



9 ways to Supercharge Your Spiritual Practice

1. MEDITATE DAILY

Sounds daunting? It's not! Sitting in stillness for even 5 minutes will drastically improve your ability to be present. This simply means giving your brain some downtime and your heart some space. 'But how do I shut my brain down!' The answer is you don't have to, you just need to let it be for a bit and focus on something simple like following the breath in and out of your belly. A little commitment goes a long way- try it and see!

2. CONNECT WITH NATURE

Get outside for 5 minutes everyday, or more if you can! Observe it, breathe it all in, go for a little walk in it, sit in it, do your 5 minute breath meditation in it.

Observe the ocean, observe the forest, observe the birds and if you cannot get outside, find a window! No need to think about anything, just breathe it all in.

3. OBSERVE LIFE THROUGH THE SENSES

They are so much more powerful than we know! Use what you can hear, see, feel, taste and touch to witness life. Have beautiful music in your home, I love flute and chakra music, or even a meditation playing in the background. Discover scents that make you feel centred and relaxed and light a candle or incense (did you know you can't think whilst you're smelling?)

Take a few deep breaths of your favourite smell and enjoy the peace it brings. Try and eat mindfully, notice textures and tastes and enjoy each mouthful. Create a sacred space to sit or eat or work, a space where there is peace or stillness where you can be present.

4. PUT ATTENTION IN YOUR BODY

Drama comes from the ego and the mind. When we put our attention in our body and breathe deeply, not only do we regulate our nervous system, we become less judgmental and dramatic, and more curious. Try following the breath through your body, into all the far reaches of it. Settle on a spot, say, your left big toe, and see if you can feel inside it. Can you feel blood pumping from your heart into it? Sit with it for a minute and move to another part. What sensations do you notice? You may eventually feel inside your whole body with a stirring of energy. By way of analogy, you are no longer riding waves on the surface of life, waiting to judge good or bad and then reacting to it. You are sitting deeper where the water is calm. You are no longer being blown around- or over- by the winds of change.

5. ONE MAGIC MINUTE

Pop a gentle prompt in your watch or phone. Wherever you are, whatever you're doing, focus on your breath for just 1 minute. You'll be amazed the effect this will have on your nervous system. Just breathe calmly and consciously. You'll find the more you do it as a force of habit, the panic and anxiety that sometimes overwhelms us is much easier to manage.

6. DO SOMETHING REALLY WELL

Clean the sink (yes really!), walk, dance, run, work, just put your whole self in it. Be in it. Placing all your attention on one task is a great way to stay present even though you are really busy. Observing the job at hand and giving it ALL your attention will mean not only will it get done really well, but you will have found a sense of peace within it because your mind will have had a rest from excessive thinking.

7. MAKE YOUR LIFE A MOVIE

Be witness to your motivations, thoughts and choices. Be open to what is happening around you or in your mind - without judging it. Observe everything like you're watching a movie. This is how you connect with your consciousness; the part, deep within you that knows your thoughts are not you. Thoughts are ego and come with attachments, defining things as good or bad. This creates the drama we then attach our minds to, put emotions behind and create distress from.

8. DON'T BELIEVE EVERYTHING YOUR MIND TELLS YOU

Do you think the mind and your thoughts are important? Think again! Excessive thought is actually a block to being truly present. Following the breath, or putting some attention into your body will bring you back into presence or mindfulness. Every time you catch yourself in excessive thought -particularly negative or fearful thoughts- gently say to yourself 'thinking'. This puts you back in observer mode, simply noticing that you are thinking will stop you being overwhelmed by the thought itself.

9. RUN IT PAST LOVE

How would you talk to your best friend? Run everything through the filter of love like you are your own bff. Thoughts, judgements, decisions, choices, behaviours. You could ask 'What would love say?' or 'What would love do'? This empowers you to make choices that aren't around fear, approval or people pleasing. Choices that honour you. When love is your filter, you connect with your soul and from there, you tune into other souls around you. A deeper connection with yourself and those around you can only be a good thing!