

Living the Science & Soul Way

A Daily Rhythm for Conscious Living

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There is a profound difference between waking up and becoming awake.

Most people begin their day by immediately stepping into the outside world. Before their feet touch the floor, they have already checked emails, social media, or the news. Their attention, their most valuable currency, has already been given away. Without realizing it, they begin reacting to life before they have consciously chosen how they want to experience it.

Living according to Science & Soul philosophy begins differently. It begins by recognizing that your inner world always precedes your outer world. Every thought, emotion, action, and relationship is influenced by the state of your nervous system, the quality of your awareness, and the direction of your attention. The purpose of daily practice, therefore, is not simply relaxation or productivity. Its purpose is to remember who you truly are before the world reminds you who it thinks you should be.

Rather than adding another list of tasks to an already busy life, this daily rhythm becomes an operating system—one that regulates your body, calms your mind, opens your heart, and gradually shifts you from living as an unconscious reactor to becoming a conscious creator.

Begin With Stillness

Before speaking, before scrolling, before consuming information from the outside world, simply sit in silence for a few minutes. There is nothing to accomplish and nowhere to go. Your only task is to observe.

Notice your breath without changing it. Observe the thoughts passing through your mind as though they were clouds drifting across the sky. Become aware of sensations in your body, emotions that may already be present, and any tension you are carrying. Resist the temptation to judge or fix anything. Simply watch.

This simple practice is far more powerful than it appears. Neuroscience tells us that observation strengthens activity within the prefrontal cortex, the region responsible for self-awareness, emotional regulation, and intentional decision-making. As we become observers instead of participants in every thought, the emotional centers of the brain gradually become less reactive.

Spiritually, however, something even more profound begins to happen. You discover that you are not your thoughts. You are the awareness that notices them. This realization is the doorway to freedom because once you become the observer, you are no longer completely controlled by unconscious patterns.

One beautiful way to deepen your experience of stillness is through the intentional use of a simple mantra or a few meaningful sentences. Rather than repeating the words quickly or mechanically, speak them slowly, either silently in your mind or softly out loud, and deliberately extend the pause between each word. For example, if your mantra is *I... am... here... now...*, allow each pause to become longer than the word itself. Those spaces between the words are where the real practice begins. They are moments in which there is nothing to think about, nothing to analyze, and nothing to become. Your attention naturally settles into the present moment, and for a brief instant the continuous stream of mental chatter begins to dissolve. Neuroscience suggests that these pauses interrupt habitual patterns of thinking and reduce activity within the brain's default mode network, the network most associated with mind-wandering and self-referential thinking. Spiritually, the silence between the words reminds us that stillness is not created by the mantra; it is revealed through it. The words simply become steppingstones leading back to the awareness that has always been present beneath every thought.

Cultivate Gratitude Before Seeking More

Only after settling into presence is it time to cultivate gratitude. Rather than quickly listing ten things because someone told you to, choose only a few and allow yourself to genuinely feel them.

Be grateful for another breath. Be grateful for the people who love you. Be grateful even for the challenges that are shaping you into a wiser human being.

Gratitude is not an intellectual exercise; it is an emotional experience. When appreciation is truly felt, measurable physiological changes occur. Heart rhythms become more coherent, vagal tone improves, stress hormones begin

to decrease, and the brain shifts its attention toward opportunity instead of danger.

From a spiritual perspective, gratitude changes the frequency from which we experience life. Instead of continually communicating lack to the universe, gratitude communicates abundance. Ironically, the more complete we feel in the present moment, the more open we become to receiving what comes next.

Awaken the Intelligence of the Body

Your body has been awake long before your conscious mind. Throughout the night it has regulated hormones, repaired tissues, strengthened memories, and restored countless biological processes without your conscious involvement.

Spend several minutes honoring that intelligence.

Move your spine gently. Stretch your hips and shoulders. Shake out accumulated tension. Activate the vagus nerve through humming, sighing, or slow diaphragmatic breathing. Wake the body with curiosity rather than force.

This is not exercise. It is communication. You are informing your nervous system that the day ahead can begin from safety rather than survival.

When the body feels safe, the mind becomes clearer. Creativity increases. Learning accelerates. Decisions improve. Performance becomes less about effort and more about flow.

Breathe Through the Heart

One of the most effective bridges between science and spirituality is coherent breathing.

Slowly inhale for four seconds, gently pause for two seconds, and exhale for six seconds. Continue this rhythm for five to ten minutes while placing your attention on the area around your heart. As you breathe, intentionally generate feelings of love, compassion, appreciation, or forgiveness.

The extended exhalation stimulates the parasympathetic nervous system, while coherent breathing synchronizes the rhythms of the heart and brain. Over time, this practice increases resilience, emotional stability, and heart rate variability, one of the most important markers of autonomic flexibility and long-term health.

Many contemplative traditions have long suggested that the heart is more than a pump. Whether viewed symbolically or energetically, directing awareness toward the heart often transforms breathing into something deeper than physiology. It becomes a conversation between the body and consciousness.

Plant the Seed During the Silent Breath

Perhaps the most sacred moment of the morning occurs in the brief silence following every complete exhalation.

For an instant there is no inhale, no exhale, no striving, and no resistance. Ancient yogic traditions describe this pause as a gateway where the duality of the nervous system momentarily settles into balance. Modern neuroscience would simply describe it as a moment of profound physiological quiet.

Regardless of the language we choose, this pause offers a unique opportunity.

Instead of immediately inhaling, rest briefly within the silence. During that moment, gently visualize one meaningful scene from the future you wish to create. Do not focus on dozens of goals or endless wishes. Choose one experience that truly matters and imagine it as though it is unfolding now.

Feel the emotions that naturally accompany its fulfillment. Experience gratitude before it has physically arrived.

Some practitioners synchronize this exercise with the ancient mantra *So Hum*—inhaling with *So*, exhaling with *Hum*, meaning "I am That." During the silence that follows, the imagined future is planted not merely as a thought but as an embodied experience.

Whether understood through predictive processing, attentional neuroscience, or contemplative philosophy, the principle remains remarkably similar: what we consistently attend to, emotionally experience, and repeatedly reinforce gradually becomes the lens through which we perceive reality.

Direct Your Attention Intentionally

Every morning ask yourself a different question.

Not, "What do I have to do today?" Instead ask, "Who do I choose to become today?"

Write down a handful of qualities that deserve your attention. Perhaps today you choose to notice opportunities rather than obstacles. Perhaps you decide to pay closer attention to kindness, synchronicities, patience, deep breathing, or moments of beauty that most people overlook.

The Reticular Activating System continuously filters billions of sensory inputs and presents only a tiny fraction of conscious awareness. By consciously deciding what deserves your attention, you begin training this remarkable neurological filter to recognize possibilities that were previously invisible.

Attention is the architect of experience.

Whatever consistently receives your attention gradually shapes your perception, your emotions, your behavior, and ultimately your identity.

Practice Consciousness Throughout the Day

The morning practice is only the beginning. Real work occurs while living ordinary life.

Several times throughout the day, pause for a single conscious breath. Observe your posture. Relax your jaw. Notice your shoulders. Become aware of your thoughts without becoming trapped by them. Ask yourself one simple question: *Am I reacting, or am I creating?*

Small moments like these interrupt unconscious habits before they gain momentum.

Equally important are what I like to call *acts of consciousness*. Smile before someone smiles at you. Offer sincere appreciation without expecting anything in return. Listen with your full attention instead of preparing your next response. Eat one meal slowly. Open a door for a stranger. Walk in nature without your phone. Choose forgiveness instead of resentment.

These actions may appear insignificant, yet they repeatedly reinforce the identity of someone who lives intentionally rather than automatically.

Whenever someone triggers an emotional reaction, resist the urge to immediately blame them. Instead, become curious. Ask what within you is responding so strongly. Every trigger can become a mirror, revealing an unresolved belief, fear, or wound that is asking to be healed rather than defended.

End the Day as Consciously as You Began

Before sleep, return to stillness once more. Reflect on the day without criticism. Observe where you remained present and where old patterns quietly took control. Celebrate moments of awareness instead of striving for perfection.

Spend a few moments reliving experiences for which you are genuinely grateful. Neuroscience suggests that emotionally revisiting positive experiences strengthens their neural representation, making the brain increasingly efficient at recognizing similar experiences in the future.

Finally, revisit your vision for tomorrow. Not with anxiety or attachment, but with quiet confidence. Imagine yourself responding with wisdom, patience, courage, and love. Then release the image completely and allow sleep to continue the work that conscious effort cannot.

Expand Practice Each Week

Daily practices regulate the nervous system, but periodic immersion creates deeper transformation.

Once each week, set aside at least thirty to sixty minutes for uninterrupted meditation. Without checking the time or pursuing a particular outcome, simply remain present. Allow the mind to settle layer by layer until awareness becomes more spacious than thought itself. These longer periods often produce the deepest insights, not because we are trying harder, but because we finally stop trying at all.

In addition, dedicate one day each week to a full transformational breathwork journey of sixty to ninety minutes. Unlike the shorter daily breathing practices, these immersive sessions allow the body to release accumulated emotional tension, reset the autonomic nervous system, access subconscious memories, and reconnect with deeper states of clarity, compassion, and creativity. They serve as a weekly reset—clearing away the emotional residue of the past several days while preparing both body and mind for the week ahead.

Think of your daily practices as brushing your teeth. The weekly meditation and breathwork journey are the equivalent of a professional deep cleaning. One maintains your state; the other creates profound change.

Life Lived from the Inside Out

Over time, these practices become less about routines and more about identity. Stillness cultivates awareness. Awareness creates choice. Choice directs attention. Attention shapes perception. Perception influences emotion. Emotion changes physiology. Physiology drives behavior. Repeated behavior forms identity, and identity quietly creates destiny.

This is the essence of Science & Soul philosophy. The goal is not to escape the world but to meet it from a higher state of consciousness. By regulating the body, opening the heart, observing the mind, and consciously directing your attention, you gradually discover that transformation is not something you chase. It is something you practice... one breath, one choice, and one moment of awareness at a time.

Your Science & Soul Daily Rhythm

Transformation does not happen during occasional moments of inspiration. It happens through repeated moments of conscious living. The following rhythm is not intended to become another rigid checklist or a source of pressure. Instead, think of it as a gentle guide, a daily return to yourself. Some mornings you may have only twenty minutes, while on other days you may enjoy a full ninety-minute practice. The intention is always the same: begin from within before engaging with the world outside.

Morning: Set Your Inner State (45–75 minutes)

The quality of your day is largely determined before your first conversation, email, or decision. Rather than immediately reacting to life, create your internal foundation first.

Begin with **five minutes of stillness**. Sit comfortably, close your eyes, and simply observe. Notice your breathing, your thoughts, your emotions, and the sensations within your body. Resist the urge to control or change anything. Your only objective is to become the observer.

Transition into **five minutes of heartfelt gratitude**. Choose three to five people, experiences, or opportunities that genuinely move you. Rather than merely listing them, pause long enough to feel appreciation throughout your body. Gratitude changes both your physiology and your perspective.



Spend the next **five to ten minutes awakening your body**. Move your spine, mobilize your joints, stretch gently, shake out accumulated tension, hum, yawn, or practice simple vagal activation exercises. This is not a workout but a conversation with your nervous system, reassuring it that the day can begin from a place of safety rather than survival.

Follow this with **five to ten minutes of coherent heart breathing**, using a four-second inhale, a two-second pause, and a six-second exhale. Keep your attention centered around your heart while generating feelings of

appreciation, compassion, forgiveness, or love. Allow your breathing and heart rhythm to synchronize.

Next comes **ten minutes of conscious creation**. Using either the brief pause after every complete exhalation or continuing within your coherent breathing practice, visualize one meaningful future experience as if it were already unfolding. Feel the emotions associated with that reality rather than simply imagining the image. If you enjoy ancient practices, silently repeat *So* during the inhale and *Hum* during the exhale, allowing the silent pause afterward to become the moment in which your intention is gently planted.

Conclude your morning with **five minutes of intentional focus**. Write your daily intention in one sentence, followed by three to five qualities that deserve your attention today. Perhaps today you choose to notice opportunities, patience, kindness, synchronicities, courage, or moments of beauty. By directing your attention consciously, you begin programming your Reticular Activating System to recognize what truly matters.

If time allows, finish with **10 to 20 minutes of meditation**, simply resting in awareness before entering the demands of the day.

Throughout the Day: Practice Conscious Living (5–15 minutes total)

The purpose of your morning practice is not to create a peaceful hour but to create a peaceful way of living.

Every two or three hours, pause for about one minute. Take several slow breaths with extended exhalation, relax your jaw and shoulders, and ask yourself a simple question:

"Am I reacting, or am I creating?"

These brief moments interrupt unconscious patterns before they gain momentum.

Throughout the day, intentionally perform small **acts of consciousness**. Smile first. Offer sincere appreciation. Listen without interrupting. Open a door for someone. Walk mindfully from one room to another. Eat one meal without distractions. Every conscious action reinforces the identity you are intentionally creating.

Equally important is becoming aware of where your attention is being invested. Several times each day ask yourself, *"Is this worthy of my attention?"* Remember that attention is your life's most valuable resource. Whatever consistently receives it gradually shapes your reality.

Whenever emotional discomfort arises, treat it as information rather than interruption. Pause before reacting and ask, *"What is this situation reflecting back to me?"* Triggers often reveal unresolved beliefs, fears, or emotional patterns waiting to be understood rather than suppressed.

Evening: Integrate and Restore (20–30 minutes)

The evening is an opportunity to consolidate everything your nervous system and subconscious experience throughout the day.

Begin with a few minutes of quiet reflection. Without judgment, simply observe where you remain conscious and where you slipped into old habits. Every observation strengthens awareness for tomorrow.

Spend several minutes reliving three meaningful moments from your day with genuine gratitude. By emotionally revisiting positive experiences, you strengthen the neural pathways associated with resilience, optimism, and well-being.

Review your Creation List and visualize tomorrow unfolding with calmness, confidence, and presence. Rather than worrying about the future, mentally rehearse yourself responding to life from your highest self.

Finish with **10 to 20 minutes of meditation**, allowing thoughts to settle naturally as you prepare for restorative sleep. End the day as consciously as you began it.

Weekly Deep Practice (90–180 minutes)

Daily practices create consistency. Weekly immersion creates transformation.

Choose one day each week to disconnect from external distractions and reconnect with yourself. Begin with **30 to 60 minutes of extended meditation**, allowing your awareness to deepen beyond the surface activity of the mind. Longer periods of silence often reveal insights that never emerge

during shorter sessions because the nervous system finally has enough time to settle completely.

Follow this with a **60 to 90-minute transformational breathwork journey**. Unlike the shorter breathing exercises practiced each day, an immersive breathwork session allows accumulated emotional tension, subconscious patterns, and stored stress to surface and release. Many people experience profound clarity, emotional freedom, creativity, forgiveness, and renewed purpose during these journeys.

Finish your weekly practice by reviewing your journal and Creation List. Celebrate progress, identify recurring patterns, refine your intentions, and ask yourself one important question: *"Who am I becoming?"*

This weekly reset ensures that growth remains intentional rather than accidental.

NOTE: One question I hear frequently is, *"What if I don't know what to manifest?"* The answer is simple: don't force clarity that has not yet emerged. Many people spend years pursuing goals that were inherited from parents, society, or past versions of themselves, only to discover that achieving them still leaves them feeling unfulfilled. Before attempting to create your future, it is far more important to discover what genuinely resonates with your authentic self. This is precisely why [**The Creation List – A Science & Soul Self-Inquiry System**](#) exists. Through guided reflection, observation, journaling, body awareness, and conscious questioning, it helps peel away layers of conditioning, limiting beliefs, and external expectations until your deeper values, purpose, and desires naturally begin to reveal themselves. From a scientific perspective, self-inquiry strengthens metacognition, the ability to observe and evaluate your own thoughts rather than automatically believing them, while helping align your goals with your intrinsic motivations, which research consistently associates with greater well-being, persistence, and fulfillment. Spiritually, self-inquiry is an act of remembering rather than searching. It is not about becoming someone new but uncovering who you have always been beneath the noise of fear, programming, and expectation. When your vision arises from this place of authenticity, manifestation becomes less about chasing a future and more about expressing the deepest truth of who you already are.

Suggested Daily Rhythm

Time	Practice	Duration
Upon waking	Stillness and observer awareness	5 min
	Gratitude practice	5 min
	Body intelligence, mobility & vagal activation	5–10 min
	Heart coherence breathing (4-2-6)	5–10 min
	Manifestation / Creation Protocol (after-exhale and So-Hum)	10 min
	Daily intention & Attention List	5 min
	Meditation (<i>optional but recommended</i>)	10–20 min
Morning Total		45–75 min
Every 2–3 hours	One-minute breathing reset & observer check-in	1–2 min
	Conscious acts of kindness, presence & mindful attention	Throughout day
	Mirroring practice when triggered	As needed
Evening	Reflection & Observer Journal	5–10 min
	Gratitude review	5 min
	Creation List visualization	5 min
	Meditation	10–20 min
Evening Total		20–40 min
Weekly	Extended meditation	30–60 min
	Transformational breathwork journey	60–90 min
	Journal review, Creation List refinement & intention setting	20–30 min
Weekly Extra		2–3 hours

You don't become a different person by occasionally doing extraordinary things. You become a different person by repeatedly doing ordinary things with extraordinary awareness. Every conscious breath, every grateful thought, every act of kindness, and every moment of observation is a vote for the person you are becoming. Live this rhythm consistently, and before long you will discover that the life you were trying to create has quietly become the life you are living.