



Finding your quiet, restoring human connection and being the difference in your world.

This is a series of 3 quick reference resources to explore individually or within your team. I'm sharing them because they formed the start of a huge transformation for me personally and I wished I had been able to access this understanding much sooner. It's about turning down your sensitivity to the noise of agenda and turning up your innate willingness to be present with the uncomfortable. These techniques can be practised absolutely anywhere.

THOUGHT TEA

Take a moment to slow your breathing, focussing on slow breaths in and out with the addition of holding your breath after each inhalation and exhalation. Visualising a square is a helpful way to split the breathing into 4 parts.

Listening to your breathing, start to notice the thoughts coming through your mind. Allow them to pass like trains through a station. Notice the thoughts and see them for what they are. Perhaps start to notice how a thought might affect your outlook, feeling in your body and approach to the moment, hour or day? Simply notice without judgement. Say hello to those thoughts and allow them to pass.

Imagine you have a cup of boiling water in front of you and a whole box of tea bags. Visualise putting a tea bag in the water to represent each different thought passing through your mind in a few moments. If those thoughts are plunged in and out quickly, the tea is fairly pale in colour. Let them linger and the tea becomes strong, bitter and dark. Before long the cup becomes stained. It's the same for our minds, letting thoughts come and go with an acknowledgement but no judgement is a powerful way to understand the operating system of our brains and use them as the servant they are meant to be.

We experience the world through our thoughts. Observe your thoughts coming and going and notice the impact on your experience of life.