



SUSAN DRURY

ELEVATING THROUGH LOVE

Ways to Step Off the Hamster Wheel and Attune Yourself to Higher Guidance:

1. **Choose to do this.** Any intentional act is a magical act! Empower yourself to make a different choice, than the ever-addictive hamster wheel.
2. If it's a useful image, **think of yourself as this vast web of consciousness**, capable of tuning into a much wider range of frequencies and possibilities than just your practical but limited Beta brain;
3. **Slow down. Literally. Take a nap. Go do something else**
4. **Take a breath, intentionally.** Take another breath. Count your breath, do the straw breath, invite the breath deeper into your body, keeping your chest stationary.
5. **Get quiet, and receptive** (you may have to do some breathing or use another quieting technique to support this frequency)
6. **Get gentle and kind - to yourself!** We don't change life-long habits overnight, so allow yourself space and time to incorporate this new receptivity beyond your beta mindset.
7. **Focus on your heart**, and open to its 'still, small voice' even as your mind may still be trying to pull you away.

Homework:

Practice: Experiment with these breathing and heart-centering techniques, and PRACTICE! Practice one when you are not stressed or anxious, but perhaps lying in bed before sleep (or when you've just woken up) and use the breathing to start training your nervous system beyond the habitual 'set-point' it is used to operating from. Make a commitment (and keep it!) by setting aside time every day and practice one or more of these breathing techniques. Frequency is more important than length of time - even 3 minutes a couple of times/day is enough. Build it in.

Heart Coherence: Approach a situation/relationship where you always end up on the Hamster Wheel and begin to approach it from your heart. Don't look for a resolution, simply sit and quietly focus on your heart, and bring the situation/relationship into your heart space. Resist your mind's need to look for a solution, and simply sit quietly with it in your heart space.

Connect with me: Sometime between now and our next session, send me an email and share anything you've noticed, whether it's good, bad or indifferent. I'm here to support and even if you share how frustrated you feel, that's perfect. We don't undo a lifetime of anxieties, irritations, frustrations and habits overnight, so part of your homework is to let me know how you are doing and I will respond.

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Come to the next session: In this session, we'll learn some more tools to support you tapping into your guidance more easily, and we'll be addressing specific challenges that all of us face. This is the session where we get practical and personal, as ALL OF US face the same kinds of challenges in navigating our lives. Discovering how to connect with our higher guidance around on-going troublesome issues is where we start to experience more ease and flow in our lives.