



The Healthy Well-Fed Writer

From the common cold to more serious diseases, there is no shortage of advice on how to care for our bodies. From supplements to vitamins to health foods and exercise, we are bombarded with this information, constantly. Yet while we rush about filling our stomachs with various health-promoting foods and pushing our bodies to look lean and fit, we are overlooking the single most important element that determines our well-being.

While not visible to our senses, this component determines everything about us, how we look, feel and act, what we think and say, how we interact with our environment each moment. It shapes our entire lives. It too requires care and a healthy diet to function optimally. Yet, for most of us, it is either neglected and starved, or worse, fed junk food 24/7. The bad news is that this neglect negatively impacts every aspect of our lives, leading to unnecessary suffering and stress. The good news is that once we realize what is happening and start to pay attention, we can turn things around. And the best news is that the ingredients are absolutely free and suitable for everyone.

We 're talking about the mind. A well-fed mind is the foundation of your personal and professional happiness. A starved or poorly fed mind is a guaranteed source of stress and suffering. So, as we all strive for financial success, we should not forget to build a solid foundation on which to structure our goals. Here are a few tips on what you can do to wean your mind off of junk food and provide it with the highest quality nutrition.

1. Do the right thing

Develop a solid foundation of ethical standards in your thoughts, words and deeds that you will not breach under any circumstances, and stick to it. Start by keeping even the simplest promise to yourself and others, always. If you tell your dog you will take her for a walk after you have finished drinking your coffee, do it. If you tell your client you will call at nine, do it. Are you tempted to stretch the truth a little about a product you are writing about? don't, even if you loose the assignment? yes, and need the money? yes.

2. Make sure it's the right thing

Evaluate what you are thinking, saying and doing *before* you have done it, *while* you are doing it and *after* you do it, by answering the following questions: 1) will it harm me; 2) will it harm anyone else? If the answer is no (times three), pat

yourself on the back. If it's yes, cease and desist (before and during) or if it is already a 'fait accompli', tell yourself that you will not do it again, and don't.

3. Think the right thing

Your thoughts are not your mind. Yet your thoughts can throw your mind into turmoil leading to all sorts of unskillful actions. So when you find yourself feeding on anger, hatred, depression or any other dark emotion, realize that you can pull out of this fast-food drive-up and head straight for your local farmer's market watching your old friends fade away in your rearview mirror. Eat the fresh fruits and vegetables that you find in plentiful supply, forgiveness, goodwill, joy, and linger on. Now that you know the address, you can visit as often as you like. Do it, continuously, and see what happens.

4. Let it go

Even thinking positive thoughts can be tiring though, so learn how to take a break from thinking. Sit back, close your eyes, and bring your attention to your in and out breath. Brush away any thoughts that try to muscle their way into your awareness, just focus on your breath until your mind feels calm, relaxed and undisturbed. Do this for about 10 to 15 minute intervals randomly throughout the day. Resting your mind like this brings an inner peace and joy. It's the best kind of food, because you make it yourself. It's blameless, because you are not the recipient of someone else's labor; it's your own inner organic farmer's market.

So when you feed your mind with these nutritious ingredients of: right behavior, right thinking and right mental rest, you are cleansing it of old dirty, grimy habits, making it bright and clear, peaceful and calm. These qualities will spread out through your behaviors towards family, friends and clients, like ripples in a pond. It's the kind of success that never fades.