



**FINDING MY TRUTH**

**A COURSE IN  
AWARENESS  
AND WELLNESS**

**WEEK FOUR**

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## Before we begin Week 4

**To start:**

*2 minutes breathing*

**Go over Wellbeing Wheel  
Physical/Emotional sheet**

*Bowels?*

*Sleep?*

*Exercise?*

*Foods?*

*80/20?*

*Awareness of breath, self, movement, reactions?*

*How did the fasting go?*

*Have you managed to practice  
the present moment?*



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## Introducing the *Daily Love sheet*

*Please keep adding to this.*

The more we bring in self care, the more self worth we have, the better we feel, the kinder we are, the healthier and happier we are and the kinder we are to all those around us.

X

Take a moment to write down anything you do already and anything you have brought in since the course and feel you will continue with. Also note tools down that you might bring in when you feel sad, or cross, or overwhelmed..  
how can you re-balance yourself.



*First things first.*

*To be aware.*

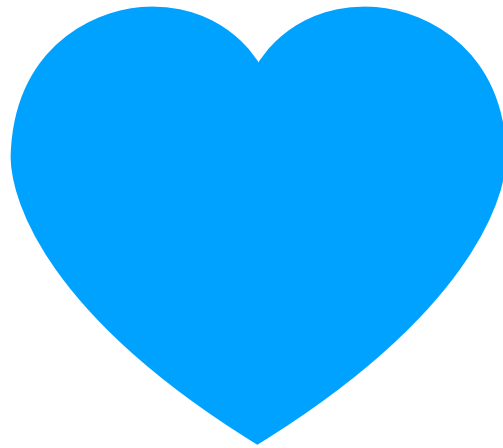
*To do this we need to be present!*

*So, for few minutes... Let's get present.*

*Focus on the breath. The body...*

*For 2-5 mins*

# *Daily Love*



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# Pranayama

I would like to chat a bit more about breathing techniques as without the breath we have no life.

*Breath is key to our physical,  
mental and emotional health.*

Very often we think about changing our diet or increasing our water consumption but actually first things first, we must look at how we breathe. The breath is the bridge between our unconscious self and our conscious state. Therefore it is also the greatest tool/gift in helping us become more aware and ever more present.

**Prana – life force** – is the vital energy that flows through us and connects us to consciousness.

*Chi  
The quantum field  
Source  
God  
“Out there...”*

Whatever you feel resonates with you. It is the vital link between mind and body. The breath deepens the connection between mind and body and it is the vehicle for **Prana / Chi**.

With our breath we can direct this energy where it needs to go. By connecting to our breath we can move from a state of upset, anxiety or anger to a state of balance, a feeling of being centred and grounded. So by practicing **Pranayama** techniques – or breathing techniques we support ourselves in many ways.

I would like to note here the importance of **iron**. We need to have sufficient **iron** in our bodies to absorb the **oxygen**. And in order to have sufficient **iron** we need to have enough **vitamin C**, as it is this that absorbs the **iron**. So please make sure you are eating plenty of **leafy greens and citrus fruits**.

*“The broadest meaning of the word **prana** is ‘force of energy.’*

*In this sense, the universe is filled with **prana**; all creation is a manifestation of force, a play of force. Everything that was, is, or shall be, is nothing but the different modes of expression of the universal force.”*

Paramahansa Yogananda  
(*Pukka Herbs* by S. Pole)

*Ok, so **Prana** is in EVERYTHING.*

It is the essence to our being. It is in all plants, trees, rivers, seeds. It is in everything you touch and see. It brings us warmth, vitality, foods, clothing and shelter.

*It is life force.*



## How can we practice *Pranayama*?

I will share a number of different techniques for you to play with and see which you prefer and which you can bring into your life on a daily basis. Be open to them changing too. You might suddenly be drawn to something different.

Sometimes the slower breathing practices are just what we need.

### NADI SHODHANA ALTERNATE NOSTRIL BREATHING

This practice brings calm to the whole being.  
Yogis believe we have at least **72000 nadis** in our body – these are energy channels.  
When these are flowing we are healthy.

Alternate nostril breathing helps us to focus the mind and draw our attention inwards. It has been called an ***Inner Tranquilliser***. It restores balance between the left and right sides of the brain and it helps rejuvenate the nervous system and it removes both emotional and physical toxins.

*Great for when you feel a bit 'nutty'  
or overwhelmed!*

Get seated comfortably.  
Place your left hand in your lap,  
palm facing up and thumb and index finger together in ***Gyan Mudra***.

Bring your right hand to your face and pop the index finger  
and middle finger on the brow of the head, over the third eye.

Place the thumb on the right nostril and the fourth finger on the left nostril.

Allow the breath to keep flowing....



*Now breathe through the left nostril,  
closing off the right with your thumb.*

*Hold at the top of the inhale and close both nostrils,  
exhale through the right and close off the left.*

*Inhale for 4/5, hold for 4/5 and exhale for 4/5.*

*Adapt the count to suit you.*

*Then breathe in through the right holding the left nostril, hold,  
and then breathe out through left, holding the right.*

*That is one round.  
Keep going.*

Another version of this technique:

*Inhale through the right, close of the left,  
exhale through the left and close off the right.  
Inhale through the left, closing off the right  
and exhale through the right closing off the left.*

**Note:** there is no holding of the breath at the top.

You can also start by simply breathing in and out of the left nostril.  
This is very calming.



## Buzzing Bee Breath

This technique calms the nervous system and helps you to reconnect to everything positive in the Universe.

*Seated comfortably, close your eyes and place your thumbs over the ears.*

*Rest your fingers on the centre of the brow and down the centre of your face and nose.*

*Concentrate on the middle of the brow.*

*Breathe in and as you breathe out buzz like a bee.*

*Then do it with your mouth closed, humming the sound **Om (AUM)** – the sound of the Universe.*

Repeat 5 times.



## Breath of Fire

Seated comfortably, you are going to take some deep breaths in and out.  
Making sure you are emptying the lungs completely.  
Three or four of these.

Then we will embrace the breath of fire.  
The inhale and exhale are of equal measure,  
but the emphasis is on the **exhale**.

*The stomach goes out on the inhale and in on the exhale.*

This can be very confusing for people and we can over think it.  
So I invite you to focus solely on the exhale and think 'pump'.  
The stomach is like a pump as it goes backwards on each out breath.

*The inhale then follows naturally and effortlessly.*

The emphasis is on the exhale.  
It is all in the stomach.  
So nothing else is moving.

Sit with it for 1-3 minutes.

Build it up gradually

*I like to embrace 3 minutes a day*

Keeps the body ticking! :)



## Basic breathing practice – any time, anywhere

Being fully aware of the breath, the movement in the belly, the ribcage, the chest.

Being aware of where you can take the breath, to the feet, the hands, the legs and arms. Into the back, the shoulders, neck and head...

Keep connecting to the breath to allow the body to let go. To relax and rest completely.

*Be aware of what your breathing is like.*

*Is it deep and shallow?*

*Fast or slow?*

*Just observe. No judgement...*

*just observe.*

This awareness brings you into this moment.  
And of course the present moment is our gift.



## Ujayi Breath – oceans breath

Seated comfortably, allow yourself to connect to the breath and just breathe into the body.



This practice calms the nervous system and brings a sense of calm from inside out. We take the breath deep, imagining it like the movement of waves coming in and out of the ocean. You tighten the epiglottis at the back of the throat and create a hissing sound noise.

*To practice, start with your mouth open  
and as you breathe out, imagine yourself fogging up a mirror.*

*You have to breathe out fully and from the back of the throat to do it.  
Its a 'haaaaaa' type noise.*

*Practice this a few times and then close the mouth.*

*It will come and it is brilliant once it does.  
The inhale will come naturally with practice.  
Just keep thinking deep.*

*Allow yourself to take your senses inwards and enjoy it.*

## Breathing tools to access when in need



*Inhale for 4, hold for four, out for 8.*

*Inhale for 4, hold for 4, out for 4, hold for 4.*

*Inhale for 4 and exhale for 8.*

*Inhale and exhale of equal breath  
to watch the breath as you sit.*

Do your best to be aware of your breath at least once a day. It just enables you to become more and more aware. It is the bridge between conscious and unconscious living.

For visuals please see my youtube channel [NicksCorbett](#)



## The Chakras

There are seven main **Chakras**, though there are many more in the energy field.

**Chakra** is derived from the Sanskrit word 'wheel' and the word refers to the cluster of energy found at each point. They are based on the belief that we all have an energetic body which you cannot see but that has a profound effect on how we feel physically and emotionally and mentally. They connect us to the energetic field around us and to our physical body through the endocrine glands.

The **chakras** come together via the **Nadis**, the energy channels, all 72,000 of them!

These **Nadis** flow through the body, carrying **Prana** or vital energy, so it is imperative to keep them clear and flowing fluidly. The **Nadis** extend out of the **Spinal cord** and where they connect they create a wheel of energy – a **Chakra**.

There are three main **Nadis** and the largest of them are known as:

*the **Sushumna** – up through the centre,  
the **Pingalu** – on the right of the spine,  
and the **Ida** – on the left of the spine.*

Our bodies are amazing. When they are in balance they thrive and when they are out of balance they tell us. Whether we listen or not is a different matter. Our bodies are also a beautiful array of colour, like a rainbow, each **chakra** gives off a different colour and relates to differing energies.

As we become more and more aware of our 'self' we start to feel the energy within us and around us. We start to feel far more connected and we cannot always explain to exactly what!

However it is this **connectedness** that brings us closer to remember who we are and to our soul. Our soul is our innermost being, it is our awareness, our fundamental state before feeling/emotion/image/senses etc... When we reconnect to our soul we are beyond our self image. We are immune to criticism, independent of flatter and we feel equal to all. We are neither above or below anyone. We are fearless because we no longer need validation or a need for control. We start to move fluidly with the ever changing energy of the Earth. We start to trust again in a field we cannot see but is definitely there. Consciousness, quantum field... whatever you choose to call it.

*“A human being is part of the whole, called by us ‘universe,’ a part limited in time and space. He experiences himself, his thoughts and feelings, as something separate from the rest - a kind of optical delusion of consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty. The true value of a human being is determined primarily by the measure and the sense in which he has attained liberation from the self. We shall require a substantially new manner of thinking if humanity is to survive.”*

Albert Einstein 1934.  
*“The world as I see it.”*

*And we are NOW beginning to wake up !*





## The seven main *Chakras*



*The seven chakras, shown along with their colours, their symbols and their positions in the body*

## THE ROOT CHAKRA – MULADHARA

This is our connection to Earth  
Earth is the element for the Root Chakra  
It is represented by the colour Red  
It is connected to our Adrenals - our fight or flight.  
When it is in balance we feel rooted to the ground  
and we feel stable and strong. We feel safe.  
When it is out of balance we are prone to addictions,  
paranoia and feel insecure.

We can embrace Mudras/ Mantras here:

*“I replace fear with love.”*  
*“I am strong, safe and secure.”*

Sit with the base chakra and let all worries and fears melt away. “You are a stardust being having a human experience,” (*Deepak Chopra*) - make it the experience you want it to be. Fear holds us back. Love sends us forward.

Root yourself to the Earth and let yourself grow tall from here. Visualise yourself as your favourite tree and grow.

## THE SACRAL CHAKRA – SVADHISTANA

This is our connection to water  
It is about feeling and movement  
It is represented by the colour orange  
It is connected to our Creative organs.  
It celebrates our desires, our creative energy.  
When it is out of balance we can feel guilt, shame,  
issues with circulatory system, issues in the lower abdomen,  
emotional upsets  
When it is in balance we feel creative, we love pleasure.

*If you feel out of balance,  
sit with your awareness on the sacrum.*

*Ask yourself what do you blame yourself for?  
Why do you feel guilt/shame?*

*“I relinquish all guilt and shame.”  
“I embrace creativity and fluidity.”*

Holding onto stories that make you feel bad about yourself only encourage you to play the victim to your play. Feel them, feel the pain associated with them. Forgive yourself and others and LET GO. You have that choice. Want a happier life? Then take the path that creates a new story full of joy.

### **THE SOLAR PLEXUS – MANIPURA**

This is our fire element.

It is represented by the colour yellow.

It is connected to our pancreas, responsible for our sugar levels.

When it is balanced we have huge self-belief,  
we can do anything we want to and we feel very able.

We are full of laughter, joy and contentment.

When it is out of balance we lack direction,  
we play the victim and we feel frustrated and angry.

Breath of fire is great at burning out negative traits that sit here! :)

Sit with any concerns of failure or ‘can't do's’ and recognise where you feel these feelings of uncertainty and frustration. Breathe them out. Let them go. The moment we become aware of the scenarios that make us feel low, tired, bad about ourselves, we can start to change how we approach these occasions, we can start to make a difference in our approach. We can change the way we do things.

*“I can. I am. I will”*

## HEART CHAKRA – ANAHATA

The Heart is our air element.  
It is Love. It is our connection to all.  
This chakra brings the base three together with the upper three.  
It connects our earthly elements with all that is.  
It is represented by the colour green.  
It relates to the Thymus gland.  
It is important for our immune system.  
When it is in balance we feel loving energy, compassion,  
harmony, peace towards all.

*It is the house of the soul.*

When this chakra is blocked we have immune weakness, lung and heart issues.  
We lack compassion and fail to forgive. We build layers of cement over our heart,  
thinking we are protecting ourselves from getting hurt. In fact we are only bringing  
more hurt into our lives.

*Sit for a few moments each day, hands on heart and breathe.*

Connect to that vital organ that beats effortlessly over 100,000 times a day,  
that knows all the answers we need to know.  
Embrace a feeling of love, for yourself and for all.

## THROAT CHAKRA - VISHUDDHA

It is connected to space element.  
It is represented by the colour blue.  
It is about self expression and the power of the voice.  
It is connected to the thyroid.

*“I can and will speak my truth.”*

When we have a blockage here, we move away from honesty.  
We struggle to communicate and we hide from our truth.

*“I embrace communication, integrity and clarity.”*

## BROW CHAKRA - THIRD EYE - AJNA

It is represented by the colour Indigo. It is all about seeing.  
And it corresponds to the Pituitary gland on a physical level.  
This is the Master gland of the endocrine system.

When it is in balance we are clear thinking, wise,  
and very aware of our intuition.

When it is out of balance we lack mental clarity  
and we can feel depressed.  
We can live under the illusion that everything is separate  
when in fact everything is deeply connected.

*“I am aware that I am connected to all things.”  
“I allow myself to trust what I see.”*

## CROWN CHAKRA – SAHASRARA

It is represented by the colour violet  
It is connected to the Pineal gland

When in balance we feel enlightened,  
we are connected to truth and oneness.  
It is our connection to Source/Universal energy/God.  
It is closely linked to the central nervous system.

*Here we let go of attachments  
and start to embrace freedom.*



## The garden

So how can we help ourselves re train the brain?

**Affirmations** are great and sewing a garden of positive thoughts is also a great way. First we have to have the awareness of our thoughts... do you feel you are taking control of your thoughts now or are they still ruling you?

Every time a negative thought or feeling comes into your mind, replace it with a positive seed.

*For example try replacing 'I feel rubbish today,' with  
A happy seed. "Give me strength to be great today".*

*Or if you are feeling low in self esteem:  
"I am feeling really confident today."*

Even if it feels untrue. Say them over and over.  
You will start to rewire your brain.  
This is neuroscience!

## Affirmations

*Today I cleanse my mind, body and soul.*

*I am love*

*I am peace*

*I am compassion*

*I am non judgement*

*I practice non judgement*

*I release all conflict*

*I forgive myself*

*I forgive others*

*I let go*

*I am enough*

*I release all fears*

*I release all anxieties*

I am aware that I am not my thoughts.  
I am the awareness of those thoughts.  
When they are heavy and negative I have the CHOICE to say:

*I choose again, I choose love instead of this.*

*I am safe  
I am secure  
I am strong  
I am free  
I embrace kindness  
I embrace forgiveness  
I allow myself to feel  
I am kind  
I feel my pain and let go  
I feel my anger so that I can release  
I feel my sadness so that I can let go  
I am present  
I am still  
I am connected  
I am beautiful*

*Stick them everywhere!*



## The Attitude of Gratitude.

*How is your journal going?*



*If you are not journaling do you find that  
you are aware of being more grateful?  
If not we really need to get that journal out!!!*

When we are thinking of what we are grateful for it is so important to stretch ourselves outside the box. Remembering all the small things that really contribute to the big things. Our hands, our feet, having a shower, electricity, water... The rain that feeds the plants... and it goes on and on and on. And when we really stop to listen to someone or to watch the birds, we touch our hearts and again can be grateful.

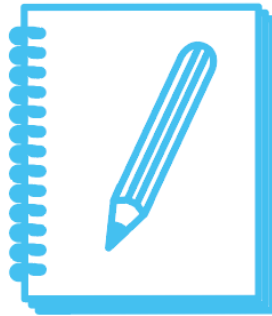
*Be consistent.*

It is important too that you value yourself and appreciate yourself and also that you allow yourself to be valued and appreciated. In every cloud there is always a rainbow to be grateful for. Do your best to find it and be aware of what opens up for you.

Gratitude makes us feel better and keeps us out of our heads. We move straight into our hearts. When you feel your head taking over and prohibiting you from getting to that attitude of gratitude. Take a moment to ask yourself why you are struggling with it. Why are you cross or being stubborn... feel it, face it and let it go. And bring yourself back to your heart. I am grateful for...



*Take a moment to scribble down five things  
that you are grateful for.*



*It also helps us come out of any negative state.*

#### **NOTE**

What do we do when we start to feel low  
or ill when practicing self care?

*We listen!*

It is the body saying, stop... I have stuff to shift. It may mean resting. It may mean meditating more. It may mean changing your foods. It may mean more massage...

*Really listen. It will be asking for something you have NOT been giving it.*

Try not to get disheartened. Deep healing takes time.

## How can we rediscover Joy?

*By practicing as many of the things we have learnt about so far.*

We need to be open to change and to looking deep within ourselves.

We can start by reconnecting to **Nature**. Taking more walks than we normally do. Opening the window of a car when in traffic and seeing if we can hear the birds. Or be aware of the life in the trees.

*Whatever you are doing, make sure you are really there,  
that you are fully present.*

*Listen. See. Smell.  
Make a note of it.  
Be fully conscious.*

It is the unconscious state that we live in that takes us away from truly living and seeing the aliveness of the world. The more conscious we are the more connected we are to the unseen, to the 5 sensory human being.

Gary Zukav talks about the multi sensory human being, and that is exactly what we are when we allow ourselves to go deeper.

*So, once again lets sit with the concept of:  
**Who am I really?***



## Who am I really?

*Sitting quietly, focus on the breath.  
Still the mind and breathe in and out through the nose.  
Now bring in that question.  
Let everything come through as it needs.  
No judgement.*

*Just allow it all to flow through you.  
2-5 minutes.*

*How was that?  
Note anything down you would like to.*



Now close the eyes again and take yourself back to that question.

*Who am I really?*

*And now add,  
“What is my soul's purpose?”  
“What am I here to share?”*

*Sit with it and breathe.  
(2-5 minutes)*

*Drawing a deep breath in,  
repeat in your minds eye:*

*“I am a sentient being,  
connected to all life,  
through light and unconditional love.”*

*Namaste.*

*Slowly open the eyes.*



## How to stop repetitive thinking, how to take control of our thoughts.

*The impact of negative and positive thinking.*

*“What you decide to pay attention to has a huge effect on what happens to you in your life. You are creating your own reality by deciding what to pay attention to... that is a choice.”*

Bill Harris.

We live in a Universe full of infinite possibilities. We are connected to way more than the eye can see. We are far more than five dimensional beings. We are, as **Gary Zukav** says, ‘**multi sensory beings**.’ The universe responds to what we put out there. It responds when we are clear in what we want and it responds to our thoughts.

*“What we think about, comes about.”*

*Mark Victor Hansen.*

So when your mind is doing its best to take you off into the what ifs and dramas of every given situation. Stop. Detach and remember who you are. A light being. Remember you have choice. Are you going to let your negative thinking patterns take over and fill you with worry and fears OR are you going to fill your mind with beautiful stories and images that will soon become your reality?

*Ok... So question one... are you a big thinker?  
Do you think a lot and imagine all scenarios possible?  
We have at least 66,000 - 77,000 thoughts a day..  
that is a lot to sift through!*

I can totally sympathise having been lost in my head for years. Creating, navigating, exploring all sorts of things that quite frankly created so much unease within me, in that I was a bag of mixed emotions and so far away from my heart.

Occasionally my heart would take over and wisdom would reign, and that was the moment of true creativity, true knowledge but I didn't understand that then.

I would refer back to losing myself in some form of addiction to hide from the world that felt way too different for me to explore.

*So, I encourage you **big thinkers**  
to check into your hearts and into your bodies.*

Your bodies respond to your thoughts and your mind responds to your body. So if you feel x, your body will feel x and when your body feels y, your mind will feel y. Do you see...

*You have to choose positive feelings to explore  
in order for mind/body to feel well!*

We have explored getting present and living in the moment and this is key to a better way of life, so I urge you to keep practicing this. Focusing on the body being still and focusing on the breath and **the third eye**. In time you will just access the present without having to focus at all!

*Another tool is **Attitude Breathing**  
and this comes from **Heart Math**.*

Please when you have time take a look at [heartmath.org](http://heartmath.org).

This technique helps you let go of the burden that thinking can very often become.



# Attitude Breathing Technique

Taken from “*Transforming stress for teens.*”  
R. Mc Craty, S. Moor, J. Geolitz and S. Lance

The more you practice this the longer the positive feelings will last and the easier it will become to click into a present state and shift the negative to positive.

## STEP 1

*Recognise a feeling/attitude you would like to change.*

*Write it down.*

*Now see if you can come up with replacement attitude such as...*

*“I cannot do my work.”*

*to*

*“I can do my work with ease.”*

*“I struggle with communicating my heart”*

*to*

*“I can communicate my heart with clarity and ease.”*

## STEP 2

*Letting that attitude go,  
now take your attention to your heart.  
If this seems difficult or strange for you  
then maybe place your head over your heart space.  
Now breathe.*

*Slowly breathe in for five and out for five.*

*Make each breath slow and deep.*

*1-2 minutes*

### STEP 3

*Breathe in a new attitude or regenerative word,  
for example confidence, compassion, calm,  
I can, I am, peace, trust, forgiveness, joy,  
contentment, health, happiness, love...*

*You can use one or two words.  
Breathe one in and breathe the other out.*

### REMEMBER

*To lose a negative thought pattern,  
it requires patience, discipline and  
needs to know you mean business.*

*So have a genuine attitude to shift to a new positive attitude.*

*It may take time but it teaches us patience,  
resilience and courage.*

*Practice Daily, this is very effective.*





## Replacing Negative with Positive.

Here are some examples.

*Angry and Upset – focus on calm and peaceful*

*Anxious – focus on calm and slow*

*Bored – focus on creativity and responsibility*

*Impatience – focus on patience and stillness*

*Foggy and confused – focus on clarity and understanding*

*I cannot – I can!*

*Judgemental – focus on compassion and patience*

*Shameful or regretful – focus on kindness to the self.*

+

*“To deactivate a negative thought,  
we need to activate a new thought.”*

G Bernstein.

+

Thoughts alone can effect our physical health and our mental health. They can create a huge amount of stress. Of course there are things in life that we cannot control but we can control how we deal with them. We need to deal with one thing at a time and we need to focus on our thoughts and our behaviours in order to deal with challenges from a safe, secure space and a place of calm.

We are conditioned in society to live pretty fearful lives. The news shares frightening, overwhelming, tragic, sad stories, 90% of the time that fill us up with mixed emotions such as guilt, sadness, worry, fears, helplessness, anger, judgement. None of the above are that positive or nourishing for the soul. In fact it breeds so much negative thinking and fears that it is very controlling on our state of mind and being.

*We need to be very strong to say ‘No’ to that noise.*

It does not mean we do not care but the best thing we can do is better ourselves and those around us so that this feeling spreads further and further out, neutralising the

fears and damming conditions so many suffer, both humans and animals. We can focus on love, compassion, kindness, patience and we can share these feelings via prayer, meditation, intentions, thoughts to everyone in the world.

So rather than getting lost in the mental chatter or in conversation about how awful everything is we need to take action on how wonderful life is, only then will we find world peace.

*The more heart centred we become,  
the more chance we have of spreading  
all those soul based emotions –  
love, compassion, forgiveness etc.*

About 7 years ago I stopped watching the news. Yes, I dip in and out so that I am not completely unaware but I can honestly say that since stopping, I feel calmer, less anxious, less fearful and I am no longer 'programmed' to live in fear. I care, of course I care. But what I have learnt is that if I want to help the world, we must focus on finding joy within ourselves so that we can spread that joy around us.

If we are not peaceful in ourselves it is hard to love unconditionally and to give unconditionally and to share our light around.

When we find a more peaceful, integral existence that lifts our hearts daily, we can love, live and laugh and share 100%.

*Negative stories drag us down  
and attract more negative stories.  
Positive, uplifting stories, uplift us  
and attract more positive stories  
into our lives.*

## **REMEMBER**

It is a journey and every little change is a big change.  
We cannot do everything at once! Everything you do with kindness  
and integrity will start to have a ripple effect. A positive one!

## Finding balance

There is also a **balance: if you find that you give the whole time, be aware of this.**

**First**, are you giving unconditionally or are you expecting something in return – whether it be friendship or something material?

**Second**, are you giving so much that you are burning yourself out? If so, then why do you feel you need to give so much? You cannot continue to give if you are burnt out! So make sure you give to yourself as much as others! This is a BIG lesson for us all!

We have now seen that our environment has a big impact on how we think too.

*How can you change your environment  
to help embrace the concept of positive thinking?  
How can you change your attitude?*

I would like to share an example here... the other day I was out in the blistering cold and rain sorting out the wonderful herd and my past thought process would have been, *'this is a bit shit. Winter is so tough. Moan, moan.'* However, this time, I played with a positive spin. *'Well out of these skies and rain, there is always a rainbow.'*

I kid you not, twenty minutes later, a beautiful rainbow appeared right there in front of me!



Thank you Universe!

## Changing our thoughts

So we **can** change our thoughts. The 'old self' loves to hang onto the negative way of thinking and to drag you back down as it feels safe there. It is what you know.

*But we **CAN** rewire the brain.*

*If you are often saying to yourself,*

*'I am worthless.'*

*Try rephrasing it to,*

*'I am worthy and I am able.'*

Even if you do not believe it. Say it. The more you say it the more you will believe it and then all of a sudden the body will go, 'yeah I am worthy and able!'

*The more we affirm something  
the more it becomes our reality.*

*We are the creators of our reality.  
This is neuroscience, quantum physics!  
You can rewire the brain.*

Really practice being aware of your thoughts. Notice when you lose yourself in drama, reactions, maybes, ifs, buts, should's, false emotions and insecurities, which then leads us to feel negatively towards ourselves and others.

*Maybe make a note of it.  
When it arises, sit with it.  
Stop. Get present. Breathe.  
Let it go.*

*Maybe ask yourself what is really going on...?  
Why do you make a drama of this situation?*

# SODA

SODA (inspired by Deepak Chopra)

Stop

Observe

Detach

Assess and then respond

# S O D A

STOP

OBSERVE

DETACH

ASSESS  
THEN  
RESPOND

*Always look at what IS happening  
and going on, NOT what IF.....*

*Always communicate rather than losing yourself in thinking.  
Just communicate kindly.*

Ok, let us remind ourselves that we have roughly over 70,000 thoughts a day. And that is a lot of thoughts. So the challenge lies in focusing only on the thoughts that lift us, encourage us and better us and those around us.

*This can be VERY challenging at times.*

At this point I share a piece that I wrote, when I was first putting this course together..

*“My knee aches, I have shooting pains, my back aches, I have chronic hay fever and my skin on my face remains flared up, red and angry... I want to think f...this... I have had enough, this is sh\*t... **So I decided to focus 100% on my breath (not easy with a blocked nose), on my fingers typing and on Being Well.**”*

This was not easy... and it is not always easy when we feel bad about ourselves and we have been given a diagnosis that feels very scary and there are little answers for healing from the medical world. However I want to reassure you that you can feel well again and you can heal.

When these pains or discomforts come forward it really is the body saying:

*“Enough.” You have to listen to me.*

We start to dig deep. We start to listen and we start to make changes and we start to let go of the old self and embrace a ‘new’ self. We take what we love with us and march forward.

*Healing takes time. Remember that.*

*Be patient and let things move through you.*

And remember if our thoughts can remain peaceful, healing will happen. If we let our thoughts spiral out of control we create stress and stress creates more **dis-ease**.

***We know** we have the power and the choice  
to focus on good thoughts or negative thoughts.*

***We know** deep in our hearts we are here to make a difference  
and to grow. The more connected to our hearts the more connected  
to our soul's purpose and the more connected we are to all.*

However challenging life feels and however daunting things may appear, you can make change. You need to commit to it for sure.

*It is not easy. But you can do it.*

It takes time, unwinding all we have learnt and been conditioned into thinking and rewriting the stories and the brain mechanics but it is **ALL** possible.

*So have faith,  
trust and believe.  
Everything will then flow.*



## More ways to retrain the mind

*Always tell yourself great things.*

Marissa Peer inspired the following:

*Always tell yourself, "I am enough."  
In any situation where you feel small, or unworthy.*

*Say it louder and prouder.  
"I am enough."*

*Always praise yourself:  
"I am great at this..."  
"I am wonderful at this..."  
"What I have to share is truly inspiring."  
"I am beautiful and kind."  
"I am compassionate and forgiving."*

*Replace the negatives with **positives**:  
Awesome, gorgeous, beautiful, delicious, healthy, heavenly...*

*"Happiness isn't about getting what you want all the time.  
It is about loving what you have and being grateful for it."*

*Unknown.*





## Changing the story

This follows on from **taking control of our thoughts**. The moment we become aware we realise that we are responsible for the story we choose to live.

It can be challenging to create our dream life. We may meet judgements – which create doubts and fears. We may meet restrictions, criticism and opposition – again, creating fears and doubts.

Too much change can be incredibly daunting for us. It creates a feeling of uncertainty and lack of control. However, the moment we make the choice to change, we start to observe little (and big) shifts daily. We start to observe miracles that lift our hearts and doors start to open that we never believed could. Light starts to shine over our path making us that little bit braver each time to take the next step. Very often we will revert to what we know and the universe will make it a little bit more challenging for us, reminding us that we are going a different route to what our heart and soul is crying out for... and we listen. As we sit with it, we can work out a way to move forward once more.

People may make judgements or choose not to understand and that is ok. It might look a bit flaky on the outside but you know that in your heart it is 'your' way of getting to the right place. Remember you are brave and strong to be taking the leap of faith in the first place!

*So what is your story?*

*What story keeps showing up and holding you back?*

*What is stopping you from letting go of it?*

*Who are you without it?*

*What would you like to change about your story  
so you could move forward?*

*Why are you struggling to forgive,  
so you can move forward?*

*Is your body hooked to that feeling of 'nothingness'  
or 'self doubt' or 'addiction to worry?'*

*Have you become **addicted to the drama of your story?***

I am by no means devaluing what you have experienced in your life, or belittling your experiences, I am simply trying to highlight the areas that feel very strong so that I can encourage you to embrace the tools to move on.

We become **hooked** onto the melodrama of our lives, on the things that have been so awful and hurtful that we loathe them and wish we didn't think of them.

But the thing is, the body is stuck in that memory. It is stuck in the past. And so every time you make an effort to change, the body says... wait a minute... I am happy here. We have good days, bad days... it feels safe."

*You **CAN** have good days always!*

*But you have to tell your body that everything is ok now.*

That you have felt the emotions, faced the emotions and let them go. It needs reassurance from your mind. So all the tools above are key to this and the power of the present most importantly. The body is so stuck in 'stress mode' that it is 100% addicted and dependent on the highs that come with drama ... and the lows.

*So we **MUST** get present.  
Breathe. And step into the PNS.*

*Meditation and Awareness are key tools  
to this development and change.*



## Meditation

*Closing the eyes.*

*Breathe.*

*Choose a **mudra**.*

*Feel the body **relaxing**,  
the shoulders **dropping**,  
the neck **lengthening**.*

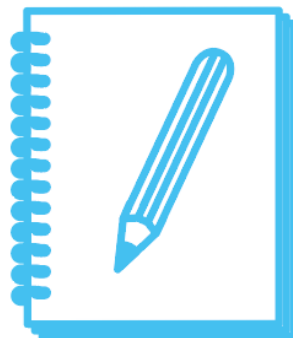
*The spine **growing**.*



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*Feel the energy moving up and down the back.  
Feel your sitting bones on the floor/chair.*

*Note down what comes up,  
asking yourself the following questions:*



*'Who am I?'*

Pause...

*'Who am I beneath the names,  
the titles, the clothes, the appearance?'*

Pause...

*Who do I want the world to see?'*

Pause...

*Do I let them see the real me?*

Pause...

*Do I hide behind anything?*

Pause...

*Where do I want to see change?*

Pause...

*How can I make the changes?*

Pause...

*What is stopping me?*

Pause...

*What am I looking for?*

Pause...

*Do I need to be recognised?*

*If yes, why?*

Pause...

*Do I feel safe?*

*If not, why not?*

Pause...

*Do we have good boundaries around us?  
Can we say no?*

*As you note things down be sure to be as honest as you can.*

It might be that you have recently had an **'aha' moment** or that you have hit rock bottom or either of these some time ago... or you might be new to exploring how to better yourself and your life. You may have been keeping in a 'safe' spot, where you are not particularly unhappy or happy, but something is calling you to change. Wherever you are is just perfect.

*Be kind to yourself on the journey.  
This is key.*

If there are parts of your story that you would like to let go of then now is the time to start. Start bringing in more and more of what you love and this will very naturally crowd out the things that don't make you so happy.

Make a note of all the things that lift you and be sure to bring these in daily as much as you can.

*'Trust yourself enough to let go, shift, and uproot.  
Give yourself permission to shed who you used to be.  
You are allowed to start over and find new ways  
to bloom into your best self.'*

Alex Elle



## Stress – How it effects us

We touched on stress last week, here, I just want to share what happens to us physically.

When we are stressed our heartbeat rises, our diet changes and we often sleep badly. It might be that on the surface we have nothing to stress about... but maybe the way we run our day to day or our thoughts is actually what is causing much of our stress?

We are very often way more tired that we know. For years we have been the 'doers,' achieving and doing and being so busy that we have not stopped. At some point, usually, not always, in our 40's the body says **enough**. It might be an emotional break down rather than physical. But we will be told:

*Enough!*

We crave sugars and suddenly realise we have done so for a long time now. We consume too much caffeine and processed foods, because we have no time to cook!

We forget to hydrate, breathe or move... we have no time! Meditate? Forget it!

*Well, this course is to say:*

***Enough!***

***Now it is time to Meditate!***

***Look after yourself!***

***Hydrate!***

***Move and LOVE!***

When we are **stressed**, our cortisol levels rise, and the body is asked to take glucose from the liver and we achieve great things. But if we do this day in and day out the body starts to break down proteins into glucose leading to a loss of muscle power and then guess what, we burn out!

**Cortisol** is **Adrenaline's** baby brother. It gets us up in the morning, it gets us through exams... it prepares us for activities ahead. It kicks **adrenalin** into action when it decides fight or flight mode is required.

*Stimulants trigger the body  
to produce more cortisol than is required.*

**Cortisol** then, very often, has nowhere to go, so it sits around the waist, for that just in case moment. There may be a famine around the corner and it needs to keep our organs warm. This is our DNA

*We should respect Cortisol.*

It enables us to do and achieve amazing things but we must also allow the body to restore and relax and rest.

*When you crave sugars,  
increase the good fats,  
increase your rest and your sleep and  
crowd out the caffeine and processed foods.  
And start being kind and loving to yourself*



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## Movement and Meditation, to close

*If you would like refer to **Week 3** and bring in a meditation tool and/or a **mantra/mudra**, this is the perfect moment.*



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