

The conscious mind has the ability to process seven items of information at the same time. The theory behind the ALPHABET EDIT is that it consumes all of your conscious processing facilities, thus enabling your unconscious mind to get on with processing the day or solving an issue.

Whatever you are seeking to achieve, whether it is stress relief, the solution to a problem, a particular outcome, clarification of confused thought or digestion of new information, first you need to make an internal representation of the issue, possibly a mental picture, a feeling or a sound which symbolises it for you.

Now run the ALPHABET EDIT, preferably with a friend or colleague. You should speak aloud the large letters on the chart, and at the same time perform the following actions:

When the letter in the lower right-hand corner of the box is an 'R' lift your right arm.

When the letter is an 'L', raise your left arm.

When the letter is a 'T' raise both arms together.

Proceed through the alphabet in this fashion, but if you make a mistake (you and your friend are looking out for each other), you must return to the beginning of the chart.

When you reach 'P' reverse through the alphabet to 'A', but now move both your right arm and your left leg at the same time.

If you find these variations too easy, progress to more complex options: read the chart up and down or diagonally etc. The whole point is to completely occupy your conscious mind with mental and physical activities involved, so make it as complicated as you can stand!

A L	B T	C R	D T
E R	F L	G T	H T
I R	J L	K L	L R
M T	N R	O L	P L