

Presently Mindful Exercise

This helps greatly with not only being mindful and in the present, but it also stimulates changes in the brain and the rewiring of neural pathways (neuroplasticity).

This is essential for changing habits of any kind so please engage in these activities to prepare yourself. You will be very surprised how much changing these little things will help you change **BIG** things.

Reverse the order you do things.

You've already done something similar in the Explain my Brain module and it works just as well for mindfulness as it does for neuroplasticity!

Remember – There are 3 main ways to break a habit or addiction. Being constantly mindful and conscious of your every moment (very difficult, but you certainly can increase your being present and conscious a great deal to help!), repetition, and reprogramming your habit/subconscious mind with hypnosis, NLP, EFT, and other direct access techniques.

Start with your morning bathroom routine.

Why not? Go through your routine in your head or write it down.

Then, reverse it.

Make a list of what you usually do in the order that you do it.

For instance, this is mine after I have done my morning meditation:

- a. Use the toilet.
- b. Brush my teeth
- c. Start the hot water to the shower
- d. Gather the necessary show accoutrements (towels, washcloths, razor)
- e. Wash hair
- f. Condition hair
- g. Shave

- h. Wash face
- i. Rinse conditioner
- j. Wash rest of self
- k. Wring hair and put in towel
- l. Pat dry going down
- m. Put on robe, walk out to kitchen

And this is what I'll do today!

- a. Use the toilet (Hey man, nature calls!)
- b. Put on robe, walk out to kitchen, start tea
- c. Have a cuppa and write in my journal
- d. Start the water for the shower
- e. Wash my face
- f. Shave
- g. Wash my hair
- h. Condition (hey, some things can't be reversed)
- i. Wash from toes to head
- j. Put hair in a towel (again, some things just can't be reversed because that stuff will defeat any towels efforts elsewhere)
- k. Pat dry going up
- l. You get the picture

2. Write with your opposite hand.

Talk about having to focus! Yes, you will get right in the present moment. You will rewire some neural pathways to boot! Brush your hair and your teeth with the opposite hand. Eat with you non-dominant. This is a fantastic exercise.

3. Reorganize your books, your shelves, your drawers, or you whole living room.

4. Pay attention to the full experience of walking.

Focus on the sound of each footstep, the sensations in your heels and your toes, your calves and your knees. Notice the temperature of the air, the smells, the colour and shape of the things you pass.

5. Pay attention to the full experience of breathing. The sounds, sensations, smells, etc.

6. Change up your routine.

Drive a different way to work, eat a new food, eat breakfast for dinner, sleep on the other side of the bed, and eat something new for breakfast, part your hair on the opposite side. Change up your routine every feasible way you can.

7. Play the A-Z game.

As you walk along, spot all the letters of the alphabet, in order, as you walk. This works with numbers too; set a number and count them in order (either backwards or forwards).

8. Stop and smile.

Become aware of the immediate physiological response in your body. Feels great, doesn't it?

9. Whenever you catch yourself slipping into something habitual, say STOP! Change!

Saying stop will immediately stop the unconscious takeover. Saying, "STOP" will immediately bring your action from the body to the mind, in other words, bring the action from the subconscious mind and put it in the conscious mind.

Saying "STOP" will take the action from UNCONSCIOUS HABIT to CONSCIOUS CHOICE. Saying "CHANGE" will do exactly that – force your mind to change the action.

Start over and do it a different way. Be very mindful of your actions.

Even if it's a destructive habit, make the conscious, mindful CHOICE to do it. DO NOT let your subconscious mind take over. Be VERY mindful of the process. You can choose how to make the action different — light your cigarette or pour your drink with the opposite hand. And, if it's a destructive

habit, become aware of the urge; become aware of the actions you are taking and the physiological response to the habit.

10. Take a deep breath. Hold for a moment, As you exhale, notice and name:

**5 things you can see
5 things you can feel,
5 things you can hear.**

Whenever something becomes habit, you stop being aware or mindful of it. This can be a good thing and sometimes absolutely necessary because otherwise your mind would become overwhelmed and you wouldn't be able to do things like drive or ride a bike properly if you were completely aware of every little thing you need to do to drive or ride a bike.

Our brains are phenomenally efficient! This amazing ability lets us focus on the more important things by relegating the habits to the subconscious.

However, we lose a lot of the beauty and magic of life when we stop being aware. We are always rushing to the next thing, the next experience, before we can fully absorb and assimilate the moment we have. Or, we are stuck in the trauma or upset or even the sheer glory of a past moment without paying attention to what is happening right now.

Do you now see the Power of the Present, Futility of the Past, and the Anxiety of the Future?

So, Be Here Now!

Anna x