

BODY & MIND PROGRAM

reboot

AUDIO SIX

HOW TO GET THE MOST OUT OF THE GENTLE BREATH MEDITATION

So what I would encourage you all to do, now that you have that very simple, gentle breath technique is to be able to apply that to your life. So, it's really great to be able to do that first thing in the morning, when you wake up because it really sets the tone for the day really allows you to say, "Well, I would like to feel this quality throughout my whole day." Imagine that. Okay, you have a pretty amazing day. And that's just the entry-level. Okay? That's centredness this that's not even going deep to your connection. That's entry-level. Okay. But that, in itself is everything when you don't have that.

And so firstly, first thing in the morning is really important, because it sets the tone for the day. Okay, but it's not to cast that out on the day. It's to say, this is my standard that I like. And I'm going to observe everything that pulls me out of that. So that I can start to master how to be centred in life. Okay, that's real basic. It's actually really basic, but no one lives that. Very few people live that.

And so mornings, very important, but also equally, so is before bed at night, if you don't fall asleep halfway through. But what that does is that says yes, I mean, perfect, yes, for maybe carrying stuff from the day. But let me not carry that into my sleep. Let me complete the day here. And let me understand why and what I have carried to this point, if I have kept something really important, okay, much more useful than checking out with a whole heap of TV to unwind or alcohol or chocolate, or bags of chips, or, you know, whatever else that we do. Okay, even just computer and Google and on the internet, and who knows what people do nowadays.

So you get to truly check-in and you get to ask yourself, Well, what am I feeling? And what did I carry with me through the day? What did I take on? What did I react to? What did I take personally, what did I understand? And therefore made it about me.

Once you do those two things, you actually start to more naturally go into the gentle breath meditation throughout the day. Often times, I'll say to people that the toilet is a really good time. Because it's a time where you actually stop, hopefully, okay, I haven't met too

many people that keep going while they're going to the toilet, except for the Tour de France. But anyway, that's another story. And not a little gentle breath going on there.

So making these moments where you check-in starts to allow you to more naturally live centred, okay, and I share with most of my classes, I actually don't do the gentle breath meditation anymore. Okay, because I'm centred most of the day, if not all of the day, okay. And it's, it's a very natural way for me to be okay as a base. And that actually is what I would love for all of you know, and that's, it's not difficult, actually. But you need to be consistent and you need to be very open to understanding what your body and what your, your being or your or your sense of presence tells you about your day, and about the choices you're making and about how you are in life, because that's how you master yourself, that's how you start to master yourself, can even do it while you're driving. You just don't close your eyes, keep them open. But washing up, you know, it's very meditative. Naturally, what you start to do is you start to enjoy life, like, you know, vacuuming, if you put earplugs in because the noise is horrendous, vacuuming can actually be enjoyable. If all you're doing is connecting with yourself.

Most of the time, people have had experiences where they, they take the pressure off themselves, and they let themselves just put on, you know, in their house or in the garden or they get loads done. Because they just allow themselves to, to really gently not putting pressure on themselves. Do what's next and what's next. And it actually is quite uplifting.

So the little things in life can be very enjoyable if you're doing them from a centred place from a connected place. And that's the idea. The idea is to live meditation, okay, but in the beginning, you do need the meditation technique. Part of being able to be centred is to unwind ourselves from all of the different hooks and traps and tensions and pressures that we take on from life, unfortunately, but that's how it is very commonly.

So thank you very much.