

Counting a Letter' An exercise to differentiate YOU, your Body and Mind

Method 1:

Do this exercise alone, or better, as a group. Read the passage (top down) inside the box, on the next page, to find the total number of 'a' s in it. Target the lower case 'a' s only. Write that number in the space provided below the box against Method 1. Next, count the same letter, starting from the last letter upwards (bottom up) and write this second number in the place provided. Both the numbers will be different for most people! Repeat this process and you may be embarrassed at the recurring variations in the count of 'a' s! Done by a group of people, it will be amusing to find literate persons reporting different numbers, for such a childish task! There is no apparent justification for any difference. This exercise shows how your '**Body**' (eyes, hand and brain) is bound to it's habitual style of working. It seems to be unable to correctly counting a letter, in spite of your best intention and efforts! Think about it.

Method 2:

Next, use your analytical '**Mind**' to guide your body, in following this 'Method 2' and see how it's performance improves. Touch each and every letter in the passage individually with the tip of your pen, before moving to the next letter (don't make any marks on the paper). Lift the tip of pen every time you move from one letter to the next letter. Stop when you notice the first 'a'. Breath-in once and while breathing-out, silently speak the number 'one' because it is the first 'a'.

Continue to silently repeat the latest count, 'one, one, one ...so on' and move on to the following letters. When you notice the second 'a', stop. Breath-in once and while breathing-out, count 'two'. Keep on repeating 'two, two, two...so on', till you notice the third 'a'. Repeat this process till you reach the last letter in the passage. See how the results for you, and every one in the group improve remarkably. But still some small variations may arise.

Method 3:

Apply your Mind again, to follow the Method 3 to count the correct number of 'a' s with 100% confidence. Now turn the page up side down. Count the inverted shape of 'a' following the rules of method 2. With this method, most of you will get almost correct results every time. Try any other letter with this method. The results will be equally impressive for individuals and for the group, compared with the other 2 methods.

What is the learning from this Exercise?

Your '**BODY**' (eyes, hand and brain) is not trained or in the habit of reading individual letters. It has been used millions of times, to read whole words at a glance, like looking at a picture and getting their meanings in a flash, to be able to read fast. To achieve your non- habitual goal of reading the individual letters without bothering about the words or their meaning, **YOU** have to use your **MIND** to develop an appropriate method and insist on your **BODY** following that method. The roles to be played by YOU, your MIND and your BODY to achieve your goals can be practically understood through this exercise. It is another problem that your mind, which has to guide the body, wanders aimlessly and does not obey you, in spite of your best efforts. But you need not be a victim of the current state of your Body or Mind. To achieve your goals, it is **YOUR job** as the owner, to train your Mind and Body through appropriate mental and physical exercises as you would, for your pet dog. 'Counting Breaths' is one such simple and easy method, to train your Mind to concentrate on what you want and as long as you want.

The target passage is inside this box

Of all the examples on mental conditioning, this is the most insulting one, for intelligent human beings. We see ads in newspapers and magazines, showing a celebrity (celeb) endorsing a product. We know many things in this game - that the celeb may not have used the product even once and he may be just selfishly selling his popular image to that company, to get a huge amount of money. He is most likely cheating us, by giving us the impression that he used that product, feels happy about it and hence suggesting us to use and benefit from it. We also know that the celeb gets his money out of all the monies that we, the buyers, pay for the product. In spite of knowing all this, we get influenced by the ad and the sale of that product goes up. Are we not indirectly paying the celeb to cheat us, without even realizing it?

Count of the letter 'a' (lower case only) in the above passage, using the above 3 methods and write down the results below.

Method 1: Top down #

Bottom up #

Method 2: Top down #.....

Bottom up #.....

Method 3: Top down #.....

Bottom up #.....

What is the 'Correct count' of 'a' ?

Practice this exercise for many other letters to train you Body to develop a new habit.
