



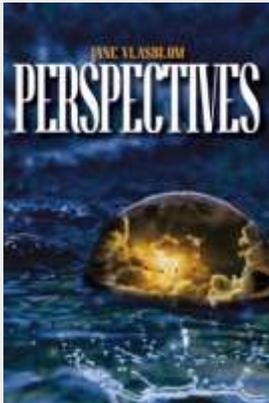
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PERSPECTIVES – PERCEPTIONS

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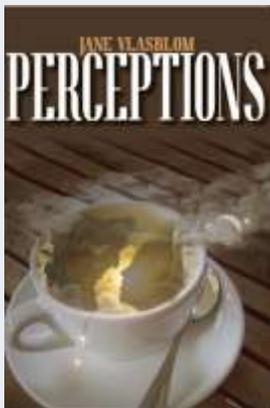
APRIL 2018

Learn more about these books from the website page **The Trilogy**



BOOK ONE

A great book for any book club. There are so many aspects to discuss.
Beth



BOOK TWO

I greatly enjoyed the book. (Perceptions) I refer to it as a "thinking book" as it made me think about my own life.
A.J.

#SHAREYOURWISDOM

While preparing for some upcoming workshops, I did some research on how others receive and capture inspiration. I have my own practices that include long walks in the woods and reading certain books that put me in an open frame of mind. I also enjoy reading about how others get into that zone. Luckily, some well-known geniuses like Edison and Einstein shared their methods for attracting inspiration.

They utilize the brain waves that occur just before you go to sleep. There are four types or brain waves:

beta – when you are wide awake and active

alpha – relaxed

theta – when you are falling asleep or just waking up – not yet alert

delta – deep sleep

When theta waves are predominant, the creative juices flow. You can tell that you have been inspired because you feel exhilarated. You can also use that drowsy time to solve problems, find new ways to accomplish what you want to do, and gather insights into projects. Before you fall asleep think of a question you want answered and your brain will think about it as you sleep. As you slowly awaken, while you are still drowsy, you may have a flash of genius or at least a useful idea. When the inspiration comes, write it down as soon as you can or it will be forgotten as easily as your dreams.

It has been said that when Edison wanted inspiration on a particular subject he would rest while holding ball bearings over a metal pail. When he began drifting into sleep he would drop them and wake up before he reached a state of deep sleep. He recorded his theta wave thoughts. If geniuses think it is worth the effort, why not try it yourself?

INSPIRATION

Accept your inspired ideas without judgement. Expressing them is another matter. Be fearless about communicating them by not worrying about how others will perceive your ideas, or you. Here are some lyrics from the song *Consequence Free*, by Great Big Sea that I think encourage the authentic you to show.

Wouldn't it be great -If no one ever got offended
Wouldn't it be great -To say what's really on your mind
I've always said -That all the rules are made for bending
And if I let my hair down -Would that be such a crime

I want to be Consequence free
I want to be Where nothing needs to matter
I want to be Consequence free

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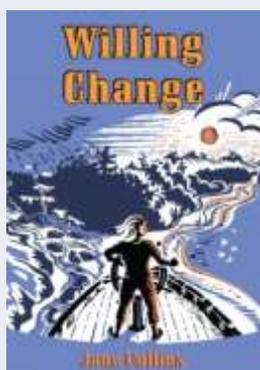
Nova Scotia

Mahone Bay
Biscuit Eater
A Novel Idea

Publisher:

burnstownpublishing.com

Also by Jane Collins



Willing Change has received the **Curriculum Services Canada CERTIFICATE OF RECOMMENDATION**

POLOA'S WISDOM 32/60

Early in your life you may learn to believe that a new experience can be frightening or painful. The event that causes that belief may be forgotten, but the belief is strong and presents itself every time you face a new experience.

JANE VLASBLOM

PERSPECTIVES

www.janevlasblom.com

SHARE YOUR WISDOM

Poloa is the spiritual Guide of the main character in the Trilogy.

Check Instagram & facebook (Jane Vlasblom Collins) for more of Poloa's wisdom.

FROM MY PERSONAL NOTES

We live in an age of great distractions. It can be difficult to complete any one task when the cellphone, tablet, and other technological marvels constantly demand our attention. Concentration is a struggle for most of us even without technology. In my files is a book by Christian Larson called *Concentration*, and here is a small excerpt. I recommend you focus your attention read more.

CONCENTRATION in general may be defined as an active state of mind wherein the whole of attention, with all available energy and talent, is being applied upon the one thing that we are doing now. We concentrate in the full meaning of the term when we give ourselves completely to the thought or the action of the present moment; and this is true whether we work with muscle, brain or mind, or express ourselves through thoughts, words or emotion.

When we concentrate well we may, at will, cause all the available energies of mind and personality to work together, with full capacity, upon the work in hand. This will increase remarkably the working capacity and the dependable endurance of both mind and body, and will mean a high degree of mental mastery. To be able to master the elements and energies of the mind sufficiently to bring them all together to work together anywhere any time — this is an advantage for which we would pay almost any price; but it comes as a natural emolument with the development of concentration.

SEND YOUR STORIES OF INSPIRATION to janevlasblomcollins@gmail.com AND RECEIVE A FREE WORKBOOK - www.willingchangecourses.com/WCCourses -

WORKSHOPS WITH JANE VLASBLOM COLLINS

May 8 – Finding Inspiration *for Writers* - Bridgewater Library 6:30 p.m.
May 15 – Finding Inspiration *for Writers* - Bridgewater Library 6:30 p.m.
May 25 – The Art of Better Brain Balance - Mahone Bay Centre 1:00 p.m.

CONNECT WITH JANE

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