

Creating your Own Powerful Practices with Slogans: Part 2

This is a synopsis of my YouTube Video titled: Creating Your Own Powerful Practices with Slogans: Part 2.

In addition to simply contemplating the words and ideas of a slogan, you can bring other elements together in your practice to activate multiple neural pathways in a synergistic way in your brain to “turbo charge” your practice.

There are deep roots to these practice elements across cultures and throughout time. It is our deep human heritage that you can use for personal growth, development, and transformation.

Words

You can start your practice by reading and thinking about the words of a slogan. What do they mean and what do they imply about how to see yourself, the world around you (including other people) and how you might choose to live? If you can think of and set an intention for a particular concrete action associated with the slogan, and then do that, you give it real traction in your life.

Voice/Sound

In addition to simply reading and thinking about a slogan, you can say it out loud with conviction. This begins to make it more real and connect it to your body. It now is not just floating as an abstraction in your mind but has activated your body and been expressed in the world.

Visualization

You can use visualizations to further evoke the feelings associated with a slogan and amplify its power. This can be an external image or object that you can look at, or it can be something you imagine in your mind. When you contemplate a slogan, what images naturally arise in your mind? Choose one and either find something to look at that represents it, or simply hold that image in your mind. This will cause you to *feel* something. Notice that.

Body

Through posture, gesture, and movement you can strengthen the power of your practice. Reflect on the meaning and spirit of the slogan? How would you be in your body if you were living from the value or principle of the slogan? This could be literal or symbolic. Imagine acting on the slogan. What would you do? How would you embody it? Take the posture, make the gesture or move in a way that prepares your brain and body for this action in your life.

Feeling

This is not an additional concrete thing to do but is a reminder that the previous elements are meant to evoke feelings, emotions, and sensations in your body. Make sure you notice this. And don't just notice it. Focus on it, savor it, linger with it, and make it as vivid as possible in your experience.

When you bring all these elements together in your practice, you ensure an optimal effect. When you repeat your practice regularly over time, you entrain your neural pathways and your mind to whatever you are trying to cultivate.

May your practice be fruitful!

