

## SUBASE FFSC offers Warrior Mind Training

**Groton, Conn. - The Fleet and Family Support Center, located in Building 83, will offer its fourth month of Warrior Mind Training classes - open to everyone - May 22, from 3 to 4 p.m.**

Warrior Mind Training teaches service members to sharpen and refine the sword of the mind, the most powerful weapon a warrior can wield.

Warrior Mind Training techniques are designed for individuals who are interested in discovering how to strengthen and develop their mind to reach their fullest potential. If practiced regularly and diligently, these techniques will allow the warrior to gain a superior level of control over his own mind and life. This training will allow him to recharge himself when he is exhausted on the battlefield; to make more intelligent use of his body's own natural talents and energies; and to strengthen his focus, willpower and intent to exceed the demands of his mission.

The goal of these classes is to teach Sailors how to live more fully in each moment and to bring the best of themselves to every action. The Mission: "Lead a life of excellence in all pursuits, under the ocean or above."

A Sonar Tech, E-4 who has been taking the classes in San Diego, California said, "The [Warrior Training] classes that I have been attending have been very beneficial to improving several aspects of my life. I am able to focus on a whole new level that I have never been able to do before at work and with personal tasks. Socially, I have been able to navigate and make choices that genuinely benefit my life and the lives of the people around me."

In these classes, participants will learn a technique called "Deep Listening," which utilizes key principals of meditation and mindfulness that have been utilized by warriors for over 3,000 years. These powerful mind-focusing techniques will gradually allow individuals to clear their mind of all distractions and stop mental chatter at will. When this happens, power and clarity will increase which can then be directed towards attaining almost anything.

Our motto is: What you focus on, you will become. The Sailor will learn mindfulness techniques to increase his level of clarity and discrimination. He will develop mind training tools that he can employ throughout his active day, to keep his mind focused, sharp and clear, and to be more effective in fulfilling his duties as a Sailor.

A key finding made by the Special Operations community during the last 30 years is that the best way to cure stress is to avoid it in the first place. Warrior Mind Training techniques can have a significant impact on a warrior's mental and physical well-being prior to, during, and post-deployment by providing:

- **Immunitization - Before and during Deployment:** Battle-proof your mind. Warrior Mind Training techniques are mental hygiene tools that produce ongoing protection by increasing focus, clarity, and mental fortitude, especially during long deployments. Warriors are trained to find the calm center in the "eye of the hurricane" and to eliminate the "fog of war" by emphasizing power, balance, and discrimination.
- **Decompression - Returning from Deployment:** These techniques enable an effective reintegration back into family and civilian life upon returning to home. Warrior Mind Training techniques ease the stress of a changing daily reality and act as safety stops during that critical re-entry period. The Mission: "Take the war to the enemy, but leave the battle on the battlefield."

Come to class and cultivate the warrior's body, mind and spirit in all aspects of life: Train for deployment, successfully transition home, prepare for multiple tours of duty, continue service in civilian sectors and fulfill the promise of retirement years. For more information about these and other classes, visit [www.WarriorTraining.us](http://www.WarriorTraining.us), and [www.Returning-Warriors.us](http://www.Returning-Warriors.us).

There will be another class offered June 26 from 3 to 4 p.m. For more information, contact Frank Quinn at (860) 694-2786.