

Free Resource : Creating Calm

Breath, Grounding & Mindfulness

GOLD COAST

MEDITATION

SQUARE BREATH

This foundational breath practice allows you to centre and access the calming parasympathetic nervous system.

This breath is often used by first responders to focus, gain control and manage the stress response.

Perform this breath technique for 3 to 5 minutes.

Sit comfortably with your spine erect, eyes closed or with a soft gaze. Hold your right hand on your abdomen (just above your belly button) and your left hand on your chest.

Inhale slowly and effortlessly through the nose for a count of four. As you inhale you should feel your belly expand and then your chest.

Hold your breath for a count of four. Exhale slowly for a count of four. As you exhale feel the chest deflate first then the belly.

Hold your breath for a count of four and then continue cycling the breath.

In for 4, hold for 4, out for 4, hold for 4.

LIQUID GOLD

The mind and breath flow together. A calm mind leads to smooth breath and smooth breath leads to a calm mind.

A daily breath practice is a powerful tool for balancing your nervous system and improving mental health.

Breath is the bridge between mind and body.

A regular breathing practice for just a few minutes a day can produce long term benefits.

Sit comfortably with your spine erect, eyes closed or with a soft gaze. Take a couple of slow mindful breaths to prepare. On the next inhale imagine your breath is liquid travelling up your spinal column. Allow the liquid to pool in your head before it spills over on the exhale and flows down the front of your body to collect in your pelvis.

Cycle this breath for 10 full slow breaths. If you are visual allow the liquid to be gold in colour or any colour that suits and soothes you.

Repeat anytime you notice that your mind has wandered off or that your breath has become shallow.

GROUNDING

You may have heard that grounding is important but why is it so beneficial? Apart from drawing in scattered energy and allowing you to better direct your attention, we are electromagnetic beings. Electricity needs grounding.

Like a tree that is firmly rooted into the Earth grounding prevents you from being thrown off balance and brings you back into your centre.

Ground anytime you feel scatter-brained, disconnected, tired or out of balance.

Grounding is also great as preparation for meditation.

Experiment with various visuals such as a heavy anchor or grow deep roots like a tree.

Sit or stand comfortably with your spine erect. Take a couple of slow relaxing breaths, then imagine a heavy chain with an anchor attached to your tailbone. Drop the anchor and chain and allow it to travel deep down into the earth.

Imagine it travelling as deep as required for you to get a sense that you have become secure and you are rooted into the bedrock. Notice if your spine straightens and you feel more centred. You are now standing strong, connected to earth's energy.



TIP! If you are out in nature and sitting directly on the earth, try the Liquid Gold breath a few times and then start to cycle the breath down your front then directly into the earth and back up the spine instead of pooling it in the pelvis. This one is a real zinger!

METTA MEDITATION

The heart generates the largest electromagnetic field in the body and has an electromagnetic energy field 5000 times greater than the brain's. This shows just how influential our heart is on our state of being.

The heart sends more information to the brain than the brain sends to heart. When the heart's rhythm is erratic and disordered due to stress, the brain's cognitive processes are impaired.

Creating coherence between the heart and brain improves cognitive function and reinforces positive feelings and emotional stability.

Here we will harness the power of positive intentions, with a Metta meditation that leaves you in a state of heart-brain coherence.

Sit or lie comfortably, eyes closed or with a soft gaze. Take a slow mindful breath while you choose a positive phrase. It can be anything positive but an example is 'may you be happy, may you find peace, may you be safe'.

Think about loved ones and silently recite the phrase to them as a group or individually while you focus on the heart. Continue repeating the phrase as you move onto acquaintances, neighbours or a difficult person.

Lastly direct all this loving attention to yourself, repeating the phrase, keeping your focus on the heart.

How do you feel now? Do you notice a difference in your state of being?

FOR KIDS

Kids need resilience especially in these rapidly changing times.

Try these heart centred practices while you guide your children to a place of happiness and calm.

Do this anytime you feel, as it is great for adults and kids alike and is beautiful when done regularly to help cultivate an attitude of gratitude.

Sit comfortably and together take a few slow calming breaths. Ask your little one to imagine their favourite colour filling them up as they breathe in and out.

Then ask them to find a really happy memory, visualise it, remember the details of it. Then ask them to hold that memory in their heart for 3 to 5 slow deep breaths.

This will create coherence between the heart, mind and emotions and can even regulate the heart beat.

TIP! Use bedtime as a great way to ask your kids to find 3 things they are grateful for from that day. Works great for adults too.

Meanwhile WE are grateful for YOU!

Water cuts
through rock,
not because of
its strength,
but because of
its persistence.

Jim Watkins



