



Boredom

THE INDEPENDENT FORUM FOR YOUR WHOLE LIFE

NEWSLETTER: VOLUME 5 • ISSUE 7C

Happy New Year!

The Open Grove is focusing on Awakening our lives. We firmly believe in the mind, body, spirit experience of holistic living. In order to awaken your whole, and holistic life, we are looking at awakening the body, the spirit then the mind separately. ([Click here](#) to read the "Awaken your body" newsletter or [here](#) to read "Awaken your spirit!".) We will wrap it up with a look at awareness in the "I am aware" newsletter.



Boredom

Life is filled with bright lights and noise. Marketers and corporations are desperate for our attention due to the decline in effectiveness of interruption advertising. Every moment seems filled with the noise and bright lights of advertisements even in elevators, supermarkets and websites. Sometimes we feel like the cartoon Grinch screaming "All the noise, noise, noise!"

How does this relate to boredom? Our brains grow through the thoughtful problem solving. When we are over-stimulated, our analytical and logical pathways are blocked along with our visual and auditory pathways. Over-stimulation creates a kind of wall which isolates our mental functions while keeping our brains so busy that we do not have the capacity to solve problems. Unable to solve problems, our brains become bored.

It's possible that the depression which plagues Americans is literally brain boredom due to sensory over-stimulation from television, radio, movies, video games, and the Internet. In order to awaken our minds, we must address our own boredom. 🌸

Unwind your Over-stimulation

Try some of these techniques to help reduce over-stimulation. You will be sur-

prised at how much better you feel!

🌸 **Stop for a moment.** When was the last time you heard silence? Many people literally cannot remember the last time there was silence. Add a little silence into your life. Turn off the radio in the car. Spend a few moments in your own backyard. Silence is the modern luxury you can afford.

🌸 **Try a juice fast.** When we are truly over-stimulated, we tend to eat richer, more flavorful and definitely unhealthy food. Take a day this week and try a juice fast. This will not give your system a break.

🌸 **Take a news hiatus.** The television news frequently over-stimulates with violent stories enhancing the fear in their viewers. Give your system a news break by taking a night or two off the evening news.

🌸 **While you're at it....** Take a look at your television consumption. Are you watching programs that are in YOUR best interest? Or are you simply watching what ever is on? Give yourself a break from the noise. Read a book. Meditate. Take up knitting. Or simply talk to the people around you. Your deserve a break from the external press of the media.

🌸 **Get a little exercise.** Did you know that the health of your brain is dependent on moderate exercise? Even as little as 30 minutes of exercise 3 times a week will help unwind your over-stimulated mind.

These ideas are only the beginning. It's up to you to begin to limit the stimulation in your life. Only then can you begin to awaken your mind!

Relieve your Boredom!

In our *Awaken Audio Magazine*, Brian Kest states that "90% of the things that we think about are the same things we think about every single day". No wonder we're bored! It's time to think a new thought. Here are some ideas to help you think of something new today.

🌸 **Learn something new:** Your brain is longing to learn something new. Lifelong learning is one of the cornerstones to mental acuity. Take a class. Try a new sport. Read a different book. It's an easy way to

break through your boredom.

🌸 **Talk to someone new:** New people bring new ideas. Ask the person next to you on the elevator what they did this weekend. Talk with your receptionist when you enter the office. Make the effort to speak with someone new this week.

🌸 **Negative repeating thoughts?** Draja Mickaharic, in *Spiritual Cleaning*, suggests burning garlic skins to remove negative thought forms.

🌸 **Solve a problem:** Try a crossword puzzle or sudoku. Look for a logic puzzle on-line or read a difficult mystery. Spending time today trying to solve a puzzle will help to relieve your boredom and activate active problem solving.

🌸 **Take in some of the arts:** Watch a play or ballet. Visit your local art museum or natural history museum. Take in an IMAX film. New stimulation will bring new thoughts.

🌸 **Stop those repeating thoughts.** When you find yourself repeating thoughts, remind yourself to get present by focusing on what is right in front of you. With a little work, you will begin to feel your mind awaken.

Awakening your mind helps guarantee long term mental health. It's worth the effort.

Quick Tip - Soft Addictions

When you find yourself mindlessly surfing the Internet, you are most likely over-stimulated. Take the time to ask yourself, "what do I need right now?" Don't waste your time looking for more stimulation when what's really necessary is a bit of peace and quiet. Want to learn more? Read *There Must Be More Than This* by Judith Wright.

the
Open Grove

PO Box 18217, Denver, CO 80218
Phone: (303) 393-0234
Email: info@opengrove.com