

SUCCESS ACTIONS WORKSHEET

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

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WEEK 4 : 4 Keys To Success

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KEY 1 – Keep it Simple



Isn't it simply wonderful to know that our brains can change at any age? To know that simply taking your focus to the felt sensation of the air, flicks a switch within you?

We keep it simple because it is!! Simple, right?

Feeling the air is like flicking that first Domino in a magnificent stream of Dominos within you. Yes! A health-full Domino-effect essentially flows right down through your body, serving every organ and every gland. Science has shown us the benefits, and those improvements in your Immune-system are just one of those.

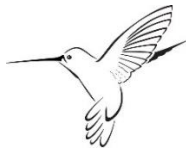
Isn't it simply wonderful to know that this health-full, Domino-effect flows throughout your brain too? To know that feeling the air flowing across those cells in your nostrils or your tongue, sets off this amazingly beneficial flow, inside your brain too?

In class 4, I deliberately brought our attention to how, *feeling* the air brings you into a state of being that is "other than thinking". I showed you those areas of the brain where thinking occurs, and how these go "quite" (like, sssshhh!) when we focus on feeling the air.

It couldn't be any simpler! And that's why we Keep it Simple! We keep it simple because when we do, then the vast intelligence of Life Force Energy within us, does the rest.

HINT :
YOUR LIFE FORCE INTELLIGENCE
KNOWS HOW TO DO THE COMPLEX STUFF
& NOW YOU KNOW
THE SIMPLE PART

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Key 2 – KEEP IT BRIEF :

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

What a start to Class 4, right? The feedback, from all those wonderful participants on the many and varied effects they were noticing in their lives after only 3 weeks; blew me away! What about you?

Ok, so I have been going on and on about the fact that these sensory cells lining the surface of your tongue and your nostrils, have been designed over millions & millions of years, to *SENSE!* Just asking you now, in person, since I have you on our own here in this Tip-Sheet document!!



Did you know these cells are this super-good at their job because they evolved as a lifesaving mechanism?

It's true! They evolved, to send messages to your brain, super-fast! Out in the wilderness millions of years ago there were no food labels or "use-by" dates!! And even today, we can't have Doris eating a rotten tomato, now can we? [have manners Paddy!!!]

All joking aside, a brief moment of sensing is super powerful, because it is super potent. These cells and their sensors are linked with the ancient and magnificent, Life Force Intelligence within you. And hence, each precious moment of BE-ing you be, is registered by the Life Force Intelligence within you. Its the natural law.

As I said last time; Keys 1 and 2 always work together. They are easy, easy, easy.... Key 1 [Keep it Simple] and Key 2 [Keep it Brief] are always working in unison opening a treasure trove of benefits within. And many of those benefits were shared by participants in this week's class.

Filo who had been terrified of flying, post pandemic, went from having bad dreams before the trip, to doing her SBE on board and enjoying both her flights completely.

Then there is Edel, who shared with me before beginning this course, that going to her breath in any meditation at all, would set her into an anxious state. Here in class 4, she shares that not only is she enjoying this SBE meditation, she used it during the week and it helped her through a very difficult situation.

Catherine who is an avid Yoga enthusiast shared how during a Yoga class, her going consciously to the felt sensation of the air, helped her body find that extra elasticity with ease. She was thrilled with this and the added bonus that it is "personal" and she loved being aware that this is her "own personal sensory experience". YEP! No one else in the class knew what she was doing. I love it!

This Sensory Breath Meditation is a gift that keeps on giving. When we tap into this Ancient Intelligence within, it orchestrates an abundance of health-full Domino effects for us.



HINT :

BRIEF Moments of BEing are POTENT

Because its Life Force Intelligence that's tapping them!

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Key 3 – Be Realistic / Be Gentle With Yourself



"The Truth Shall Set You Free"

Don't you just love that being gentle with yourself includes speaking the truth, and keeping it REAL?

In our classes we have seen that like a *Radar* in a submarine notices movement in the deep ocean, our Inherent Life Force Intelligence NOTICES even the briefest of moments when we truly Sense that air... What's incredibly important for us all to hold onto, is the liberating truth, of how valuable to our BodyMind, each MOMENT OF BE-ing is.

BE, even for a moment, and Life Force Intelligence gets busy reallocating resources to several areas of your brain, and especially to those areas of your brain that most need it. Yes! You quieting down your thinking mind, provides a wonderful opportunity for your brain to experience that Spring-Clean Yvonne was talking about during class 4.

Have you ever tried to clean up your home, apartment or office while loads of people were milling around? Yvonne's analogy is brilliant, isn't it? We simply cannot get the house in order if there is a rave party going on!

Now think brain. Ok! Right this moment get this brain of yours into focus. Now ask yourself, how can my brain's-floor get mopped up and shiny clean, when there is a constant footfall of thoughts and thinky-stuff coming through? How can the vast sediment (of information/data) that has settled on the floor of my mind during any one day, get picked up, sorted out and allocated appropriately (which includes

discarding loads of it in a bin!), while my thinky-tip-feet keep stomping around with more and more?

Lets keep it REAL shall we?

People's heads are soooooo busy, like all the time...!! Busy at a level that runs way deeper than the multitude of thoughts presenting while flicking through videos, memes, tik-toks, insta-posts. Busy with compare-despair while watching those they "follow" on social media. Busy replying to emails, texts, voicemails, messages... Busy thinking "I should have replied to x, y & z"! Busy, running for the next train, the next meeting, the next school pick-up... Busy listening to a podcast while cooking that meal!

Our brain is our primary thoroughfare for everything... Not just the busy-ness outlined above. So how can it stay in ship-shape and help us be our optimal selves when there is a constant footfall flooding through?

YIPEEEEEEE !!!! THE SOLUTION IS BOTH SIMPLE & GENTLE! Empty that space out for even a little while, and things can and will be put into their natural, higher order.

Remember our little lemur's on the Island of Madagascar? I shared their story with you to highlight the phenomenal genius of Life Force Intelligence. This intelligence crafted the biophysiology of these Golden Lemurs' in a manner that allows them to not only survive, but to thrive on Cyanide-laden bamboo shoots!



Look! The bamboo shoots were already there! And there were so many species of Lemur it was getting tricky to keep em all thriving and not killing each other competing for resources. To a genius like this Ancient Vast Life-Force Intelligence, it made sense to use this resource. All the Lemur's could thrive better together if this naturally poisonous resource could be used. So, Life Force Intelligence found a way.

You can be GENTLE with yourself, by checking in with this REALITY. I am gently re-MINDing you here and now, to consider how wonderful this truth is: every single cell in your body is imbued with this exact same Life Force Intelligence.

The changes Dr Sara Lazar and all those other scientists show happening in our brains, when we meditate regularly, are changes orchestrated by this Life Force Intelligence.

It KNOWS how to do the Spring Clean, It KNOWS the resources your brain needs, It KNOWS where those resources reside within you and how to do what is needed to take you to your optimum state.

And now you know and are becoming more and more skilled at, consciously and with intent, bringing yourself into a state of being which supports this genius within you. The rest, is taken care of, as it does its powerful work for you.

HINT:

**“BE” and the Radar of Life Force Intelligence within you
will find Your Resources, and IT knows how to do the rest...**



KEY 4 - Plan it into your day!

Last time I advised we re-read these tip sheets... and even re-view the Class videos. Maybe this week, your PLAN step, could incorporate, PLANNING a review of one of the resources from your course so far?

The word RE-mind resonates here. We all need to RE-mind ourselves of facts and info. Its how we learn, its how it becomes inherent and part of us... Yes! Its natural, to need to hear it more than once, or see it more than once.... That's a SIMPLE, REALISTIC and GENTLE truth; OK?

This week I invite you to continue exploring that something real in your day that you can anchor a Sensory Breath to. Like that lady I mentioned in Class, who is from Dublin. She called me to share, how driving to work in the city each morning, she goes to the breath when the traffic lights are red. She told me: *“Even if it's only 10-seconds left on the red-light when I get to the lights Martina; I make a point of noticing the cool air flowing in. And I am noticing the difference in myself, every single time, as I continue and drive on!!!”*.

She discovered that going to the “felt-sensation” even for a brief moment, dissolved an impatience she had been experiencing every work morning for 15 years!! That

sense of rushing that used to be her morning standard had transmuted into a sense of “loads of time” and flow. And now she's arriving at work, grounded and in balance.

This TipSheet is gifting you a Simple, Brief, Gentle, Re-MINder that EVERY precious moment of BEing is noticed and harvested by the Life Force Intelligence within you, for your higher good... Not because I am saying so, but because it is the Natural Law... It is a REAL fact.

Now go forth, PLAN, set and re-set your Intention.... Its all happening perfectly and in its own good time, and as always its aligned with your SAT-NAV.

HINT :

**Simple, Brief, Gentle
Works**