

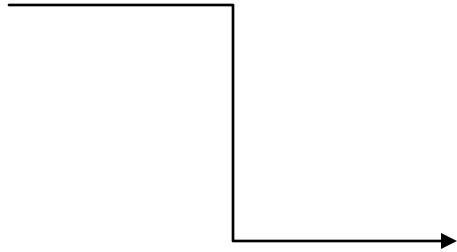
how

NOW

10 ways to get out of your head and into the
present moment.

how *NOW*

Table of Contents



- Breathe Out
- Ground Yourself
- Get Cheeky
- Look for Black Cats
- Let Your Body Speak
- Child's Play
- Alphabet Muse
- Touchstone
- Listen
- Spot the Color

- Final Words



how *NOW*

...a collection
of 10 calming actions you can take
in the moment you feel overwhelmed or burdened
by spinning loops of thought.

The actions listed are portable.
Do them anywhere, anytime,
alone or with a friend.

Warning ☺

You may experience greater levels of calm, clearheadedness, gentle joy or creativity.

Productivity may increase.



how *NOW*

60,000

The average human has 60,000 thoughts each day.

50,000 are a replay of the same old thought loop.

That leaves 10,000 new thoughts every day to encourage
creative genius.

Sounds like fun, right?

Too bad most of these 'new' thoughts center around
daily maintenance.

Still sound like fun? Not so much.

Let's see...

50,000 'same old, same old' and 10,000 mostly maintenance...
no wonder we feel like we're spinning.

Want to stop the thought loops?

...get out of your head, into the space where you find access to your inner genius

...be more innovative, playful, creative, curious, productive,
happy and calm?

Curious?



how *NOW*

#1

Breathe Out

I know. You think I mean 'Breathe In.' nope.

I'm assuming you've already done that.

Breathe Out. Exhale Slowly.

Feel your breath move out of you. Feel the fullness of your chest slip away. Visualize your breath moving into the air around you. When you breathe out slowly, your entire body meets with your surroundings.

We enter the Relaxation Response.

Let's practice.

Take a healthy breath.

Note how your entire body holds onto itself, finding room for all the air.

Now Breathe Out.

Slowly.

Quietly.

Listen to the soft sound as air moves away from you.

Feel your body move into the relaxation response.

Be Still.

Good? Now go play.



how *NOW*

#2

Ground Yourself

This action takes you to a deep place of focus and calm.

Standing tall, place your feet slightly apart on the floor.

Create a clear mental image of a strong, invincible cable connecting the base of your spine with the earth's center.

Slowly pull in a regular breath.

Exhale slowly. Let your out-breath ground your feet to the earth.

Do this 3 times.

With each out-breath feel the energy travelling down through your body and ever more deeply into the earth's core.

Finally, pull in a slow steady breath.

This time as you exhale, without losing connection to the earth, cable still intact, send your energy skywards expanding your spirit upwards.

Be still within your now limitless vertical core.

Breathe in.

Exhale slowly.

Be Still.

Good? Now go play.



how NOW

#3

Get Cheeky

*One of the quickest ways to get out of your head
is to check in with your body.*

*The practice of mindfulness is moment-to-moment, non judgmental
awareness...basically paying attention with an open heart.*

Deliberate mindfulness can be as simple as doing the following:

*Feel the air on your right cheek.
Got it? What does it feel like? Sit with it.*

That's it.

Narrow it. Notice it. Name it.

*When you catch yourself in a spinning thought loop
this gentle, silent practice
can take you quickly into a space of calm.*

Now is simply a dip into the stream of consciousness.

You don't have to spend a lot of time there to feel its powerful effect.

...just dip in often.

Good? Now go play.



how *NOW*

#4

Look for Black Cats

Actually, you can pick any thing you like...
green Tomatoes,
yellow Rubber boots,
red Umbrellas

Vintage cars in excellent condition...still running
Irish Wolfhounds



You're not looking for signs from a higher power. This practice will not change your odds of winning the lottery. The Law of Attraction won't kick in, turning your back yard into a pasture because you've spotted so many brown cows grazing along the highway.

Simply take a moment to partner your Power of Observation with your Sense of Curiosity. Being in the *NOW* is being with *What is*.

Good? Now go play.



how *NOW*

#5

Let Your Body Speak

What small physical action can you take right now, right where you are?

Reach up high as if to place something on the very top shelf...
walk up and down a few steps...
reach down to empty a waste basket...
walk outside, especially if it's cold out ...
dance or skip.
Jumping-jacks would be excellent!

Try this.

Rub your hands together quickly for about 5 seconds.

Slowly pull them apart. Take note of any energy 'trapped' between your separating palms.

Did you feel that?

That's your body subtly telling you, "Hey, I'm here."

Move any part of your body in a deliberate fashion.

Acknowledge any sensation.

Let your body speak.

Listen.

Good? Now go play.



how *NOW*

#6

Child's Play

Think of some small playful thing you haven't done for a long time.

Build a house of cards.

No cards?

Juggle.

(No special equipment needed.)

Grab a couple of erasers, pencils, markers, good old fashioned chalk.

How does juggling help?

Keeping your eye on the 'balls' in the air; your hands will almost magically follow.

Worry about catching the balls?

Game Over

This is about learning to trust the process...

a great way to quickly get out of your head and deep into the *NOW*.

(Juggling is particularly helpful if you've memorized 'lines' and are rehearsing a presentation. Practice your presentation while juggling or tossing object(s) from side to side or simply in the air. Your focus splits. Juggling provides the playground where each side of your brain defaults to what it does best.)

Ready to Juggle?

Good. Now go play.



how *NOW*

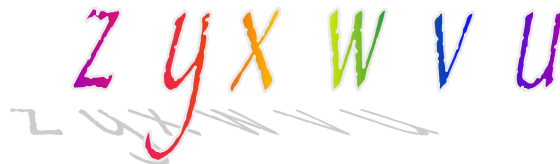
#7

Memorize the Alphabet...backwards

I know. It took all that time to get it right...
you say backwards?
Why?

Because things we don't recognize can stop our mind in its tracks.

True, perhaps you'd rather travel through a foreign country, learn a new language but
'how *NOW*' actions are best when easy to do in this moment.



You may think you're still in your head; you are- but in a new way. Doing even the most basic task with a new twist offers the opportunity to turn old ways of thinking into new paths of creativity.

Focus and creativity is calming to the spirit.

Bonus Tip:
Split-second Mind Shift.
Start turning doorknobs with your non-dominant hand.

Good? Now go play.



how *NOW*

#8

Touchstone

Go back in time to a perfect moment that nourished your spirit

...a moment when life felt so seamless that time stood still.

Open your body to the memory of that moment.

Let the moment fill your body.

Be in that moment.

Name the moment

...use a memorable phrase, something connected in place and time.

(I use 'Walking Quilt')

Imagine tucking the memory like a touchstone into your breast pocket over your heart.

Touch the pocket.

Touch the memory.

Be in that perfect moment.

Your body follows your mind.

When you find yourself in a spinning loop of thoughts, trapped in your head
use your Touchstone.

Touch your heart. Enter the feeling state of that perfect moment.

The more you use this practice,
the more quickly your body
will claim the feeling state of your touchstone moment.



Good? Now go play.



how *NOW*

#9

Listen

Listen intently to your surroundings.
How many distinct noises can you hear?
Quickly count them on your fingers or jot them down.
When you feel you can't hear anything new

Be still...listen a little longer.

Imagine yourself scanning the terrain.
Open your audio focus without the need to judge the sounds.
Expand your field of audio view.

Now try this same exercise with other senses...
Touch, Smell, Vision

This simple exercise invites you to
receive all sensations
and bring them with you
into the *NOW*.

Then...
by softly opening our focus to our senses,
rather than pushing against them,
we step
into the *NOW*.

Good? Now go play.



how *NOW*

#10

Spot the Colour

How do you know when you're stuck in your head?
What's your first clue? Ahh, you feel it.

Sometimes it seems impossible to get out of your head. This little exercise gives your 'mind' a change of perspective, a shift...by asking one small question.

Spot the color that *looks like the feeling* inside your head.

Which color *feels* most like your spinning loop of thoughts?



Look around. Found it? Good.

Now see if you can spot your favourite color? Are they the same?

Spot your favourite color again. Flood your mind with that color.

Sit with it for a moment.

Calmer?

Good. Now go play.



how *NOW*

Final Word

Some days life presses hard upon you.

You truly feel trapped inside your spinning loop of thoughts...
no sunshine,
no fresh air,
no relief in sight.

I do not wish those days upon you but they happen.
Shit happens. Life happens.

Repeat after me.

“This too shall pass”

Know that you can free yourself from this spinning loop of thoughts.

The beauty of *NOW* is that the instant we see that we’re trapped in our head
we have gained a little distance.

Relax, breathe out.
“This too shall pass”

Sit with this thought.

Once we believe there is a way
we see the way.

Good. Now go play.



how *NOW*

About the Author:

Dawn Kotzer, Certified Martha Beck Life Coach; Creativity Coach and artist specializes in helping others find freedom by discovering and honoring True Self. Living in Canada, 'below a hill, below a hill' where the parkland meets the Boreal Forest at the edge of a northern lake, Dawn draws upon diverse life experience and universal truths of nature. By encouraging small, doable steps to clear away the lifecrud on our paths, her candid yet compassionate coaching methods allow others to embrace reality, connecting with their own brilliant inner guide and creative genius.

Biz Stuff:

Copyright: Dawn Kotzer owns the copyright on this eBook so you can't sell or steal it. You're welcome to quote from it or share it with others as long as you do so without changing any of the content.

In order to use any part of this book on your site it is agreed that you:

- send me a nice thank you note☺
- include the following statement with my work.

Hi. I'm Dawn Kotzer.

As a Certified Martha Beck Life Coach; Creativity Coach and artist I specialize in helping others find freedom by embracing and honoring True Self, no matter the circumstances.

Visit <http://dawnkotzerlifecoaching.com> to check out my coaching programs, gallery and product. Read about my take on life at <http://dawnkotzerlifecoaching.com/blog/>
Please feel free to sign up for the eLetter and free eStuff. Thanks for your interest.

The material contained in this eBook is for informational purposes only. It is not intended as a substitute for any treatment prescribed by health care professionals. Please take the appropriate medical, psychological, or relevant professional advice before acting on any information in this ebook.

Dawn Kotzer Box 3127 Nipawin, Saskatchewan, Canada S0E 1E0

