

PATHWAY TO CALMNESS, CLARITY, CONFIDENCE & CONNECTION



Welcome to...

The Pathway to Calmness, Clarity, Confidence & Connection!

Are you ready to start your 4 Day Journey?



Your Practical Pathway Begins...

Day 1

CALM
The Power of Presence & the Beauty of Breath

Day 2

CLEAR-MINDED
Seeing, Feeling & Hearing Clarity

Day 3

CONFIDENCE
Stepping into a Confident New You

Day 4

CONNECTION
Connecting on the Inside = Connecting on the Outside

BONUS DAY

WRAPPING IT ALL TOGETHER
Wrapping everything we've learned into one meaningful day, week, month and year.



OVERVIEW

Day 1



What is in Store for YOU Today...

- *An exercise in Being Present*
- *An exercise in Changing State*
- *Breathing into Calmness (4 Videos)*
 - *Basics of Breathing*
 - *Box Breath*
 - *4 Breaths*
 - *Bottom to Top Breath*





SECTION ONE

PRACTICING PRESENCE

PRESENCE means...

“the state or fact of existing, occurring, or being present in a place or thing” (Oxford)

In simple terms...

Being present is existing in THIS moment.

Being here, with me, right now....

And now.... And now....

And now...



PRACTICING PRESENCE

Being Present Looks like being **AWARE** of your Outside World & Inside World.

Being **AWARE** of the:

- **SMELLS** around you
- **SOUNDS** around you
- **IMAGES** around you
- **FEELINGS/ENERGY** around you

TASTE within you

MESSAGES within you

VISIONS within you

SENSATIONS/ENERGY within you



PUTTING PRESENCE INTO PRACTICE...

Exercise Steps:

1. Find 1 thing which you can either SMELL, TASTE, TOUCH, SEE or HEAR
2. Close your eyes
3. Breathe in and release slowly. Repeat 5x.
4. Slowly and Mindfully... Smell, Taste, Touch, Hear or Look Deeply At that thing you have chosen.
5. Continue to be present in this moment for 2 minutes (You can put on a timer if you'd like).
6. Do exercise again tomorrow & increase to 3 minutes
7. Every time you do this exercise, challenge yourself to be present for an extra minute longer



Be Present to the
Array of Smells
and Tastes



Stop to Smell
the Flowers





SECTION TWO

CHANGING STATE

MOTION changes our **EMOTIONS**

In other words....

ACTIONS change our **EMOTIONAL STATE**

in other words...

When we **MOVE AWAY FROM** emotion 'x' & **MOVE TOWARDS** state 'y'...

Chemical changes in our physiological body occur & emotions begin to shift



CHANGING STATE

WHY IS THIS IMPORTANT?

- **Stress, Anxiety, Overwhelm & Fear** release a steroid hormone known as **CORTISOL** from the adrenal glands
- Cortisol gets pumped into the blood stream, causing the “**fight or flight**” response
- If cortisol levels build up in the blood without release over a period of time, it can cause **longterm damage** including...
 - A. Interference with memory and learning
 - B. Weaker immune system function
 - C. Increase in blood pressure and heart disease
 - D. Higher risk of depression and mental illness



CHANGING STATE

WHAT WE WANT TO FEEL INSTEAD:

Dopamine!!! **Serotonin!!!** **Endorphins!!!** **Oxytocin!!!**

=

"FEEL GOOD" HORMONES!!!!

We can feel all these “feel good” hormones when.....



CHANGING STATE

WE CONSCIOUSLY CHANGE OUR STATE!

.....

BUT HOW?



CHANGING STATE

1. **MUSIC!** Play a song you love
2. **MOVEMENT!** Get your heart rate up: Exercise, Run around the block, do jumping jacks, dance
3. **PROGRESSIVE MUSCLE RELAXATION** (from bottom to top, slowly contract & release each muscle group in your body)
4. **LAUGH!** Look up a funny joke or comedic skit or simply start with faking laughter until it feels oddly real
5. **CONNECT:** Call a good friend (not to vent, but just to talk about anything else)
6. **GET CREATIVE:** draw, do art work, paint, write/journal, cook/bake, sky is the limit!
7. **MEDITATE!**
8. **VISUALIZE** how you would ideally like to feel. See it. hear it. Feel it. See yourself smiling, laughing, feeling light and at peace. Imagine whatever you wish for that can place you in an uplifting place
9. **GRATITUDE!** Think of 10 things you are grateful for. Write it down, say it out loud, put it in your phone, visualize it in your mind. Most importantly.... FEEL the sensation of gratitude!

The objective of all these activities is to *Shift Your State & Boost Your Mood!*



CHALLENGE

A silhouette of a person is captured in mid-air, jumping between two dark, jagged rock pillars. The scene is set against a dramatic sunset sky with vibrant orange, red, and blue clouds. The water below is dark and reflects the colors of the sky. The overall mood is one of challenge and perseverance.

Print out this “Changing State” List & put it on your fridge or wall.
Do anyone of these activities when you notice a dip in your energy or
mental/emotional state.



**SECTION
THREE**

BREATHING INTO CALMNESS

This Section includes

4 Mini Videos

on Various Breathing Techniques & Exercises

you can apply into your daily life in order

to feel a deep sense of relaxation and

CALM

in your mind and body

(see videos on platform)



CHALLENGE

A silhouette of a person is captured in mid-air, jumping from one rock formation to another over a body of water. The scene is set against a dramatic sunset sky with vibrant orange, red, and blue hues. The person's arms are outstretched, and their legs are bent, suggesting a leap or a jump. The water below is dark, reflecting the colors of the sky. In the background, a low, dark landmass is visible on the horizon.

Choose any of the above breathing exercises.
Do 1 everyday for the next 30 days.

Q & A TIME

**Please Post Any Questions, Comments,
Insights
or Breakthroughs
you've had in the group!**

We can all share and participate together as a community!

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