

Meditative Techniques to kick start your day and your mind.



Science has proven that your body, or more correctly your hormones which control the physical and often emotional response of your body to your surroundings, can be completely changed in 2 minutes. ([see Amy Cuddy, your body language shapes who you are. Ted Talks](#)).

In this guide I show you how to use these proven two minute exercises. Breathing, thought and posture exercises to quickly get you feeling empowered, relaxed, focused or switched on in a natural comfortable way. It is the perfect way for a pick me up, preparation for an important meeting or just to get you through the next big hurdle. Try them, they work. It's two minutes, everything to gain and nothing to lose.

Your Mind Retreat

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Quick fixes to get you through tough times

A series of breathing, body awareness exercises, from Your Mind Retreat, based on the 2 minutes it takes for hormones, generated by body movement and thought, to completely reset our emotional response and therefore your behaviour. We don't always have 20 minutes to meditate, so when you need a quick fix, use one of these 2 minutes reset exercises.

Embrace your Personal Power

The Amy Cuddy take up space and be powerful is a wonderful and truly amazing way to change the way you are feeling. You go from frazzled to immediately empowered and you show it, act it and people respond to you as being empowered. It is best done somewhere private, in the taxi on the way to the meeting or before you leave work or even in the toilet cubicle. Take up space, take up power positions, even unnatural stances but big power, hands on hips, legs apart, taking up space - Power positions. Hands on hips, up and out wide like a winner, feet apart, or sit with your hands behind your head and your feet on the table or stool crossed. Take up space.

You need to do this for 2 minutes and it will change chemically the signals your body is generating and receiving and you will act accordingly.





A Quick Dose of Happiness.

Every now and then we can easily let things get us down. A quick way to kick start the process of regaining our usual good humour is to fake it till we make it, just like Amy Cuddy advocates and proves that it works. So here it is. Take three big breaths. Expand your body.

Ok, now with your eyes closed, think of something, anything that makes you happy, it does not matter what it is, a colour, person, film, pet, flower, television show, what it is, is not important, the feeling it gives you is. Ok, so now get into that feeling and hold it. Allow your mind to take you to that feeling allow yourself to smile or laugh, (laugh is great) but stay with the image, memory and that feeling. Put a small smile on your lips. (it might feel fake, but it will start to feel real soon).

Allow yourself to stay completely in that moment and bring that happiness into your heart and your mind. breath the feeling into your heart. Do not let go of the that feeling. Allow your mind to play with the image and memory, expand it but keep it going. If you loose the happy thought or feeling, bring it back or bring on another one. Keep the smile on your face.

Sitting quietly, with nice happy thoughts and a smile for 2 minutes. This will change your whole body and your tension will disappear. Keep the smile on your face.



Quick Energizer

During the day, if you start to feel tired, confused and overwhelmed. Here is a quick way to use the breathe to recapture your energy and focus. You can do it at your desk. It goes perfectly with a cup of coffee or tea.

Turn the computer, phone, tablet to low screen visibility and sound. (off is great if you can.) Push your chair back a little from the desk, put your feet flat on the floor. Hands on your knees. (Ladies no heels). Close your eyes, move the attention of your mind to the breath.

Focus completely on the sensation of the breath. Use long slow natural breaths. Feel the movement of air in and out of your nose. Into your lungs and out. Feel your body respond to the breath and notice how it moves with the breath. Count to 30 long slow breaths, this should take you around 2 minutes.

Let thoughts come and go, let sound come and go, identify them and release them. If you get lost in the count start from the last number you remember. When you finish counting, slowly open your eyes and take 5 seconds to fully see the world around you. Your brain will be energised, refreshed and ready for work.



Get Creative

Creativity requires focus and free thought. So here is a breathing and focussing exercise to get your back into the creative swing. It stimulates your senses and brings your cortisone, stress levels down. You need to get yourself seated comfortably and turn off your work stations. If you are heading for a coffee, even better.

Sitting relaxed, place your hands on the table, with fingers spread apart. Close your eyes and notice the how the table feels underneath your hands. Then become completely aware of how you are sitting and the surfaces you are touching: chair, floor, table, cushion. By now you should be breathing in a nice relaxed manner. If you are not focus on slowing the breath.

Place a smile on your face and allow your face to completely relax. Continue breathing and have your eyes closed. Slowly start to identify as many noises as you can around you, name them and let them go. Start to smell the coffee or the tea, then become aware of other smells. Name them.

Breathe for another count of 10 and keep that smile on your face. Retain nothing in your mind, recognise and let them go. When you finish the count to 10 you will have completely rewired your senses and your mind. When you restart work, you will not be short of new ideas or where to go for what you need.