

## Mindful Living

*How to live your life with more meaning.*

*Opening potentials for increased inner peace, self love, joy and happiness.*



This transcript has been notated from Mindful Living talks I conducted in 2019.

To begin I will share a little bit about myself and how I got to where I am now. I grew up in Perth in a single child, single parent family up until the age of 11 years where I then inherited two brothers and a step dad which lasted for around 10 years. From the age of 5 years i experienced my first sexual abuse and i experienced several more of these events up until i was 22 years old. Over my teenage years and into adulthood I experimented a lot with drug usage and alcohol. I also experienced ongoing cycles of anxiety and depression.

I have always loved singing, animals and nature and I have always been inspired and fascinated by the earth and my environment and how everything works or doesn't work.

In my teenage years I began to have real difficulties in finding any inner stability, security and certainty. I experimented with a lot of drugs and eventually I fell into a deep depression and anxiety after highschool had finished. Over the following years I continued to distract myself from really getting to know myself and continued to party and drink my life away which seemed pretty aimless. I did have a passion and career focus with the idea that I was going to be a famous singer, so I pursued that focus for a long time. On the sidelines I would attend meditation groups, sound healing classes and i completed my first reiki degree.

Around the age of 33 years old my partner at the time and I were thinking of having a baby. This idea propelled me into an acceleration of self discovery, reading many books by authors like Wayne Dyer, Deepak Chopra and Gregg Braden.

My daughter arrived a year or so later and although I was prone to becoming overwhelmed, wrought with anxiety and cycling into depression I knew I had to do something more, there had to be more to this life than constant struggle.

A few years on I began doing some coaching and dreamwork with a bodytalk practitioner which further accelerated my journey and awareness on the self discovery path. Along the sidelines I was also studying courses for sound healing, sound acupuncture and counselling and developing my current business called Perth Sound Therapy and Life Coaching.

It is through my own experiences of struggle, suffering and witnessing and assisting others with theirs, including lots of

research, reading and testing out meditations and different theories and practices on myself that I can now share tools that I have found to be so helpful. These learnings have helped me to piece by piece bring me more, everyday closer to a consistent feeling of inner peace, purpose and self love.

I have three main points of focus I would like to share on the topic of mindful living and after I have covered this I will welcome any questions.

The first point of focus is the idea of being able to wake up out of our unconscious suffering into conscious suffering.

What this means:

## **1. Waking up**

What does this mean to wake up? Well in my understanding it is a cultivation and nurturing of daily mindful awareness and mindfulness practices that enable us to see underneath or to create a deeper understanding and awareness about our life dramas, our habitual thinking and the cycles of struggle and suffering that has become a normal. For some of us we have accepted that life in general is very trying and that our community and the world around us is a lost cause and falling deeper into chaos and disharmony, leaving us to feel like we have no other option but to separate ourselves away or become somehow hardened. It also leaves us feeling hopeless as we don't know what we can do when

facing conflict inside ourselves and within the community and then how we can contribute to literally help the world be a better place. Without mindfulness and only relying on reactivity to our emotions and the world around us I suspect we will all contribute to a declining spiral.

It is my understanding and it is supported by our research and understanding of quantum physics which tells us that as a fact we are comprised of energy, space and matter which is vibrating. Our individual consciousness is connected to each and every other human in the world, the earth, the sun and in fact our whole universe. More info google-Gregg Braden Missing Links Series.

There have been various experiments and research to document how we can collectively affect the human consciousness and create harmony and peace when we work together and continue our individual mindfulness practice to lift ourselves into harmony, compassion and love.

Waking up means for each and everyone of us to begin to pay attention to our greater awareness of our every thought, feeling, action and intention. Daily we make choices to switch off and to pretend that we did not notice this that or the other and so on and we become lazy. However at another time we then start to talk about or think about how our life isn't working as we want it to. Well this could be classified as insanity....LOL or we could look at it as circular suffering. Comprised of circular patterns of thinking which keep us in the same situations time after time.

Waking up means becoming mindful, practicing being present as much as possible to your current moments in time, connecting to your heart and making decisions that are based from love, cooperation, collaboration and connection with the community.

Practically speaking if you're wondering, 'how do you actually apply this? I can offer some suggestions. Let's take responsibility for all of our thoughts and all of our feelings. Let's suppose that each and every one of us experiences the same feelings such as fear, sadness, love, happiness, hatred, anger, joy and so on. Let's suppose each and every one of us also experiences our own variations and stories that are based on those emotions. So now we can start to work with kindness towards ourselves first with any thought, feeling or other that occurs for us, regardless of what it is. To make changes we need to be completely 100% honest -firstly with ourselves and eventually extend this into our environment.

Let's be courageous. Let's be fully conscious of the fact that like anything we have ever learnt in our life we need to practice it and put in some time and conscious effort everyday to make it work.

I will provide an example of what has become a normal day for me.

Upon awakening I meditate for 30 mins-1hr. I then do 30 mins-1hr of qigong. I then begin my day walking the dog and attending to my daughter and her needs for school and so on.

During the day I am continually expanding my awareness to my energetic body around me, feeling into it to remind me I am not only this body, these thoughts and these emotions and so I can also be reminded not to solely identify and become blinkered by me, my thoughts, my feelings etc This is a practice to extend into the community to consider not only ourselves but everyone else, the planet, our environment as well.

During the day I try to be as mindful as possible of my inner responses and reactions to my environment . When I am by myself I keep a mindfulness of my thoughts and feelings that are running.

This is a great basis and foundation for waking up. After you have become more mindful and practiced at this for awhile this is when you can start to learn, implement and apply various tools for working with all of the emotions and thoughts that you are now so very aware of.

## **2. Being the observer and not becoming lost in reactivity.**

Ok so let's say we have been practicing these new mindfulness practices for quite awhile and it has become our new 'normal.' The tools we can use are varied and are something you can formulate yourself or learn from another person or resource. I will give an example of what I mean by applying some tools. I will use myself as an example. For most of my life I have always felt strong emotions very intensely so much so that it was very common to be repeatedly overwhelmed by my own feelings and reactions. One of my first tools I have implemented into my daily

life is practicing the following: When i notice any feeling or thought which would ordinarily lead me to have self judgement about myself, like a running commentary-or reacting immediately to an environmental trigger by either projecting out our fear and or anger or by immediately suppressing the feelings and shutting down.

I open my awareness and firstly I acknowledge it. Secondly i take a mindful breath in and out with the focus of breathing into my heart area. Thirdly I take a moment to view and observe this with a kindness-this being the idea of a softening, opening and connecting with a tenderness inside of ourselves- and lastly I then move on to what I was attending to. This can be a matter of 20 seconds to go through all of this.

The next tool I moved to, after a period of time which was an adaptation of this was- when I was working with constant feelings of fear. When I first begun this for the best part of the day I was having strong feelings of fear rise up approximately every 15-30 seconds. I would then firstly acknowledge it and then say to myself “I choose not to attach to the fear”I would feel the fear cessate and dissolve somewhat in intensity, each time I did it. This also went on for at least 3 weeks. If you're wondering if it was hard, well it was a challenge, but I knew I was breaking an old habit of becoming attached to fear and then subsequently co creating event after event in my environment to support the feeling of fear and all that would mean for me, to support my

storylines and old patterning. So 3 weeks out of my life to make a big change. Was it worth it....ABSOLUTELY.

The benefits are not only inside of myself, but filter out to my family, friends, clients and the greater community and the whole human consciousness.

To begin this process of creating a life that supports and nourishes you means developing a place of observation of our thoughts and feelings that is not another judge or commentator of our life. The observation tool is important to understand. The place we are observing from is simply a step behind the chatter of the mind and movement of the emotions. This place is important to understand as we don't want to by default empower our ego mistakenly as being the end point of where we want to observe from. If we get to know the ego then this will help us with clarity. There could be another few hours of this talk to go over the ego and what this is about practically for us in our daily lives. So perhaps the next talk will be about this.

An example of observing our self rather than being lost in reactivity is as follows. Say you are in the shops and you have been having a challenging day already. Someone cuts you off as you're walking down the aisle and practically brushes past you without an 'excuse me' or any smile or any communication at all. Instantly you feel a rising anger and probably fear of your environment. Stop take a deep breath and watch the anger and the fear. Remember you are not this fear and anger-don't identify with these feelings as being the complete reality, however we need to



be aware and to own it at the same time. These are our feelings and they are our responsibility and then as to what we do with them. Deep mindful breathing when we are out and about is a great practice to bring us into the present moment. If we begin our mindful breathing with complete focus then the strong feelings we had are now in the past. Sometimes these events in our lives no matter how small can be used upon reflection and meditation to help us with more understanding of our self and our connection to the common suffering.

I will commonly practice this especially if I have had situations arise such as that example. What I always find is that the feeling I was already harbouring earlier in the day simply signalled out to my environment to create and perpetuate more of the same feelings. Sometimes it is very hard to try and get out of these patterns even when we are aware of what is going on. It can be challenging if we are going to try and come out of the pattern through self talk and so on while we are in the Beta brain wave state. If we have the opportunity to take 20' mins to deepen down into a state of alpha we will be able to relax enough to have a higher potential to come out of the feelings and the pattern. If we do not have this opportunity then we can practice not fighting what is.

If an incident like this example happens, then don't fight it. If we do our mindful breath and release the need to fight, defend or flee we can have a better chance to open, soften to our environment and expand our awareness to include a perception

and understanding about our active part in this co creation and what might be happening for the other person and what role they have fulfilled to create your experience for that moment. Now of course I am referring to an example where we are not in a life threatening situation. I am referring to our daily experiences that can culminate and lead us to become disillusioned and want to separate away from the community altogether.

So we acknowledge these feelings are our own, we don't have the opportunity to go and do deep breathing and meditation for 20 mins, so now we can practice accepting all of our feelings and thoughts, quiet the commentary and self judgement, don't fight anything, accept it as it is. This is a kindness to yourself.

Another great tool you can use to break up the habitual thinking and patterns of day to day is- Try a walking meditation, So-as you breath in with each footfall in your mind you say 'yes' and on the out breath with each footfall say 'thankyou.

### **3. Practicing self kindness moving away from self judgement and self criticism**

I have touched on this in the previous section however I would like to add a few things. Self kindness practice is a practice which once you get the hang of it for yourself it is going to radically change your life, the way you relate and interact with your family and your friends and the greater community. Don't forget the work

you are doing on yourself is helping to change the world person by person.

What does it really mean to have self kindness? Well just like the other points we have discussed it is a practice that needs attention and application on a daily basis.

One of our biggest obstacles is on the one hand where in society everyone is so self centred , we become selfish and most all of our choices and actions are based on how it is going to work for us in some way. On the other hand we don't do enough concerted and focused positive work on ourselves and therefore do not pay ourselves enough mindful attention! Hmmmm food for thought hey?

When we become aware of our thoughts and feelings throughout the day the key is to not give any energy or attention to the commentary that follows. This is a generally good idea, however if you are working through a particular issue that requires more understanding so you can process what it is that is problematic and then decide on what needs to be changed to shift out of the pattern, then gently observing circular thoughts and feelings is a good idea as long as it is with the motivation to find more understanding. Once this has happened then we no longer need to hang on to that information for us to proceed and then we would apply our energy on the new focus which for example could be a practice of being more flexible and accommodating to our environment. In this instance we might observe the old rigid pattern of attaching and clinging to things to being in order and it

being distressing if it should change, but we don't get lost in it and we focus on the feeling of flexibility, accommodating and how that works within ourselves and the environment.

So practicing this mindfulness with an intention of self kindness each and everyday will filter out into all of your interactions with your environment. Its just like anything we are learning it takes practice, when we become practiced with it it becomes more like a habit and easier to maintain. As long as we stay awake and always keep learning and expanding.

Lets think of ourselves as a composite of all of our experiences and conditioning in our life and those of our parents and generations before us. These components may have different age groups associated with each belief, emotion and pattern and so on-Now let's say we have a habitual response to a situation-imagine it was a young child in front of you feeling really sad and unable to understand and move through a particular moment- Would you become angry with them and make a judgement about them? Would you turn away from them and ignore them? If we are acting mindfully and connecting to our heart the forward movement of the human consciousness in its natural movement of expansion and evolution would encourage you to practice kindness and compassion towards the child and their feelings-give them a hug-create some awareness of the bigger picture and so on.

I run personal sessions in sound healing, counselling and coaching should you wish to make a time with me to begin your mindfulness and evolution process begin experiencing more happiness and peace in your life.

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