

SUCCESS ACTIONS WORKSHEET

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

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WEEK 3 : 4 Keys To Success

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KEY 1 – Keep it Simple



Keeping it Simple pays off, like BIG TIME! Hey! The four keys to success are the same every week... this helps KEEP it SIMPLE !

Each week we are revisiting our Success Keys for a reason. Each week deepens our understanding of these Keys; therefore, we are expanding the power these simple Keys provide for us.

Here is an example of what I mean. Do you recall how in Class 3 we looked at the way the area of the brain called the SomatoSensory Cortex lights up when we go to the felt sensation? Yes... Super...

Now I want to share something super important... Within the first 10 mins of that class I mentioned what is perhaps, the most empowering FACT of all...

Here it is:>

IT IS BECAUSE

WE ARE FEELING THE FELT SENSATION OF THE AIR,

THAT THIS AREA OF THE BRAIN LIGHTS UP

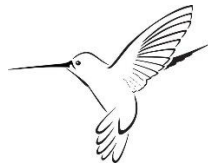
I realise that for a lot of folks it really is a new concept for the thinking part within, i.e., that "DO-er" within, to grasp that it does not need to think us into a state of "BE-ing". Actually there is no "thought" involved in it at all!

Our inner "DO-er" does not need to make this area of our brain lightup... that just happens automatically when we are with the feeling of the air... And this is the natural law...

Lets continue to KEEP it SIMPLE....

YOUR BODY KNOWS HOW

HINT : Focus towards feeling the sensation of the air flowing in... it really is that simple... and then the rest happens. Its the natural law ... and even a moment of feeling that sensation ... pays off enormously..



Key 2 – KEEP IT BRIEF :

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

These sensory cells which line the surface of your lips, your tongues and your nostrils, have been designed for millions & millions of years, to do just that; i.e., SENSE !

This week we saw the brain areas which light up when we feel a sensory feeling... like we do when we experience a sensory breath. Yes science has shown that the area in our brain called the somatosensory cortex lights up when we feel a cellular sensation.

The word "soma" is an ancient Greek word meaning "Physical Body", it is a special word in Greek which distinguishes the Physical Body from the Spirit or Soul. So, when

we look at the name of that area of our brains, we see the word *soma* in there... somatosensory cortex. The end of the word contains "sensory" somatosensory cortex. So, all together it means: Physical-Body-Sensory Cortex.

Yes it makes absolute sense: this area of the brain lights up when we bring our awareness to a felt sensation in our body. This is a Bio-Physical Response.

Biophysical responses, like the brains response to our sensing the air flowing in, are inbuilt within us. They are as automatic as our heart beat, and our breath breathing.

There are all of these interacting, automatic, biophysical cogs within each and every one of us. Each has been crafted to perfection by the genius of Life Force Intelligence itself.

And as we saw in our Class 3, this Radar of LifeForce Intelligence, detects and responds to, even a single moment of BEing. This is why, even a brief moment in complete felt feeling of that air flowing in across your sensory cells (in your nostrils or across your tongue), generates such a wonderful knock on effect throughout your body.

It's that domino effect, right !? 

Key 1 and Key 2 always work together. They are easy, easy, easy.... Key 1 [Keep it Simple] and Key 2 [Keep it Brief] work in unison, opening a treasure trove within. The benefits are numerous... because it is all connected...

We have looked at how a daily practice can be brief and still hugely beneficial, right? And at how even a daily practice, of a few minutes can be super beneficial, right?

Ok, so this time we look at the value of each brief moment *within* our daily SBE practice. The Radar of our Inherent Life Force Intelligence NOTICES even a brief moment of Sensing the air...

Today we extrapolate this fact so that we take it into our day in other ways... Yes our goal is to have a sitting (even for 5 mins) EVERY DAY... However, we can also have SBE Moments throughout our day...

What's incredibly important for us all to hold onto, is the value, to our BodyMind, in a MOMENT OF BEING. Each valuable moment, during which we are completely within

the felt sensation of this air flowing across our cells: these are the jewels collected by the KNOWING of Life force Intelligence within ... These are the treasures gathered for us... these nuggets accumulate 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 every day to gather a Jewel... A Precious Moment of BEING The take away is twofold, a Sensory Breath Experience will occur within your sittings, however are also Precious Moments of BEING here to be harvested and felt during our day... ENJOY !

HINT :

BRIEF is BEAUTIFUL,

BRIEF is POWERFUL

&

YOUR BREATH IS ALWAYS AVAILABLE.

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Key 3 – Be Realistic /

Be Gentle With Yourself



“The Truth Shall Set You Free”

When we understand what is going on, then we are gentler with ourselves...

I have found this to be true, over and over, during the past 17 years working with beautiful beings seeking solutions, like healing, stability and peace of mind.

This week I introduced you to my “Sceptic” friends, Doris and Paddy..... We all have a sceptical side to us... Hey, its ok that there is this aspect that NEEDS PROOF to BELIEVE.. It helps us to be discerning and make wise decisions.

And this is why all of my courses dive deep into the facts, the science and the common sense of it all. Understanding is Empowering, right? How does that old adage go...? Knowledge is? Power! Right!

However, here at the half way mark in our 6 -week course, it is important that we face some real facts and be realistic with ourselves. So lets highlight a few:

- Everyone will achieve progress in this SBE mediative practice at their own pace and in their own way.
- Be gentle, stay at it and it will happen...

I ask you this week to notice if there is a PRESSURE being put on yourself from within yourself.. You may recall, I also introduced the idea of our inner whip in this class!

This is because we all have one! I can give you some examples from several wonderful clients who have confided in me. Would you like that? Here are tips from these shared stories...

The most common “inner whip” , is a pressure that comes from an aspect of us that thinks it needs to be involved in the act of FEELING the felt sensation of the air! This is

our THINKING mind... this part of us, is so used to being in charge and being the DO-er of all DO-ings, that it just takes over and tries to MAKE us FEEL... the air...

Sounds familiar? If it does, welcome to the human race... It is OK if you notice this. It happens. It's a legacy of the human-DOings we have become.

If this is happening you, its OK... OK? You are here to RE-Learn the art of BEing. And believe it or not, this takes practice.

So be Gentle with Yourself. Read and re-read these tip sheets... the facts are sinking in. View and review your classes because that "Doris/Paddy" part of your mind hears these simple, empowering truths.

And most of all, PRACTICE !

Sit in with an audio, and practice...

Stand in the queue at the store and go to a felt sensation...

Remember, to ReMind yourself, EVERY precious moment of being is noticed and harvested for your higher good. For this is the Natural Law...

HINT: Notice if you are Pressuring Yourself in Your Practice, and Be Gentle with Yourself... You are doing wonderfully... Because you are Here and You are Invested in this Process for Your Higher Good.... Congratulations. It is all happening perfectly.



KEY 4 - Plan it into your day!

Week 3 Here We Come !!!

STEP 1: Ok my friend... Pick one act you already do every day ... like Brushing your teeth... filling the dishwasher... plugging in your phone to charge (now there's a good one! Remember the Healing Charge and Phone Charging story in our class 3?)

You Got one?

YES! ... Fab...

Now to Step 2.

STEP 2: Imagine yourself taking a Moment and *Being* with a Felt Sensation while you are doing that chosen action from Step one above. Imagine yourself doing and SBE EVERY TIME you DO this Action.... Go ahead IMAGINE THAT NOW...

Imagined it ?

YES! Fab...

Now to Step 3.

STEP 3: Pick a day this week and DO the imagined actions from 1 and 2 above.

Can you guess what Step 4 is?

STEP 4 : > > REPEAT ! 😊

HINT :

PLAN TO DO YOUR SBE

Set a Reminder on Your Phone !

Set Your Intention to BE with this simple practice