes.



You know about the Management of companies. You might have or plan to visit a Business Management School, to get to know how that is done. Then there is the Management of larger households. You manage your house-hold, and you might manage your own company. But did you ever think about the most important you should manage? Your mind! Before everything else you should manage your mind, as everything you do then will be build on Mind Management and be much easier. When you use your conscious mind intelligently, the brain builds up as muscles when you work out. The brain is an information processing system, containing neurons (nerve cells), which are connected through synapses. The number of synapses grow, but synapses also die. Our brain is consciously and unconsciously fed and influenced.

You can control with what you are influenced by the choice of what you read and watch. But you are also influenced beyond control. We can control our conscious mind, but we have no direct access to our subconscious mind and cannot change it is programming overnight. To control the subconscious mind we have to use certain techniques, as for example meditation, hypnoses, subliminal messages, repeated affirmations, autosuggestions,

repeatedly hearing or seeing something specific.

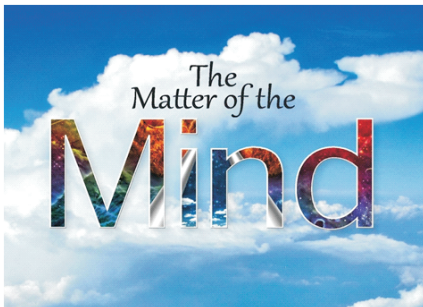
We today know that our subconscious mind was programmed and can be reprogrammed by repetition. The advertisement industry works by repetition to get you buy a certain product. Not to be influenced by ads, you have to switch to another channel, as the influence is getting stronger when you do not listen to it consciously. A habit is formed by repetition and can be changed by repetition.

It is believed that the subconscious mind extends our body, is connected with other subconscious minds and is part of a universal mind. Tests have shown that one or more people can influence the subconscious mind of others with conscious thought. What interests us here is our personal subconscious mind.



What is Mind Management in all the business?

Management in all the business areas and organizational activities are the acts of getting people together to accomplish desired goals and objective. Management comprises planning, organizing, staffing. Leading or directing, and controlling an organization (a group of one or more people or entities) or effort for the purpose of accomplishing a goal. Resourcing encompasses the deployment of human resources, financial resources, technological resources, and natural resources. The word business is replaced with:Â You including your mind, your body and your life.Organizational activities: Is all you do to manage your mind, your body and your life in all aspect.



Mind Management in all areas of your life and organizational activities are the acts of getting your abilities, skills and opportunities (knowledge from school, out of school trainings,, books, magazines, newspapers, online reading material and talks with others, to accomplish desired goals.

Mind Management comprises planning, organizing, applying improving and helpful means and tools, leading or directing and controlling all about you and your life. Or effort for the purpose of accomplishing a goal. Resourcing encompasses the deployment of your born resources (natural resources), all means and tools available on the market (technological resources), the money you have available to make things happen (financial resources) and human resources (teachers, family, friends).

MIND MANAGEMENT

Guide to Managing Stress in Life

Because organizations can be viewed as systems, management can also be defined as human action, including design, to facilitate the production of useful outcomes from a system. The human mind and body is a highly advanced system.

Design: The image of a person, his style, his behavior (the way he acts). We have many opportunities to facilitate the production of useful outcomes.



Basic Functions of Management

Management operates through various functions, often classified as planning, organizing, staffing, leading/direction, and controlling.

Planning: Deciding what needs to happen in the future (today, next week, next month, next year, over the next 5 years, and longer time goals) and generating plans for action.

Organizing (Implementation) making optimum use of the resources required to enable the successful carrying out of plans.

Staffing: Job Analyzing, recruitment, and hiring Hire supporting personal to make more time for yourself and have more time for more important tasks.

Leading/Directing: Determining what needs to be done in a situation and getting people to do it.

Controlling/Monitoring: Checking progress against plans.



What can you do with Mind Management?

Mind Management should start with general planning. This planning should be done in written form. You will start to make the changes with your mind and you have to reprogram your subconscious mind to make the transition from now to your planned future. If only people can understand and identify their own inner strength and potential of what they are capable of doing, then it will not be difficult to achieve success and it becomes a routine, a habit and a way of life.



A sound mind in a sound body will lead to a healthy, wealthy and wise life. A healthy and robust body and an active and energetic mind are complimentary to each other. But of the two, mind being subtle, its power over the body is more effective and consequential.

The growth of mind, even though, keeps pace with the growth of the body; it need not necessarily be uniform. It can be erratic also. But quality of the mind never deteriorates. On the contrary, with experiences of life, it becomes more mature, more sober, more realistic and practical, more mellows and reliable, and more enlightened and less fallible.



Pranayama for mind management

Pranayama is a technique to control breathing. The breath is said to be the link between the mind and the body. Pranayama means working in the dimension of prana(life force energy). Here are some pranayamas that can help you in mind management.

◆ **Kapalbhati pranayama**

In this pranayama, the brain cells receive more oxygen which is good for the nervous system. It removes toxins from the body and cures obesity and diabetes.

◆ **Bhastrika pranayama**

It helps remove excess wind, bile, and phlegm in the body and purifies the nervous system, preventing all kinds of diseases in the body.

◆ **Nadishodhan pranayama**

This pranayama helps to treat heart problems, asthma, and arthritis, depression, migraine, stress and eye as well as ear problems Yoga.



Yoga and mind management are closely related to each other. Yoga is a form of healing for the body, mind, and soul. Here are a few Yoga asanas that are helpful for mind management

◆ **Anjaneyasana (Crescent pose):** Helps build mental focus

◆ **Garudasana (Eagle pose):** Improves concentration, sense of balance

◆ **Natrajasana (Lying down body twist):** Improves concentration, relieves stress and calms the mind, however it is important to learn and practice yoga postures under the supervision of a trained Sri Sri Yoga teacher. In case of any medical condition, practice yoga after consulting a doctor and a Sri Sri Yoga teacher.

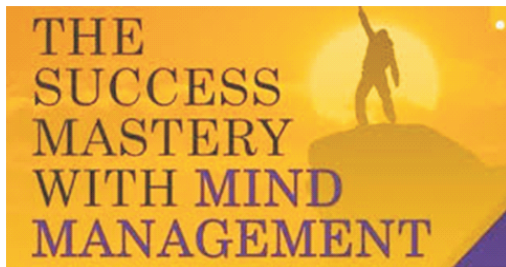


Our life is based on your mind yet; there is not much that is done to harness the hidden power of your mind. Lest, no one told you before, if you wish to put your life together, then you will have to begin with your mind first. When the mind manages itself better, it can manage anything.

A mind that is at ease is able to manage all activities with ease. A disturbed mind is caught in conflict, within and without. The moment one begins to invest time in mind management consciously, life starts to manage itself.

But what is the key to managing our mind?

There is a built-in mechanism to calm the mind in each person, but seldom one is taught how to use it. The key to managing the mind lies in meditation, breathing techniques, and contemplation.



Meditation

"Meditation is food for the soul; it nurtures the core of your existence."

- Gurudev Sri Sri Ravi Shankar

The mind tends to oscillate between the past and the future. It is either regretting or glorifying the past or planning for the future. However, we need to understand that the present moment is the field of all possibilities. Can we act in the past or future? No. We can act only in the present moment, but with the mind swinging back and forth, we lose focus on the current activity. Our mind needs to settle down to make optimum use of present moment. Meditation can help to bring the mind to present moment. It gives us the ability to be in the now and act effectively.



Benefits of meditation

- ◆ Physical fitness
- ◆ Increases focus
- ◆ Enhances clarity
- ◆ Sharpens attention, awareness
- ◆ Boosts awareness
- ◆ Improves observation skills
- ◆ Makes you lighter
- ◆ Creates positive vibrations
- ◆ Gives deep rest





GOKARAJU RANGARAJU

Institute of Engineering and Technology

(Autonomous)

Bachupally, Kukatpally, Hyderabad - 500 090, INDIA
Ph : 072077 14441 www.griet.ac.in