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MINDFULNESS TOOLS & TIPS



PROCESSING STRONG EMOTIONS

- BECOME AWARE OF THE EMOTION.
- ACCEPT THE EMOTION WITH COMPASSION AND WITHOUT JUDGEMENT. IT DOES NOT MAKE YOU A BAD PERSON.
- THE MORE YOU ALLOW YOURSELF TO SIT WITH IT, THE FASTER YOU WILL LET GO OF IT.
- ACT ONLY WHEN YOU ARE CALM AND ARE ABLE TO CONSIDER ALL VIEWPOINTS.

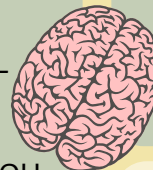


4X4 BREATH FOR BALANCE AND CALM

INHALE FOR 4 COUNTS
HOLD FOR 2 COUNTS
EXHALE FOR 4 COUNTS

MEDITATE

15 MINUTES, 3X WEEK
TO BUILD NEW NEURAL PATHWAYS



- 1 - TAKE A SEAT WHERE YOU ARE COMFORTABLE AND UNDISTURBED.
- 2 - SET YOUR TIMER AND THEN FORGET ABOUT IT.
- 3 - NOTICE YOUR BODY.
- 4 - FOLLOW YOUR BREATH.
- 5 - BECOME THE OBSERVER OF YOUR THOUGHTS, ATTACHING TO NONE.
- 6 - NOTICE WHEN YOUR MIND WANDERS AND RETURNS.



PRACTICE HEALTHY DETACHMENT

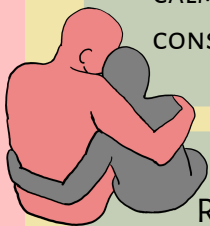
WHEN WE BECOME UPSET BY OTHERS WE EXPERIENCE ATTACHMENT. BREATHE AND BECOME THE OBSERVER. THIS PROVIDES PEACE AND FREEDOM FROM THE CHAOS AROUND YOU.

REPROGRAM YOUR SUBCONSCIOUS MIND & INVITE CALM

- HIGH FREQUENCY MUSIC
- BINAURAL BEAT MUSIC
- GUIDED MEDITATIONS TO INSTALL NEW CORE BELIEFS

SHIFT OUT OF EGO AND INTO YOUR HEART

THE EGO HAS ONLY ONE JOB - TO DEFEND AND PROTECT. WHEN WE ARE DEFENSIVE, WE ARE IN EGO. EGO IS NOT CAPABLE OF FORWARD THINKING. THE BRAIN (INTELLECT) IS ONLY CAPABLE OF INFORMING ABOUT THE PAST. ALLOW YOUR INTELLECT TO INFORM YOU, QUIET YOUR EGO, AND MAKE YOUR BEST DECISIONS FROM YOUR HEART!



INNER CHILD REPROGRAMMING

INNER-CHILD WORK IS CLOSING YOUR EYES AND RE-IMAGINING YOU RE-PARENTING YOUR CHILD-SELF IN THE AREAS (AND AGES) YOUR CARE-TAKERS FAILED YOU. THIS IMPORTANT PSYCHOLOGICAL WORK ALSO CONTRIBUTES TO A NEW INNER PEACE AND HELPS YOUR EGO MIND TO FEEL SAFE AND FINALLY LET GO.

INNER CHILD JOURNALING - Ask QUESTIONS WITH YOUR DOMINANT HAND; ANSWER WITH YOUR NON-DOMINANT HAND.

4X8 BREATH FOR CONTROL

INHALE FOR 4 COUNTS
HOLD FOR 4 COUNTS
EXHALE SLOWLY FOR 8 COUNTS

NOTICE & SHIFT
'STINKIN'
THINKIN'!!



SHAME, GUILT, JUDGEMENT, BLAME, CRITICISM, WEAPONIZING PEOPLE'S VULNERABILITIES, PERFECTIONISM, ALL OR NOTHING THINKING, FOCUSING ON NEGATIVE, THINKING WITH YOUR FEELINGS, LABELING, MIND READING.