

Templates for Change



Ten Minute Turning Points

1 – Overnight Success



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Presenter

A Time for Changes

In the 21st century we all know that we are living in times of great change, in which many feel that an evolution of human consciousness is really needed to secure the future we seek.

We also know that real change starts first within *us*, in our own feelings understandings and lives.

Ten Minute Turning Points arises from TFC's emphasis on *real* change to offer simple but powerful ideas designed to help you achieve your full potential.

*'They must often change
who would be constant in
happiness or wisdom.'*

Confucius, philosopher, 551 - 479 BC



Change Yourself Overnight?

Have you ever noticed yourself that when you go to sleep grumpy ... you usually wake up the same way, and when you go to sleep with a positive frame of mind you wake up bright too.

The critical point is that when we reconnect back to consciousness as we wake, we also usually connect back to the thoughts or state of mind we had when we went to sleep. And this influences our whole day.



“A ruffled mind makes a restless pillow. ”

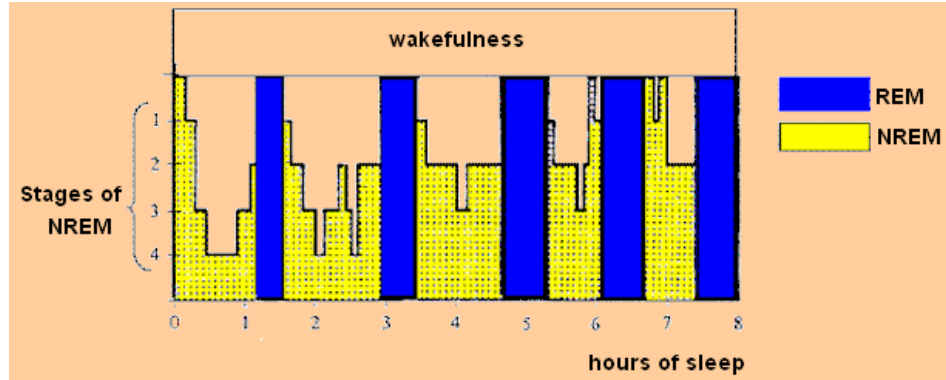
Charlotte Brontë, author, 1816–1855

“To affect the quality of the day, that is the highest of arts. “

Henry David Thoreau, poet, 1817 –1862

So with this simple yet powerful idea we can help guide and change the focus and direction of our lives

The Process of Sleep



There are two kinds of sleep. REM (or Rapid Eye Movement), when we are dreaming, and Non REM (NREM), when our bodies and minds are rejuvenating (1)

Let's have a closer look at sleep – when we fall asleep we move rapidly into the deepest of the night. Then over typically five cycles, we alternate dreaming and rejuvenating sleep, sleeping lighter until we wake-up and reconnect to our consciousness – and usually our last conscious thoughts.

“Dear mother of fresh thoughts and joyous health!”

William Wordsworth, Poet, 1770 - 1850, "To Sleep"

(1) <http://www.supermemo.com/articles/sleep.htm>

A Night Contemplation

So here are some very practical steps to use the magic of sleep to make a daily step in the direction you wish to take in your life – write these thoughts down, leave them by your bed and read them before sleep.

- 1 – Choose specific ideas or steps you wish to take in your life.
- 2 – Choose inspirational quotes from others that bring thoughts to your life that you feel you need.
- 3 – Write your own ‘Night Contemplation’ that highlights intentions or feelings that you wish to start each day with..



“The road to success is always under construction”

Lily Tomlin, actress, 1939–

How to Follow Ten Minute Turning Points

Ten Minute Turning Points will be appearing regularly on Templates for Change website www.templatesforchange.org

They will be on You Tube channel, and website links. Each will last about ten minutes.

The series will build into a library of ideas and inspirations to help you change and develop your life.

Join our World Citizen network, to get up to date information on the next presentation, or follow us on Twitter.





“Little by little one walks far”

Peruvian Proverb

www.templatesforchange.org

Next presentation coming soon