

How to Achieve Mental Clarity

By Dr. Stephen Cooper

□ □

In martial arts, the performing arts and athletics, there is a process that those who excel are careful to observe. Some call this process centering. Others call it visualizing, or getting in tune or getting the game face. Whatever we may call, it or however we choose to arrange the nuances, it is essentially the same. It is clearing the deck for action before the action is taken. It is so ordering our thinking in such a way as to facilitate the current task at hand.

When discussing this important area of preparation, we will most often hear of pure mental preparation. That is as it should be certainly. However, rarely if ever, do we hear of the place of physical tasks in this process. Here is what I am referring to: humans have a capacity for mental action and attention. This capacity varies from person to person, but everyone finds their limit from time to time. It is also painfully common that most people give away much of their capacity to phantoms. It is well agreed among neuro-researchers that the human mind can focus on only one thing at a time. So, often our minds bounce from picture to picture, topic to topic, problem to problem.

Where do all these many topics of focus come from? Many of them are simply unresolved situations or experiences that remain in the wings, waiting their turn to dance out on the stage of our thoughts. What does this do to real time concentration and mental energy? It fogs it, dilutes it and makes what we do now harder than it should be.

What is to be done? Try this simple exercise. If you do, I can guarantee that you will find greater capacity and peace. List on a piece of paper the top five distracters in your life. These five will consist of unfinished projects, unresolved interpersonal issues, being untrue to your own values, or unadjusted stresses or traumas. Just be still a moment and ask yourself, "What are the five main things that are holding me back, robbing my attention or making me tired?"

As they come to mind, write them down. Usually the most important will come first. Write it down! Then the next and the next until you have the top five. Now, you will work on the first on the list today. Make a plan of how to eliminate this dastardly distracter, and begin right away. Once number one is out of the way, the next four will be all the easier. Do it! Do it right now! You can take one minute and make this list.

Why do I bring all this up? Because your trading -- as all aspects of your life -- will be positively effected. Maybe you've read the verse in James (The New Testament) "A double minded man is unstable in all his ways." It was true 2,000 years ago and it is true now.

Yours in better trading,

Dr. Stephen Cooper

Dr. Stephen Cooper began studying the stock market in 1985 while in his private chiropractic practice. His practical experience in the commodities market was followed by stock and option

trading. This interest became a passion, and Dr. Cooper continued studying the markets and chart analysis over the next 13 years while continuing his private practice.

Because of his HUGE SUCCESS in the stock market, Robert G. Allen found out about him and asked Dr. Cooper to mentor him -- OVER THE PHONE -- in earning MASSIVE AMOUNTS OF MONEY in the stock market. Dr. Cooper succeeded in teaching Robert G. Allen how to add this to his multiple streams of income.

After seeing how successful Dr. Cooper's unique style of trading was, Robert Allen asked Dr. Cooper to teach his Protégés how to make this same kind of money in the stock market. Since June of 1999, Dr. Cooper has been the primary Stock Market instructor for Robert G. Allen and Mark Victor Hansen's Enlightened Millionaire Institute.

Dr. Cooper possesses a clear and organized method of teaching that brings understanding to a subject that is often misunderstood. Stephen won EMI's coveted instructor of the Year award in both 2001 and 2004.

© 2004, Enlightened Millionaire Institute, all rights reserved □