

Mind Training Programme

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Being a soldier, you are asked to do things not asked of most people. You have to behave properly and show self-control all the time. You have to fit in and be part of a team. You have to trust your teammates and they have to be able to trust you.

It's essential to recognize the fact that a soldier, like all soldiers, has its own norms and practices and therefore, there is the urgent need to tune one's mind and body to suit the new system one finds oneself in.

Everything taught on the training must be considered as beneficial in shaping a soldier into a good and reliable one, and therefore see the need to adjust one's personality to suit to the system.

The kind of soldiering involves communication with a wide variety of people. The good soldier must be a good communicator. A soldier needs to understand that communication is what we do to build understanding between a soldier and civilians. Building a soldier is the process of which involves transmitting from one person to another to a group. Facts, ideas and feelings etc.

A soldier must build his interpersonal skills. We build the soldier's mind to become able to approach every demanding encounter. A soldier must be courageous and have self-respect and regard for others and the superiors. One should also know how to solve problems with or without any senior people.

Interpersonal skills:

A significant part of being a competent soldier is empathising with others. Empathy is a quality every soldier must look for.

- If a soldier complains for any reason, the senior colleague must listen to their concerns thoughtfully by expressing compassion towards their issues, but not fear them.

- Active listening is more than just hearing what people say. To be an active listener in the field, it's important to devote your full attention to the commander(s) whose orders you are listening to.
- You absorb their message, respond to them with relevant questions and retain key information.
- You are also likelier to retain the information you need to perform your job to the best of your abilities.

- In any situation, the need to communicate is important. It's important to communicate with your leaders. Your leaders can't help you if you don't speak up about a situation — they don't read minds. Approach your leaders with ease to make sure to build rapport, earn their trust, and be somebody they can count on. Make your life and your leaders' lives easier by being a good communicator.

- When in a team, we synchronise ourselves to each other. Your team mates are an extension of yourself, and vice versa. This gives shared power and energy between us.

Strengthen concentration:

- If you have great powers of concentration, that means you're able to focus all your attention on the matter at hand. It can also refer to something that's clustered together and the strength of a solution. We can concentrate in many aspects when it comes to security and handling of serious situations. A high concentration in a solution means that there's a lot of it, relative to the human concentration. To say that you have good concentration skills, means that you pay attention well.

Think like a soldier:

- An agile mind is an advantage. Heedfulness will sharpen your awareness and gives few dull thoughts.

This means that being heedful and paying attention will make your mind awake.

- Only will-power is not enough. When will is depleted, to think beyond that can give extra energy.

This means that when your will gets tired, look outside your thoughts to find further strength.

- During stress, there's less room for thinking, so your training and experience will be on "automatic".

This means that you will do things by experience, instead of thinking about what to do.

- Let your mind merge with the surroundings.

This means to forget yourself and become part of the environment.

- Try to become «one» with the target.

Again, let yourself go and become a part of the target you want to catch.

- The target is like your own life, it must be well secured.

This means to secure the target like it was part of your own life.

- If you spot something interesting, let go of everything else.

This means that if the target is the object of focus, then try to forget the surroundings.

Fear management:

- The only thing to fear is your own self. Find a balance between the nerve to be courageous, and the urge to flee.

This means that if you merge yourself with everything, there's no self to fear.

- The fear of doing wrong is disruptive, so don't attempt to be perfect.

Even the best soldiers make errors, there is no such thing as a perfect soldier.

- Be kind to yourself, thinking mean thoughts will make you distracted.

This means to avoid thinking negative, in order to avoid weakness.

- Fear can be transformed into alertness and vigilance. It can sharpen the focus, if you go beyond the fear.

This means that if you can transcend the fear, it can rather create better focus.