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James Schramko here in the Dominican Republic. Been attending a conference which is not like a pure business conference. It's also kind of a mindset... I think woo woo, you know, mind-mind/woo woo, same thing. So, I'm going to ask you a question in this video and hopefully, it provokes some thought.

Meditation for everyone

So, they talk a lot about meditation and how important it is do every day and all the studies that show how much it improves your performance. It incorporates elements like visualization. Look, when I think about it, I think it's just stopping some point in the day and just quietly reflecting and thinking about the day coming. Makes sense. It's something that I've been doing for a long time but I work something out.

I used to do it over a cereal when I would eat breakfast. I would sit there before everyone was awake, quietly eating my breakfast and just thinking about the day in advance, and that is actually a form of meditation. So you don't have to sit there with crystal rocks and tambourines and all sorts of other cool stuff or whatever. It's optional. And I will be covering more topics on this and I'm going to be interviewing experts and find out more about the science.

Getting ideas in the shower

At one point, I did some brainwave entrainment and that was good. The other thing that seemed to come up, I think maybe in six of the presentations, they mentioned that they get ideas in the shower. So this episode is called "Ideas in the Shower" because I noticed that's where I get a lot of my ideas. Because, you're really not able to do a lot of other stuff, unless you've got a fancy apartment, you're probably not watching television, you're probably not listening to your headphones or making telephone calls. Hopefully you're not using electrical appliances like toasters and hair dryers in the shower. That means there's really nothing left except the soothing effect of running water and you.

My question for you

So, I've got a question for you: Do you get ideas in the shower, too or is it just something that's experienced by these people here and me? Where do you get your best ideas if it's not in the shower? Post your comments right near this video and let's open up this discussion.

I'm James Schramko, speak to you soon.

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