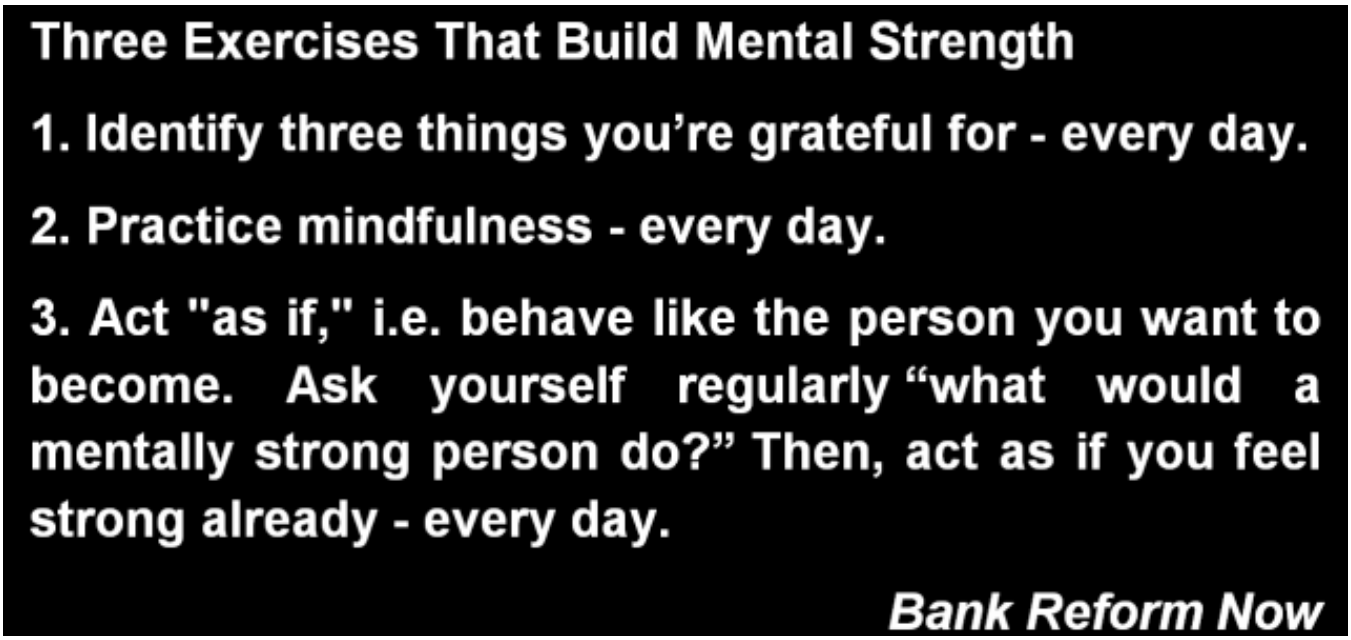
Develop powerful thought patterns & behaviours

Summary:
Many of us have been badly damaged directly by bank malpractice and many more don't even know how badly they are being harmed. For banks and their lawyers it is not enough to steal hard earned assets. They must destroy clients financially and emotionally to limit the capacity to fight back. If we can heal ourselves and each other we can take the villains on effectively. It's all in the mind. Here we present some wonderful resources and tips to help strengthen our minds and improve our mindset. This works - it is simple but not easy. We have to commit to practicing what we learn on a daily basis. You can heal and you can become an effective force in the battle ahead.

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We must train our minds to get through the tough times and attain victory in the battle ahead

I'm always looking out for material that helps inform BRN members and the wider public about the damage being done by our criminal finance system to our country and its people. The bankers get

away with their crimes thanks to a warped political system that operates to suppress the people and enrich the 0.1%.

The truth of our pseudo-democracy is so hard to believe and bear that most people end up soldiering on in quiet desperation. For many that feel the pain and know the truth it is a hard road to be active in the battle for reform. It is easy to become depressed and anxious - often with overwhelming feelings of hopelessness.

So today I want to share some powerful material that may help make you stronger and more confident. Perhaps this information will help accelerate our becoming a united powerful forced for change. Amy Morin did a TEDx Talk which has inspired me greatly (link below). Apart from not engaging in the listed behaviours and thought patterns that are harmful and unproductive Amy discusses three things you should do every day to build mental strength. I highly recommend this for all of you but if you know some young people – do them a big favour and teach them. Helpful links below. Here is a brief summary – copy them into a note on your phone and study them daily until it really sinks in -

Three Exercises That Build Mental Strength

1. Identify three things you're grateful for - every day.
2. Practice mindfulness - every day.
3. Act "as if" ie behave like the person you want to become. Ask yourself regularly "what would a mentally strong person do?" Then, act as if you feel strong already - every day.

And - mentally strong people do not waste time, energy and emotions doing this stuff -

1. They Don't - Waste time feeling sorry for themselves
2. They Don't - Give away their power.
3. They Don't - Shy away from change
4. They Don't - Waste energy on things they can't control
5. They Don't - Worry about pleasing everyone
6. They Don't - Fear taking calculated risks
7. They Don't - Dwell on the past
8. They Don't - Make the same mistakes over and over
9. They Don't - Resent other people's success
10. They Don't - Give up after the first failure
11. They Don't - Fear alone time
12. They Don't - Feel the world owes them anything
13. They Don't - Expect immediate results

Amy's book expands on these points and details the traumas that led to her realisations - link below.

Now folks – help me out

I'm comfortable trying to master a life lived along the lines Amy discusses. I'm just a bit worried about point 4. Is it possible to take on the corrupt political system and the criminal bankers and bring about real reforms? Am I and many of you wasting our time? Must we accept the deck being stacked against us? Do we just suck it up and try as best we can to build a reasonable life with all the crime, corruption and rip offs that drain us from cradle to grave ….. one way or another?

I'm asking because at this stage in the BRN campaign I was hoping to have had enough resources to begin the BRN compensation aspect of our program. We were planning to give lump sum payments to selected bank victims. These were to precede the actual banks involved being encouraged / forced - one way or another to make reparation payments. This was one key element of the

campaign. Can you imagine the look on a bank CEOs face when we are on prime time television presenting multi-million dollar payments to people that were ripped off by their bank? Folks – our victory has been delayed .... but it will not be denied ..... and it will be very sweet. Join in and let's make it happen.

Lots of great resources to help you are listed below - including Amy Morin's TEDx Talk and some of her articles and her book. Also a nice explanation showing how a mindful life looks. Plus a guided meditation from Jon Kabat-Zin.

Websites For More Information: The Secret of Becoming Mentally Strong | Amy Morin | TEDxOcala
https://www.youtube.com/watch
Build your mental muscle with a few brain training exercises
https://www.psychologytoday.com/blog/what-mentally-strong-people-dont-do/201705/3-exercises-build-mental-strength-in-just-5-minutes
Here's why building mental muscle is worth the effort
https://www.psychologytoday.com/blog/what-mentally-strong-people-dont-do/201608/3-things-youll-experience-when-you-build-mental
Assert your authority and beat back your doubts
https://www.psychologytoday.com/blog/what-mentally-strong-people-dont-do/201508/3-secrets-build-your-mental-strength
13 Things Mentally Strong People Don't Do: Take Back Your Power - Amy Morin book
https://www.amazon.com/Things-Mentally-Strong-People-Dont-ebook/dp/B00JOGB1OU/ref=sr_1_1
Mindfulness - How To Actually Practice Mindfulness and Conquer Your Emotions
https://www.youtube.com/watch
Jon Kabat-Zinn, Guided Mindfulness Meditation - Sitting Meditation
https://www.youtube.com/watch
Mindful In May - Facebook. A wonderful resource.
https://www.facebook.com/MindfulInMay/

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