



GLOBAL TV

Life Jacket For Nurses



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The background is a textured, light brown surface. On the left and right sides, there are detailed illustrations of various flowers, including roses, daisies, and smaller blossoms in shades of purple, yellow, red, and white. The text is centered on the page.

Nurse

Your Dreams

WITH FOCUS

**ACTIVATE ALL YOUR
FIVE SENSES.**

Congratulations

Congratulations to you on choosing the noble path of nursing. Let your compassion become the soothing sound, healing touch and the guiding light for those who get your care.

Your dedication is the hope for those who are in need. Your decision to board on this journey of selflessness and healing is a testament to your heart's boundless capacity for love and service.

Wish You All The Best For You
And Your Future





HAPPY LIFE JOURNEY

"Nursing Your Dreams" captures the notion of nurturing your aspirations with care and dedication. It emphasizes the importance of nurturing one's dreams, much like a nurse attends to the needs of their patients. Give attention to your dreams; support your positive thoughts with a welcoming approach and attitude.

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Your perseverance to flourish is like a nurse who diligently tends to the well-being of others.



Nurse Your Dreams

YOU MUST NURTURE YOUR AMBITIONS, ON AN ONGOING BASIS, BY FEEDING THEM WITH PASSION, COMPASSION, DETERMINATION, AND RESILIENCE. THROUGH NURTURING YOUR DREAMS, YOU CAN GET INTO A JOURNEY OF SELF-DISCOVERY, GROWTH, AND FULFILMENT.

MULTIPLY GOOD MEMORIES AND THOUGHTS. DIVIDE OBSTACLES AND SETBACKS WITH THE CUTTING EDGE OF RESILIENCE AND DETERMINATION.





2D SCHEME OF ACTION

NURSE GOOD MEMORIES
DREAM A GREAT FUTURE

PRACTICE

EVERY DAY

TIMES

20 MINUTES
EACH TIME

5 MEMORIES

One Day

PICK ONE GOOD MEMORY
Revisit | Re-live | Rejoice

CREATE ONE DREAM
Experience it Real (Realize)

- See
- Hear
- Feel
- Smell
- Taste



Measure Your Concentration

Practice it with Me until you build it into a Muscle.

- 1** Pick good memories one by one
- 2** Take enough time to Revisit and Re-live each of your good memories in full measure
- 3** *Rate your Concentration on a scale of "0 - 10"*
- 4**
 - 0 is no Concentration
 - 10 is Super Concentration
- 5**
 - *Repeat more times initially*
 - *It becomes a habit eventually*

THE GOLDEN RULE OF CONCENTRATION

*BRING GOOD
MEMORIES CLOSER*

&

**Make Them
BIG & BRIGHT**

YOUR HAPPINES INCREASES

In Both Cases

**WHICH IS MORE INTENSE?
*CLOSER OR BIGGER?***

Change the Order Accordingly

BRING THEM CLOSER and MAKE THEM BIG

Or

MAKE THEM BIG and BRING THEM CLOSER

Your mind uniquely responds to you. Understand the Modalities and Sub Modalities of your Mind while you continue to practice concentration. Give attention to understand the pattern of your Mind!

MODALITIES & SUB MODALITIES

Modalities:

Modalities refer to the five sensory channels through which we experience the world:

1. **Visual (seeing)**
2. **Auditory (hearing)**
3. **Kinesthetic (feeling)**
4. **Olfactory (smelling)**
5. **Gustatory (tasting)**

- Each person tends to favor one or two of these modalities in their thinking and communication. For example, some people may primarily use visual representations when thinking or recalling memories, while others may rely more on auditory or kinesthetic experiences.

**UNDERSTAND YOUR SENSES
MAKE THEM | KEEP THEM
POWERFUL | POSITIVE**



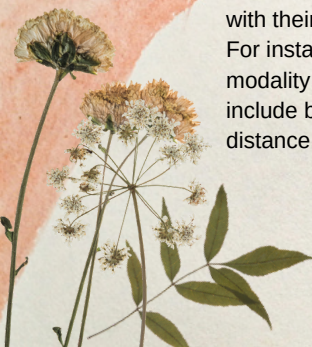
MODALITIES & SUB MODALITIES

Sub Modalities:

Sub modalities are the finer distinctions within each modality.

- They are the specific qualities or attributes that people associate with their sensory experiences.
- Sub modalities are the finer distinctions within each modality. They are the specific qualities or attributes that people associate with their sensory experiences. For instance, in the visual modality, sub modalities might include brightness, colour, size, distance, and perspective.
- In the auditory modality, sub modalities could include volume, pitch, tempo, and tone. Similarly, kinesthetic sub modalities might include texture, temperature, pressure, and location.

**MAKE GOOD MEMORIES
BIGGER & BRIGHTER** | **MAKE BAD MEMORIES
SMALLER & DISTANT**



EXPERIENCE - RELATE - RECOLLECT

- GOOD MEMORIES ARE TO BE EXPERIENCED ON AND OFTEN AND TO BE RELATED TO YOUR HAPPINESS AND PROSPERITY
- RECOLLECT GOOD MEMORIES AND POOL ALL OF THEM TOGETHER. KEEP ADDING EACH ONE AS AND WHEN THEY POP UP IN YOUR MIND.
- GOOD MEMORIES ARE LIKE GOLD AND DIAMOND. ALL OF THEM ARE PRECIOUS ALL THE TIME IN YOUR LIFE. EVERY GOOD MEMORY IS A TREASURE TO CHERISH AND CELEBRATE

***BAD MEMORIES
THAT YOU HAVE
ALREADY HANDLED
AND OVERCOME***

***They are also
Treasures to be
Cherished &
Celebrated.***

Celebrate all of Them!



YOUR ATTENTION PLEASE

PICK & PACK

Your Travel Bag with
CARE & CONCERN

"Pick & pack your travel bag with care & concern. Remember, it is your life journey; each item chosen is a cherished reflection from the past and the essence of your experiences yet to unfold."



YOU

get

WHAT YOU SEEK

SEEK

ALL THAT YOU WISH



YOU CREATE IN THE MIND

AND GET THEM IN THE WORLD

TUNE YOUR MIND TO MANIFEST THEM

- **The power of thoughts and intentions in shaping our reality!**

Creation in the Mind:

Everything starts with a thought or an idea. The mind is powerful to create anything and everything. Whether it's a goal, a dream, or a vision for the future, the seed of every manifestation begins within your thoughts. When you conceive an idea in your mind, you are initiating the process of bringing it into existence. Your unconscious mind make it a reality. You just need to move according to the force from within.



Manifestation in the World:

- *When You nurture powerful dreams, your mind generates an inherent energy, infusing the manifestation process organically and incredibly.*
- *This energy serves as the driving force that propels your thoughts into action, transforming them from mere ideas into tangible outcomes in the physical domain.*
- *With each step you take and every choice you make, you breathe life into the visions that originated within your mind.*

- *Give them shape and mould them until they manifest into reality. Your deep-rooted perseverance is more powerful than all your efforts, persistence, and willingness to overcome obstacles. All of them are outcomes of your perseverance. Harness the creative power of your mind to bring forth the beauty and wonder of your dreams into the world.*





Tune your Mind and keep doing it on an ongoing basis:

- Manifesting your desires effectively requires aligning your thoughts, beliefs, and attitudes with your goals. This process involves honing your mental focus towards what you want to create, turning it into a daily practice that gradually becomes your reality.
- Through consistent efforts, you have cultivated a positive mindset, integrating visualization, clear intentions, and affirmations into your all-time and daily routine.
- These practices have empowered you to enhance your ability to manifest your aspirations with clarity and purpose.
- This is Mind Mastery



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Life Jacket
Nursing Your Dreams

A 15-Day Practice Manual

FOR NURSES

Day 1-3: Setting the Foundation

Day 4-6: Practical Steps for Daily Nurturing

Day 7-9: Enhancing Memory and Concentration

Day 10-15: Manifestation and Growth

Introduction

This manual is designed to guide you on a transformative journey of self-discovery, resilience, and fulfillment. As nurses, you have chosen a noble path of service and compassion, dedicating your lives to the care and well-being of others. However, amidst the demands of your profession, it's essential not to overlook the nurturing of your own dreams and aspirations. Over the next 15 days, get into a deliberate and focused practice regimen aimed at nurturing your ambitions, enhancing your concentration and memory, and aligning your thoughts and goals for effective manifestation.

Each day offers practical exercises, reflections, and guidance to help you cultivate a mindset of growth, purpose, and mindfulness.

BY COMMITTING TO THIS PRACTICE,
YOU WILL NOT ONLY ENRICH YOUR
PERSONAL AND PROFESSIONAL LIFE
BUT ALSO EMPOWER YOURSELF TO
CREATE THE REALITY YOU
ENVISION. LET'S BEGIN THIS
JOURNEY TOGETHER, NURTURING
YOUR DREAMS WITH CARE AND
DEDICATION.

Thank You

NV PAULOSE

Chairman



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Happy 3 Days



During the initial three days of your practice journey, focus on organizing your mind and to establish a strong connection with it.

On Day 1, introduce the "Mind Organization" exercise. Begin by selecting 15 good memories from your past, one by one, and revisit each of them in detail. Spend time re-living these good memories. Immerse yourself fully into a world positive emotions as they bring. Repeating this exercise multiple times will rapidly enhance your concentration. Keep measuring it.



- On Day 2, your goal is to reach a concentration level of at least 7 out of 10. Keep measuring your concentration on a scale from 0 to 10 while revisiting your good memories, ensuring steady improvement. By dedicating focused time and attention to this practice, you will strengthen your ability to concentrate effectively. Your body becomes stiff and strong while you are in concentration of good and positive memories. Think about a bright future as well.

Smile Within



Experience Warmth Inside



MOVING TO DAY 3, YOU DELVE DEEPER INTO UNDERSTANDING THE MODALITIES AND SUB MODALITIES OF YOUR MIND. TAKE TIME TO EXPLORE THE FINE DETAILS OF YOUR THOUGHTS AND EXPERIENCES. VISUALIZE POSITIVE IMAGES AND BRING TO MIND SIGNIFICANT INDIVIDUALS WHO HAVE CONTRIBUTED TO YOUR JOURNEY. GAIN INSIGHTS INTO THE WORKINGS OF YOUR MIND. NURTURE THE POWER OF POSITIVE ASSOCIATIONS. YOU ARE LAYING A SOLID FOUNDATION FOR YOUR CONTINUED GROWTH AND FULFILMENT. BRING GOOD MEMORIES CLOSER AND MAKE THEM BIGGER AND BETTER. EXPERIENCE ENHANCED HAPPINESS WITH EACH PICTURE THAT YOU SEE, EACH SOUND YOU HEAR AND FROM THE FEELINGS, TASTE AND SMELL THAT HAD MADE YOU HAPPY IN THE PAST.

Days 4 to 6

- *Days 4 to 6 of Your practice regimen focus on practical steps for daily nurturing, concentration enhancement, and understanding sensory experiences.*
- *On Day 4, Introduce the "2D Scheme of Action." Nurse good memories and dream of a great future. Spend dedicated time each day revisiting your positive memories and your aspirations. Reinforce your commitment to self-discovery and growth.*
- *Day 5 is dedicated to measuring and improving your concentration. Set aside focused time to revisit your good memories and rate your concentration on a scale of 0 to 10. Aim to achieve a concentration level of 7 or above by the end of the day, gradually building your ability to maintain focus.*




Discovery Day



SIXTH DAY

- **Consolidate**
- **Clarify**
- **Evolve**
- **Dissolve**
- **Design**

- MOVING TO DAY 6, YOU DELVE INTO UNDERSTANDING YOUR SENSES AND THEIR MODALITIES AND SUBMODALITIES. EXPLORE THE NATURE OF YOUR SENSORY EXPERIENCES, IDENTIFYING PREFERENCES AND PATTERNS THAT INFLUENCE YOUR PERCEPTION OF THE WORLD. BY HONING YOUR AWARENESS OF SENSORY STIMULI, YOU GAIN VALUABLE INSIGHTS INTO YOUR THOUGHT PROCESSES AND ENHANCE YOUR ABILITY TO CONNECT WITH YOUR SURROUNDINGS. START CREATING YOUR FUTURE AS WELL.
- 




Magical Days

As we progress into days 7 to 9 of our practice journey, we shift our focus towards enhancing memory and concentration through deliberate reflection and celebration.

On Day 7, we engage in the "Memory Amplification" exercise, where we make good memories bigger and brighter. Take time to revisit and deeply connect with your cherished memories, allowing them to fill you with warmth and joy. By amplifying the positive emotions associated with these memories, you strengthen their impact on your overall well-being. Make your future visible and sensible in clear terms of success.






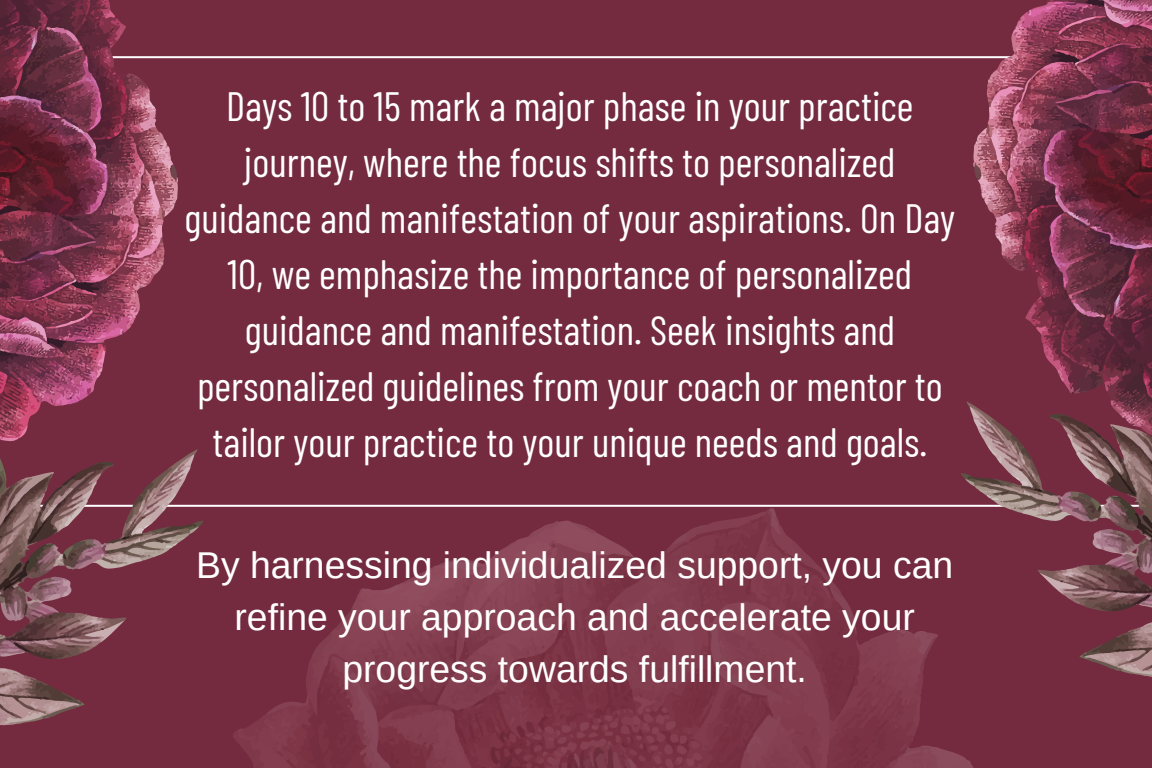
Day 8 invites us to celebrate memories in all their forms. Reflect on both the good and challenging experiences you've encountered, recognizing them as valuable treasures that have shaped your journey. Embrace the lessons learned and the growth achieved, finding gratitude in every memory.



Pilot your Flight

DAY 9 ENCOURAGES US TO DIRECT OUR ATTENTION AND MINDFULNESS TOWARDS OUR LIFE'S JOURNEY. JUST AS WE CAREFULLY PACK A TRAVEL BAG FOR AN ADVENTURE, TAKE DELIBERATE CARE IN CHOOSING THE EXPERIENCES AND MEMORIES YOU CARRY WITH YOU. BY CONSCIOUSLY SELECTING AND NURTURING THESE MEMORIES, YOU EMPOWER YOURSELF TO PILOT LIFE'S TWISTS AND TURNS WITH RESILIENCE AND PURPOSE.



The background is a deep red color. On the left and right sides, there are large, detailed illustrations of pink and purple flowers, possibly peonies, with green leaves. At the bottom center, there is a faint, larger illustration of a pink flower. Two thin white horizontal lines are positioned above and below the main text block.

Days 10 to 15 mark a major phase in your practice journey, where the focus shifts to personalized guidance and manifestation of your aspirations. On Day 10, we emphasize the importance of personalized guidance and manifestation. Seek insights and personalized guidelines from your coach or mentor to tailor your practice to your unique needs and goals.

By harnessing individualized support, you can refine your approach and accelerate your progress towards fulfillment.

Days 11 to 14 are dedicated to personalized practice sessions, where you have the opportunity to explore techniques and exercises that resonate most with you. Engage in reflection, visualization, and affirmation practices that align closely with your aspirations and preferences. Your coach or mentor will provide feedback and support to guide you along this personalized journey of growth and self-discovery.

PERSONALIZE YOUR PRACTICE

Day 15 serves as a culmination of your practice experience, where you reflect on your progress and set intentions for continued growth. Take time to celebrate your achievements and reaffirm your commitment to nurturing your dreams. With personalized guidance and unwavering dedication, you are empowered to manifest your aspirations and create the life you envision.



Copy Excellence

- Copying excellence from the best in your past and copying from others excellence are two different methods. All that you have done well in the past can be copied for the future excellence as it is in an enhanced manner.
- Copying excellence from others is a kind of pretention at the beginning but with true intention to excel. Give a dream to the unconscious mind; believe; you get it actualized and realized on an automated process. Set the dream as you wish to perform.
- Trust your unconscious mind while copying the excellence of others. It provides you with a wealth of knowledge and inspiration. Observe the habits, skills, and mind-sets of successful individuals in various fields. Seek to emulate their achievements. Model their behaviours and adopt their best practices. Accelerate your perspective on what is desired than what is possible.

Timeline formation & Creation of your future person

- Draw an imaginary line in your mind. See a screen or a wall right in front of you and draw a line in your mind. Locate your present position and fix where do you stand in the line as of now.
- See your past and spot the best of your times in the past. Talk to your younger self to appreciate on all that were done well.
- See the mistakes in the past and tell your younger self about how best you can do them today with your experience and exposure.

1. TAKE CHARGE
2. ASSURE LEARNED APPROACHES AND RENEWED PATTERNS.
3. GIVE CONFIDENCE...
4. GIVE ALL RESOURCES THAT WERE MISSING EARLIER BUT ARE IN PLENTY RIGHT NOW.
5. WALK FURTHER ON THE TIMELINE. DREAM 3 BLESSINGS THAT CAN MAKE YOUR LIFE ABUNDANT. SEE THE FUTURE PERSON VIVID AND CLEAR IN NEXT TWO TO FIVE YEARS.

MAKE THE FUTURE PERSON TALK TO THE YOUNGER ONES



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A Dream

That has become a way of life

