

## Immersion

One of the definitions in the Funk & Wagnall's dictionary is "The state of being overwhelmed or deeply engaged."

So I guess the question would be, which are you in life?

Overwhelmed or deeply engaged?

But I am getting off topic.

What brought this to mind is that we learn best by being immersed in the subject matter.

Have you had some subject that you loved so much that you would literally stay focused on only that topic for extended periods of time?

What happened? You learned better didn't you.

How often do you actually get immersed in planning your own life?

How much time do you spend working on planning and executing your future?

Are you immersed in your primary relationship?

If you are feeling some resistance to jumping in, then that area of your life is most likely in need of more attention.

Most of you know I am a big Tony Robbins fan. Well Tony was in town on the 13th of August through the 15th.

My wife and I had been planning to go to the event for some time. It is called "Unleash the Power Within" and is only held in the Bay Area about every other year.

Well, on Friday afternoon as we were walking to Registration I told my wife "I really don't want to be here!" - Proof that I really needed to be there.

Tony makes sure that this is a total immersion process, and three days later, I was physically exhausted and mentally revived!

You need to spend a day or two every six months to immerse yourself in a program that helps your mental state and is focused on helping you improve – that is my recommendation!

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