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## Scriptural (Truth) Meditation © 2022-07-31

**Yellow Belt Question:** Why is Truth Meditation the second step in an adrenaline challenge?

**Yellow Belt Succinct Answer:** It jump starts my skills.

### Why This Skill Is Important:

- To use skills effectively during a challenge, I must picture those skills in my mind.
- [Free Video 7, 3:50-4:30](#)
- [Muddling Along or Unity: Confessions of a Recovering Jerk, pp. 47-48](#)

### Explanations of the Yellow Belt Succinct Answer:

- I do/say what I picture in my mind. When my mind is flying with thoughts and emotions, I can't stop thinking those thoughts and emotions. Instead, I need to "aim at what I want to hit" or "change the channel." When I quote Truth, I put pictures in my brain of what I want to do, then it is easier to remember and do my training.
- [Free Video 7, 4:29-5:00](#)
- [Muddling Along or Unity: Confessions of a Recovering Jerk, pp. 45-49](#)

### Illustrations of the Skill:

- [Free Video 7, 5:00-8:50 \(Mountain Biking with Chris\)](#)
- [Muddling Along or Unity, pp. 45-48 \(Mountain Biking with Chris\)](#)
- [Muddling Along or Unity, pp. 53-55 \(Road Rage Jekyll/Hyde\)](#)