

## 5 Simple ways to create calm

Do what you love and love what you do

- ONE** Find a place in nature and take several slow breaths. Breathe in and hold the breath for three counts, then exhale. Empty your stomach fully of breath by pushing your stomach with your hand towards your spine. Follow your breath in through your nostrils down to your belly and back up and out through your nostrils. Continue this focused *witness breath* until you feel quiet and continue to touch your body somewhere you are holding tension and breathe into that area. With this exercise you are connecting to your inner self in a physical and spiritual manner, building trust with the inner you.
- TWO** Find a quiet place during your break to sit. Take a deep breath IN and hold for as long as you can and when you exhale say out aloud *Ahhhhhhh*– a sighing sound. When you take your next breath in, lift your shoulders tightly up to your ears as you hold the tension. Now drop your shoulders and exhale sounding the *sighing breath Ahhhh*. Repeat as many times as you need to begin to feel the tension leave your neck, shoulders and body. Now breathe in gently staying a few moments with your inner self. Stand up and stretch, roll your shoulders or twist your spine. This exercise can be done in a toilet for privacy if needed.
- THREE** Find a quiet place to stand to ground, to connect yourself to the Earth. Start with the focused inner *witness breath* for several moments and connect with your inner self. Next imagine you are building a *golden cord* running down your spine from the base of your skull to the bottom of your spine. Using your breath with each section. Next see the cord separating towards each hip joint. One leg at a time, run the *golden cord* down the centre of each leg until it comes to the bottom centre of each foot. Now join the chord together 6 inches below your feet at the Earth Star Chakra and see the cord run down into the centre of the Earth. Breathe in fresh earth energy up your cord to the base of the spine, then up the spine and out the top of your head on the out breath. Repeat several breaths in this way, then reverse. Breathe in from the Cosmos down to the base of your spine and out down the legs into the earth centre. Try this exercise for three minutes each way. To achieve deep relaxation, do the exercise lying down.
- FOUR** This exercise is done at night before you retire to bed. Place a candle onto a table at a position that when sitting, the candle is at arms length away from you and at eye level. Light the candle and turn off all other lights. Breathe and focus on the candle, watching it flicker. Think thoughts relating to the candle, its color, movement and nature of the light. After five minutes of breathing with the *candle light* imagine you have a candle flame inside your Solar Plexus. Continue breathing and feel the light flickering within your body. Breathe for several minutes in this way and each day increase the amount of time you sit with the candle. This exercise begins to focus your mental chatter. Each time your thoughts stray, return to thoughts about the candle light.
- FIVE** Begin with the *witness breath* for several breaths in and out. Next bring your focus to inside your head and imagine a *still silver pond*. Your emotions and thoughts create ripples across it's surface. These ripples are symbolic of the mind's chatter. Slowly focus your mind to see and feel the *silver pond* a still flat surface, with no ripples. Maintain this focused attention until all is still and calm. Breathe in the stillness and quiet you have achieved. This exercise is great to lead you into a sleep state.

