

SUCCESS ACTIONS WORKSHEET

Unleash Your
MEDITATION MOTIVATION
&
Reap The Rewards
In All Areas of Your Life

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WEEK 2 : 4 Keys To Success

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KEY 1 – Keep it Simple



KEY 1 will always be: KEEP IT SIMPLE. Keeping it Simple every time you engage with this Sensory Meditation Practice is the Key to your Success.

Its natural that the daisy knows where the sun is and that it turns it's pretty head to face that sun and soak up the rays. Our bodies too are designed to know how to turn towards that which is good for us, and to drop into a comfortable, coherent, rhythmic, flow state. The natural laws always apply.

Remember the Blue you saw in the Coherence Demo? Well, my dear friends the KNOWING of this rhythm and flow state, is within YOU TOO... for it is within us all. And whether we *think* it is or not, or whether we *believe* it is or not, the SIMPLE fact that it is remains!

And it gets even better! You see, there is even more inherent fabulousness right here in our body for us to tap into. It's true, you see, not only is this KNOWING of how to

align into healthful, rhythm and flow within us all, there is also a vast sensory genius within us all too.

Yes! These sensory cells which line the surface of our lips, our tongues, and our nostrils, have a supersonic gift to offer us. The reality is that these guys have been designed for millions & millions of years, to do just that; i.e., SENSE!

So please excuse the pun, I can't help myself, because it makes perfect "SENSE" 😊. When we go to the felt sensation of the air travelling in across these sensory cells, our inherent sensory genius does its tremendous work for us too.

This week we help ourselves to keep it SIMPLE by reminding ourselves that we are doing just that :> KEEPING IT SIMPLE! We are not reinventing the wheel, we are instead, rolling with ease upon the wheels of genius which Mother Nature has evolved for hundreds of millions of years.

KEEPING IT SIMPLE! We are dropping into what is already here within us. We are dropping into these biophysically interactive wheels crafted to perfection by the genius of Life Force Intelligence itself.

Our bodies know the rhythms of coherence that the biofeedback "blue" showed us in the biofeedback demo. And I am sure you recall, how this was so powerfully demonstrated using the metronomes too! Do you remember the clickity clacking devices we saw in that video in the Master Class and here in Class 2? YES! Well that's excellent.

YES! It's a win, win.

Our bodies can drop into these harmonic, flow-state rhythms with such ease and speed. This happens when we are in this felt sensation that following the SBE so easily and cleverly provides for us. It's perfect, right? And its Super Simple!

YOUR BODY KNOWS HOW

HINT : Step in and let the simple genius of life force intelligence show you what it can do for you !





Key 2 – KEEP IT BRIEF :

“Even a moment as brief as a single beat of a hummingbird's wings.....”

I reckon the Buddha, was an incredibly aware and super cool dude. He got the value of presence and that's for sure!

And by “got it”, I mean, that he got the perfect truth of how a single moment of pure awareness (which is by its nature, void of thoughts), is a miraculous moment of BEING, which brings with it, super benefits.

So here we are with Key 2, and Key 2 is always about “BRIEF” and it's always about the value that's available in a BRIEF moment!

On our Meditation Motivation Journey, Key 1 “Keep it Simple” and Key 2 “Keep it Brief” always work together... These two keys used together, work like those two keys you see used in the movies to open a safe deposit box at the big swanky bank! Yes, together, Keys 1 and 2 work in unison, to open a safe within us which holds incredibly valuable treasures.

Do you recall how last time, we looked at how a daily practice can be brief and still hugely beneficial? How even a daily practice of a few minutes can be efficient and super beneficial?

Ok, so this time we look at the value of brief moments *within* our daily practice and we begin to extrapolate that into our day in other ways too (more about this next time).

What's incredibly important for us all to hold onto, is the value that lies within a MOMENT OF BEING. Let me be more specific; each valuable moment applies to our daily practice. For within our daily practice any moment we are completely within the felt sensation of this air flowing across our cells is precious like a rare jewel. For these are the jewel-moments collected by the KNOWING Life force Intelligence within ...

Remember in Class 2, we saw how moving those clickety clacking metronomes up off a rigid surface allowed all of them to align and come into synch with each other? Similarly, each moment of being in pure sensory awareness moves us from that rigid non-aligned state. Each moment, no matter how brief, is a treasure...

And these moments of Being, they accumulate within in the most glorious way over time... More on this in our next class...

For now, my friends and in brief; the air is here... its free... its bountiful... and guess what... our bodies are breathing it all day, every day... 18,000 to 20,000 times per day to be precise... Therefore, we have thousands of opportunities to gather a Jewel... A Precious Moment of BEING

HINT : BRIEF is BEAUTIFUL, BRIEF is POWERFUL & YOUR BREATH IS ALWAYS AVAILABLE.



Key 3 – Be Realistic / Be Gentle with Yourself



"There are no straight lines in nature" M Finnerty

Everyone makes the journey to having a consistent daily meditative practice in their own unique way. And yet, there are patterns which I have seen repeat over the years, a knowledge of which, we can use to our benefit.

One of the key repeating patterns in all would-be daily meditators is the nonlinear manner in which the practice evolves. Lets look at a true life example.

This week I will share Martha's story with you. Martha took part in this course too, and she began her Sensory Breath Meditation Practice with gusto. Yes, she was meditating every day, using the audios provided at least once per day, and never missing a day. This continued for the first 2 weeks ... then it began to change... She

felt an old feeling of *"I have no time for this"* coming back into her day. That feeling of there being *"no time"*, really felt like her truth... And if we spoke about it she would say : *"yes but Martina I haven't got the time!"*. As a result, her practice began to occur less and less frequently.

I had met this many times before, and I have many times since... You see guys, it is one of the most common meditation-blocking patterns that occurs...

So, If this begins to happen to you, please remember that there are no straight lines in nature... And I encourage you to remind yourself that your Mind is learning something new... It may begin to question, or it may just lose interest and go back towards old Meditation-Blocking patterns.. This happens. If it's happening to you, it is OK 😊 ...

If this is showing itself in your day, I invite you to be patient with yourselves... Weaves and turns are a normal part of life and of evolution too... and therefore they may be a part of your journey with me on this Meditation Motivation Course... It can Happen so I am Just Saying!! And our goal is to be REALISTIC right ? And to be gentle with ourselves...And I have found over the years, that people knowing this can happen, really helps.

There are so many exciting new learnings and realisations on the way for you in this course... Hey! We are on week 2, your mind has not fully grasped the incredible value of this as a consistent part of your life... Not Yet!!

So As You Are Being Realistic With Yourself this Week You Can REMEMBER that even a Brief Moment of Being is Powerful and Beneficial, so if you cannot get yourself to sit into one of the SBE audios that are there for you as part of this course, then set a smaller goal...

Instead, practice doing the SBE for one long easy breath each time you do one of your daily everyday things like every time you go to get into your car... or when you sit into your desk first thing in the morning, or when you have dropped the children off at school and you have that first moment of you time! ... Go ahead, TAG IT ON TO SOMETHING (Anchor it) that you do every day already...

I have tagged mine onto several events, like each time I close the door on the dishwasher and it begins to wash our dishes... I pause, look out the window, give

thanks for the washer that is doing the work and allowing me a moment to BE! And I breathe and feel that sensation that is always there waiting for me to join it... and then I go on about my day...

HINT: If your attempts to have a linear, consistent daily practice weaves, remember there are no straight lines in nature.... Pause and take it one Sensory Breath at a time.



KEY 4 - Plan it into your day!

Our goal is to relearn how to **BE** during each and every day...

It really is quite incredible that we can go through a whole day so busy "Doing" that we don't have any moments of BEing at all !!!

Crazy right? But this is actually happening all the time!

Yes, this "'Doer'" is a prominent player in all of our lives..... And before you did this course its like that it really believed that not "DOING" something it perceives to be PRODUCTIVE... is well..... NOT DOING anything at all !! Right ? Sounds familiar...

And guess what, this "DOER" within us, before it learns the truth of the value of this simple, effective daily practice, considers "NOT DOING" as "IDLING".

In this course we are re-educating our inner "**Doer**" so that the "Doing" of **BEING** gets onto its daily agenda!!

It's an interesting concept isn't it? Learning how to DO, BEING ?

One of the best ways to ensure that you have a meditative practice daily is to PLAN IT INTO YOUR DAY...

Go ahead, think about and plan when and where you will do your SBE. And remember Brief is Perfect, and Every Moment of Being has Tremendous Value...

And as I was saying at Key 3 above, lets be Realistic and Gentle with ourselves. If a few minutes is proving tough to Plan into your day... Anchor a few calm Sensory

Breaths onto something that you already “DO” every day as part of your routine.

**HINT : ANCHOR a “Moment of Being Practice”
onto a something that you already DO every day...
Plan to Take some individual SBE breaths throughout your day
and you can enjoy each single one.**

““Even a moment of Being is mega precious””.



