

SUCCESS ACTIONS WORKSHEET

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

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WEEK 5 : 4 Keys To Success

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KEY 1 – Keep it Simple



Getting up and out with a Sensory Movement Meditation might seem less than simple! Yes, It can be tricky at the beginning. Like Catherine was saying in class 5, it is like learning a new dance. 🧘


A dance that I promise you becomes deeply satisfying when the breath, your step and finger-tap come in to sync. And hey! I guarantee you, that on those mornings, where the last thing you feel like is a walk; this baby will simply get you going...!!!

You see it's a MOOD CHANGER: Plain and SIMPLE!

The feedback has proven what I have known myself for years. Getting the *bod* out the door, with the headphones on, and engaging with the "DOING" of focusing on my instructions and getting into sych..... gets us (as the saying goes) "out of ourselves".

Meaning of course that it gets us out of our "thinking-selves" and into our magnificent body's. Then the genius of Life Force within switches on that wonderful cascade of healthful Dominos we have explored together.

Speaking of dominos, have you ever set up dominoes? I used to have some as a little girl. I recall my excitement setting up super, long lines of them. Then holding my breath as I gently flicked that first one!

The thrill of their sound and movement, one tapping another and that one tapping the next, as if they were all playing tag. 

And its similar within us when we set a biophysiological energy message into action. We explored in Class 5 how deeply within us change happens when we engage in a meditative sensory exercise. Together we explored some research demonstrating how the effects of meditation reach all the way down to the very core of our genetic code.

Can you pinpoint the super important message from this research that is brought to you in this class, in this course, in all of this ???

I will say it plain and simple! Just like when I enjoyed dominoes as a little girl; it was never merely about those dominos falling and tapping one to the next. It was about me investing my energy into setting up those Dominos and then giving a gentle flick to that first domino.

What I invite you to consider here in, Key 1: "Keep it Simple", is the incredible effect of a mere finger-flick!

Join me and imagine it now! The energy from my tiny finger-flick passing all the way down the line to the last domino! That's what was so exciting and so rewarding. That something so simple could reward me so much. And so it is with our Sensory Breath Meditation, a Simple Flick of Consciousness on to the Felt Sensation, sets off a Domino-effect within.

**Yes! We simply flick our awareness to the breath
and our life force intelligence does the rest.**





Key 2 – KEEP IT BRIEF : BRIEF IS POWERFUL

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

I have been saying it all along, and now you are beginning to know the absolute truth of it: BRIEF IS POWERFUL!

You make that conscious-effort to BE the experience of the air flowing across your cells, to be in the felt-sensation of your breath's air flow... and even if you are only in that “felt sensation” in a way that feels absolute, for a mere moment.... Its still generating an effect... BOOM!! Just like that finger-flick, that sensory moment, sets the Domino-Effect off within you.

This Domino analogy serves us so well... Life Force Intelligence sets up the Domino-effect within you in a magnificent, complex and far more profound pattern than my linear-Dominos as a child. The biophysiological cascades within you run in so many directions at once, and run deeply throughout your body, your brain, your mind, your wonderful cells and your genetic code.

At Key 1 above, we spoke about, how feeling that air is like flicking that first Domino on a magnificent line of healthful Dominos within you. A sensory breath can begin a health-full, Domino-flow, right down through your body, serving every organ and every gland.

As I write this TipSheet for you, science has already shown us many of the benefits meditation brings. And as you read this, researchers are continuing to do so.

I am reminded of the Irish band “One-Direction” as I write this. I recall how exciting it was, as a little girl to watch my dominos flow in their one, linear, direction. As an adult who was initially trained as a biochemist and now working in this magnificent healing field for decades, I can sense the vast matrix of domino-effects, that the biophysiological genius within orchestrates in response to engaging in this simple, brief and frequent DOing!

I reckon most folks when they think of dominoes imagine that classic scene, when they are all falling in a continuous flow. And can hear the sound of that river of

dominos moving. Of course that's the bit we can easily imagine; it's the exciting bit, right?

However, I want us to focus for a moment on what makes that wonderful event possible in the first place? We have already looked at the finger-flick in Key 1: Keep it Simple. Now we look at the cumulative effect of engaging regularly in your Sensory Breath Meditation Exercises.

This is where Key 2: Brief is POWERFUL, truly packs its punch!

It's the exact same as when I was a little girl. It always began with the simple brief action of taking one domino, and standing it up tall on a steady surface. Then taking another and placing it in front of that first one, and so on... Then one flick, and those dominos took on a life of their own!

You can see where I am going with this, right?

One felt sensation. Then the next.... Each is a brief event. Each sensory moment is powerful.

And here is where it gets super exciting. We set our SBE's up too, one by one. That line of dominos represents our line of sittings.

SBE one day, set another SBE up and get it done the next day...

Ok! Maybe we miss a day.

However we never leave a big gap!!! Back into it the next day...

You get what I am showing you here? We keep the line of SBE meditations going. We set em up in a nice long line, over days, and weeks.... And the reward is ours. It is the natural law. It is soooooo much easier to see and feel the reward of that line of Dominos falling just right for us, when we have set em up to do just that!!

HINT :



Keep it Simple

Set 'em up

One by One



Key 3 – Be Realistic / Be Gentle With Yourself



“The Truth Shall Set You Free”

As I was saying at the beginning of Key 1: Keep it Simple, Yes! getting familiar with the Sensory Meditative Movement Exercise, can be a little tricky at the beginning. And so Key 3”Be Gentle With Yourself” interweaves with Key 1 perfectly now. Yes Friend, Be Gentle with Yourself!

Hey! I began this exercise by getting my breath and step in sync first, and only my breath and step. It was a couple of days before I brought in the fingers.

I remember in those early days, trying to do all three at the same time!! I assure you it would have been easy to *not* be gentle with myself!!! However, Key 3 came in to play and instead I praised myself, for being out walking in the first place, and super praised myself for getting the breath and my step in sync on even a few occasions during that first walk..

When you are being realistic, you are being gentle with yourself. And so, you begin with wherever the settings are on your sat-nav. This means beginning where YOU ARE! Begin with what can work for you because that is the perfect place to begin.

Then “Keep It Simple” by reminding yourself that even a “BRIEF MOMENT OF SYNCHRONY” is powerful. Its ok if there are tons of moments where you are out of sync. Like seriously!! It is!!

The same rules of the Life Force Intelligence Radar apply to this mediation, while you are on the move as they did in all our sitting meditations to date!

You Got This. ENJOY the Adventure on the Move 😊



I mentioned earlier on that I had dominos as a little girl. I had to work at being patient as I set up my dominoes, one by one. And at the same time I was filled with anticipation for the big event!

FLICK!  Yes! It was worth that time and patience!

I know that I never, ever, doubted this effort would pay off. I knew the reward that was coming, the impact from the tiniest flick!

Watching my childhood dominos on the move, they were like a living entity.... Moving in flow... Their movement, slick and “boyz oh boyz” was there some kick when it made it all the way to the end. I mean I set up 100's at a time!

And if it stopped midway? Yeah, I was peeved... I may have even walked away and left it for a day. Then I would go back to the beginning and set 'em up, one by one again. Tweaking it a little bit so they were positioned just that perfect distance apart.

I learned from each one that “seemed” like a failure... And then flick! Boom!! All the way to that final domino!

Once again, we are Keeping it REAL!! There will likely be days that we do not sit into an SBE. That's ok! Hey the research done by Dr Spiegel's' team at Stanford has shown that the effects of a simple 5 minute breath meditation are ours even if, during a 30 day run, the meditation is completed on only 20 days!!

The goal is to integrate this simple Sensory meditation into your day to day, as many days in a line as you can... AND BE REALISTIC AND GENTLE WITH YOURSELF... if you miss a day... You just do it the next or the next...

You have a choice of Audios, and a choice of Durations. ENJOY EM 😊

YIPEEEEEEE !!!! ONCE AGAIN, THE SOLUTION IS BOTH SIMPLE & GENTLE!

So you can be GENTLE with yourself, by checking in with this REALITY.

HINT:
Set em UP One by One
If there is a Gap,
Just Come “BE” The Next Day
Life Force Intelligence has Got this ☺

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KEY 4 - Plan it into your day!

Over time, we get better and better at bringing a simple moment of BEing in to our day. We do this by going to the felt-sensation of the breath... like my Dublin friend at the traffic lights.

Hey, I even have a client who is the CEO of a pretty big corporation, and he goes to his sensory breath as he locks his home each morning and continues it as he walks to his car!

GO AHEAD : Plan it into YOUR day.

Make it yours... Anchor it to something simple and regular in your day...

Like it is for the folks in the two example above, this week I invite you to explore doing a moment of Sensory Breath with your chosen existing daily ritual. You have something real in your day that you now anchor a Sensory Breath to. This week explore DOING it.

And Key 3 : Be Real and BE Gentle with yourself applies too. I recall that at the beginning I ALWAYS FORGOT!!! And later in the day I would berate myself for having forgotten!! Or for not having done it at all!!

SOLUTION: I set several reminders in my phone to remind me. My favourite one that I set to pop up every hour was:

“Have you done it yet?”

Seriously I had this popping on my phone all day every day, until I had my own brain popping an internal reminder for me, because it was now an internal daily Doing. 😊

I too discovered that going to the “felt-sensation” even for a brief moment, dissolved my sense of “no time” and I began to “feel” – “more time” in my day... more spaciousness within myself and a lot more calm and peace in my life.

Once again this TipSheet is gifting you a Simple, Brief, Gentle, Re-MINDER that EVERY precious moment of BEing is noticed and harvested within you, for your higher good...

Now go forth, PLAN to set up your Dominos, one by one.

- Re-Minding yourself that Brief is powerful.
- KNOWING that Realistic and Gentle gets the best result.
- And anchoring your Sensory Moments to a daily routine helps you to integrate it into your day...
- As does a simple PHONE-REMINDER ! 📱

Go for it my friend.

HINT :

Use Technology

Use Your Existing Daily Routines

All Help Establish YOUR SBE-Doing Daily

“Have you done it yet?”