

LIVING
MINDFULLY

BILLABONG RETREAT

**WHAT DOES LIVING
MINDFULLY MEAN
TO YOU?**

WHAT DOES LIVING MINDFULLY MEAN TO YOU?

Being present in my everyday actions & activities, not being in my head/in a virtual reality, but feeling every part of my experience of being

**WHAT STOPS YOU FROM
LIVING MINDFULLY?**

WHAT STOPS YOU FROM LIVING MINDFULLY?

- Being consumed by my thoughts (being in my head)
- Believing and acting from my thoughts - ie Rushing acting on the thought I have to finish everything on my list asap
- Running on autopilot, multi-tasking, trying to be super efficient
- Consumed by an emotion I can't drop, ie fear, worry, hurt

REAL PROBLEM

STRONG IDENTIFICATION WITH OUR THOUGHTS FUSED IN WITH OUR THOUGHTS



COGNITIVE FUSION

- When an individual equates thoughts with reality and is unaware of what he or she is thinking
- Strong identification or entanglement with thoughts
- Treating thoughts as absolute truths
- Allowing thoughts to dominate their perceptions and emotions

EXAMPLES OF BEING FUSED



- **Thought:** "They didn't respond; they must not care about me."
- **Possible Outcome:** Reacting emotionally without considering alternative perspectives or the possibility of benign reasons for the delayed response.

- **Thought:** "I'm unlovable" or "I'm ugly"
- **Possible Outcome:** Deleting your profile from a dating app despite yearning to be in a romantic relationship

- **Thought:** "I wish my life were as exciting as theirs."
- **Possible Outcome:** Eroding present-moment enjoyment, fostering dissatisfaction, and hindering appreciation and gratitude.

SOLUTION

COME OUT OF BEING FUSED

COGNITIVE DEFUSION

- Creating space between oneself and one's thoughts
- Observe thoughts without necessarily believing or reacting to them
- Increased awareness and separation from thoughts can contribute to living more mindfully



SOLUTION

MINDFULNESS PRACTICES

- **Observing Thoughts:** Instead of getting caught up in the content of a thought, but resting more as the context - Awareness
- **Labelling Thoughts:** Giving a label to a thought, such as saying "I am having the thought that..." helps create distance and reduces the fusion with the thought





SOLUTIONS

MINDFULNESS PRACTICES

- 1. Mindful Breathing (Breath Awareness)**
- 2. Body Scan Meditation**
- 3. Mindful Walking**
- 4. Mindful Eating**
- 5. Loving-Kindness Meditation (Metta)**
- 6. Mindful Observation**
- 7. Mindful Listening**
- 8. Mindful Seeing (Visual Mindfulness)**
- 9. Mindful Breathing Exercises**
- 10. Mindful Sitting Meditation**
- 11. Mindful Gratitude Journaling**
- 12. Mindfulness Apps**
- 13. Mindful Stretching or Yoga**
- 14. Mindful Work Breaks**
- 15. Mindful Communication**
- 16. Mindful Driving**
- 17. Mindfulness-Based Stress Reduction (MBSR) Practices**
- 18. Mindful Check-Ins**
- 19. Mindful Digital Detox**
- 20. Mindful Reflection**
- 1. Emotional Freedom Techniques (EFT) / Tapping**
- 2. Swimming**
- 3. Forest Bathing (Shinrin-Yoku)**
- 4. Tai Chi**
- 5. Qigong**
- 6. Aromatherapy**
- 7. Deep Breathing Exercises**
- 8. Progressive Muscle Relaxation (PMR)**
- 9. Yoga**
- 10. Dancing**
- 11. Guided Imagery and Visualization**
- 12. Acupuncture**
- 13. Massage Therapy**
- 14. Art Therapy**
- 15. Journaling**
- 16. Listening to Music or Sound Therapy**
- 17. Laughter Therapy**
- 18. Etc**

MINDFULNESS PRACTICES

Gross Sensations

Subtle Sensations



Highly Triggered
Agitated



Spacious
Calm

COMING OUT OF THE FUSION WITH OUR MINDS

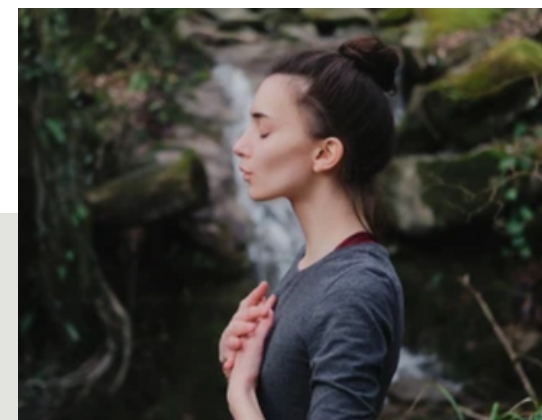
When highly triggered though we are completely fused with our minds (the story that we are seeing the world through), so it's very difficult to see our thoughts as just thoughts.

So what's first needed is to come out of the stress response, down-regulate, slow down, to have space, a breather, to be able to clearly our mind/

“Down-regulation” occurs when we are able to take ourselves out of a stress response (often called fight-flight or freeze) and move into a more calm and peaceful place (sometimes referred to as rest-and-digest).

Regulate Your Nervous System

DOWN-REGULATING



UNTAGGLING OURSELVES

PRACTICES

Gross Sensations

Subtle Sensations



Highly Triggered
Agitated

IN YOGA



Spacious
Calm



PRACTICES

Gross Sensations

Subtle Sensations



Highly Triggered



Spacious

IN YOGA



IN MEDITATION



Shamatha / Concentration



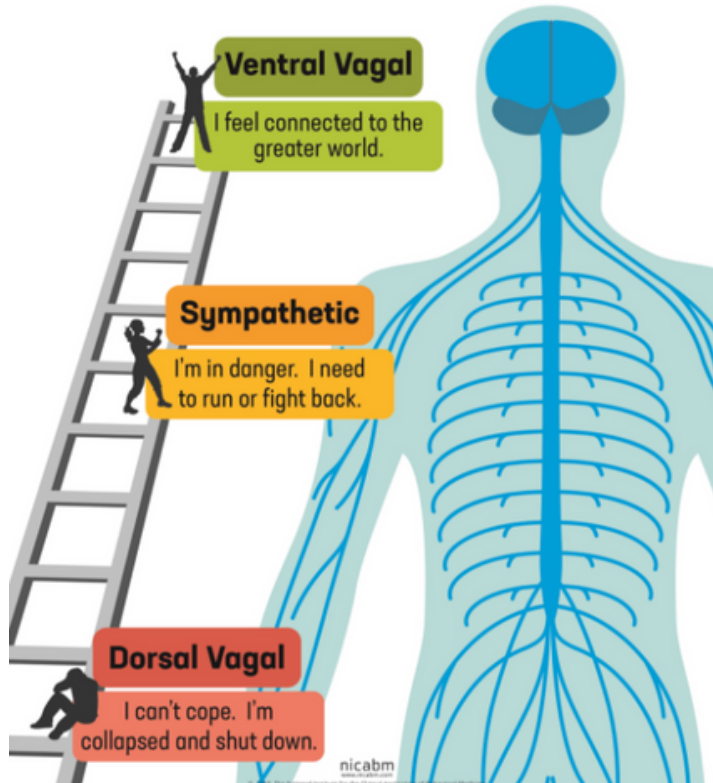
Vipassana / Awareness

POLYVAGAL THEORY

The role of the vagus nerve in emotion regulation, social connection and fear response.

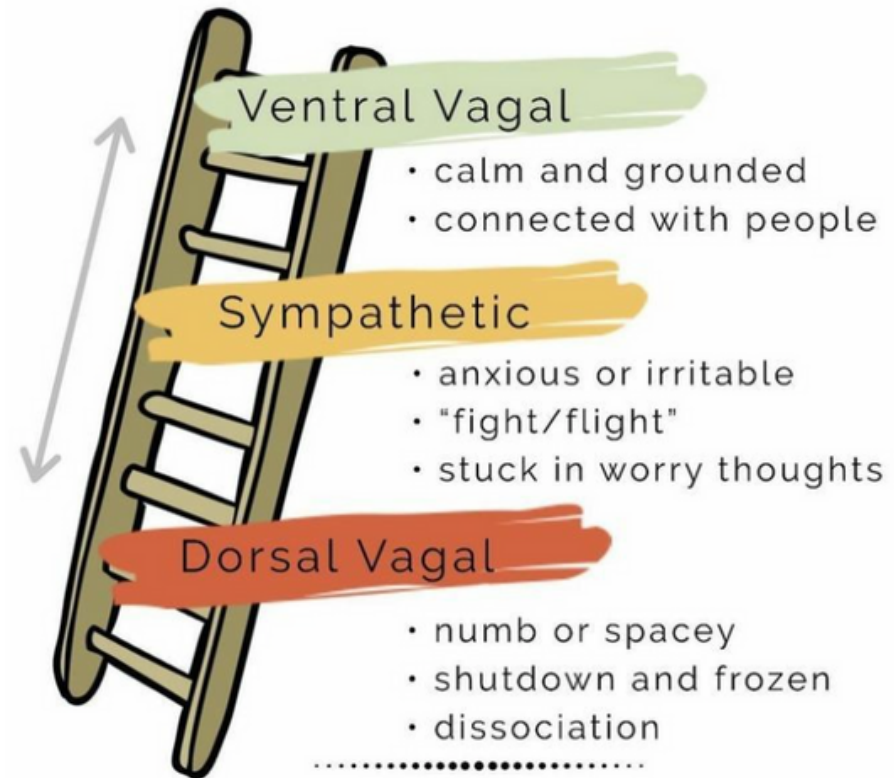
How to regulating Your Nervous System

Polyvagal Theory: The Autonomic Ladder
Understanding the Nervous System
Adapted from Deb Dana, LCSW



Stephen Porges

The Polyvagal Ladder



UNTANGLE



Moving out of being in a stress response, to down-regulating, slowing down
Coming out of the fusion we have with our thoughts

AWARNESS



Recognising you are not the voices in your head, they are just like clouds/ weather patterns constantly changing

PRESENCE



Practice daily, the techniques that help us to process the experience of life, and bring us into the right view - seeing clearly

BEAUTY OF RETREAT

This environment, and the activities are all here to help down-regulate the nervous system and to learn skills to continue forward

Practice going forward:





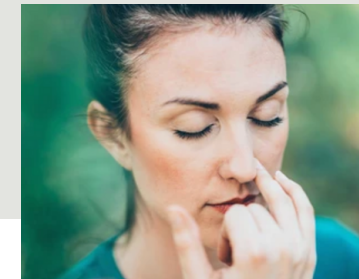
Agitated



Calm

PRACTICES

- Swimming - Baths - Showers
- Changing your environment - rich natural environment
- Forest Bathing
- Dancing, Shaking, moving your body
- Massage, tapping, EFT, myofascial release
- Singing, humming, or chanting
- Breath exercises - Pranayama

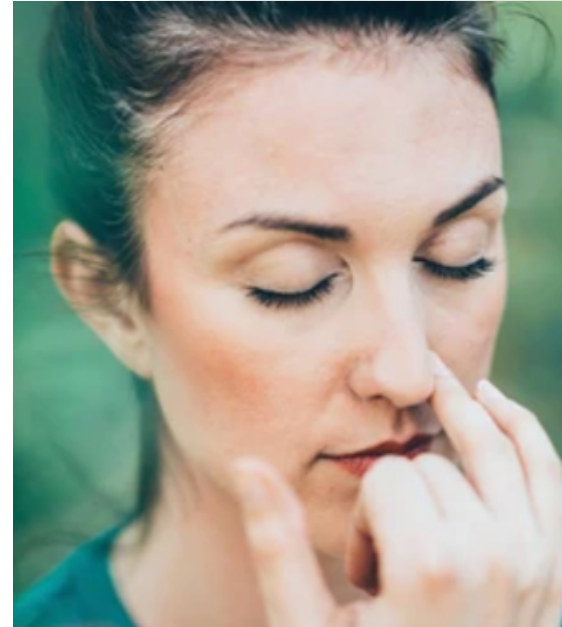


PRANAYAMA

Vinyasa krama - a step-by-step progression into something, or to a certain goal

1 / Breath Training -Examining your breath, and exploring the mechanics of your breath. Becoming aware of your breath

2/ Pranayama Practices



BELLY BREATHING

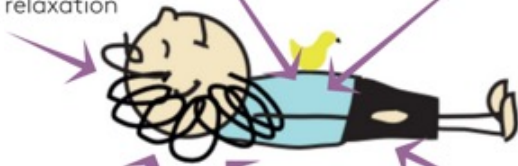
Diaphragmatic Breathing

Belly breathing

Automatically slows the heart rate, helping to relax & calm

The most efficient and relaxed way of getting enough air into your lungs.

Supports the life skill of relaxation



Can boost energy levels with a few minutes of relaxation throughout the day

Emulates breathing during the regenerating processes (sleep, digesting food or resting)

Increased awareness of the breath & its effect on the body



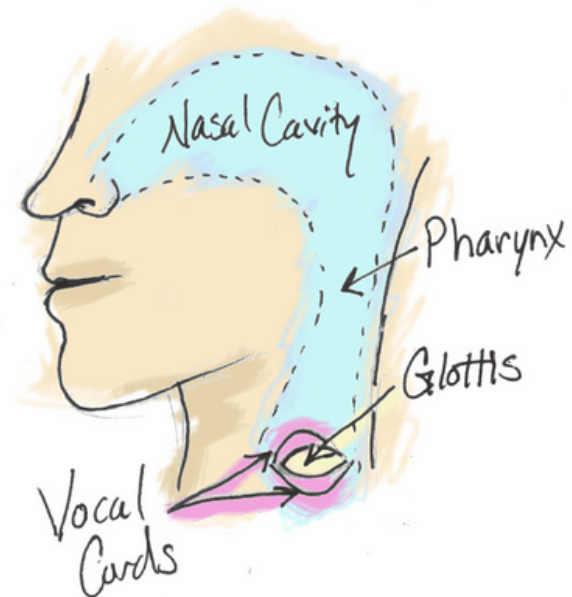
UJJAYI

Ujjayi (pronounced oo-jai) is commonly translated as “victorious breath,” and has been used for thousands of years to enhance hatha yoga practice. Also commonly referred to as the “oceanic breath”.

You create a constriction in the throat as if breathing in and out of a thin straw. Whilst maintaining a closed mouth position be mindful of held tension in the teeth, jaw, throat and/or neck – let it go. You can feel the breath stroke the back of your throat as you inhale and exhale. The sound you produce can be compared to the sound of waves from a shell, Darth Vader or maybe someone in deep sleep.

RATIO BREATH

- Length of inhale : length of exhale ie. 4:3
- 2:2, 2:3, 3:3, 3:2 anything less than 4:4, bring it slowly to 4:4
- 4:4
- 4:5
- 4:6
- 4:7
- 4:8



HUMMING BREATH

Bhramari Pranayama. Bee Breath.

Keeping the lips lightly sealed, inhale through the nostrils. Exhaling, ***make the sound of the letter M***, essentially a humming sound. Sustain the sound until you need to inhale. Then repeat: Inhale through the nose, then hum like a buzzing bee as you exhale. Continue by inhaling as needed and exhaling with this sound for several minutes.

You can practice as long as it feels good.

The longer you sustain the humming exhalation, the more relaxing the Bee Breath is likely to be – but forcing the breath beyond your capacity can have the reverse effect, causing even more stress. So don't force

With the mudra (hands position) - use your thumbs to gently push on the tragus of each ear - the bump of cartilage on the cheek side - to block the ear canal



ENERGETIC RELEASE THROUGH SHAKING

Shaking is a powerful and accessible technique for releasing accumulated tension, stress, and emotional energy.

Benefits of Shaking:

- **Physical Release:** Shaking the body helps release muscle tension and promotes a sense of physical relaxation.
- **Emotional Release:** Facilitates the release of pent-up emotions and stress, allowing for emotional well-being.
- **Energetic Reset:** Serves as a quick and effective way to reset and refresh the body's energy.
- **Stress and Tension Release:** Animals instinctively shake as a response to stress, a behaviour that effectively releases pent-up energy and tension, thereby facilitating stress recovery.
- **Nervous System Regulation:** Shaking has been shown to regulate the autonomic nervous system, resetting the stress response.
- **Muscle Relaxation:** Shaking can be beneficial for relaxing tight and tense muscles



RESOURCES

FOR SLIDES AND LINKS VISIT: [BASIA.COM.AU/RESOURCES](https://basia.com.au/resources)

The screenshot shows the Basia website's navigation menu with 'Blog' circled in red and an arrow pointing to it. Below the navigation is a teal banner with the text 'BLOG LATEST ARTICLES AND VIDEOS' and 'Helpful information to live a life that's connected and aligned to your truth'. Two article cards are visible: 'Exciting News – It's finally here! see what I've been developing for years!' and 'Meditation Essentials Slides & Resources'.

LOCATED IN THE BLOG SECTION
TITLE: Living Mindfully Slides & Resources

Exciting News – It's finally here!
see what I've been developing
for years!

DEC 12, 2023 | EXPERIENCE, MEDITATION

Hello dear one, We've met in recent years at the beautiful Billabong Retreat where I'm still honoured to teach, as I get to meet such wonderful human beings like yourself. I'm curious to hear how you've been? How's your journey unfolded since the retreat in...

Meditation Essentials Slides &
Resources

FEB 6, 2023 | MEDITATION

Meditation Essentials Retreat Slides & Links Below you will find 3 PDF's of the slides for the Meditation Essentials Retreat that I run at Billabong Retreat
Meditation Essentials Class 1 Meditation Essentials Class 2 Meditation Essentials Class 3 For any questions...

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