



Mind-Clearing tips and hacks

Five Element Yoga® with Jennifer Reis

Shift yourself from 'Thinking-Everyday Mind' into your 'Wisdom-Witness Higher Mind' by becoming the observer, instead of the do-er. This will help you to return home within. Take a minute to:

- Notice sensations in your body...
- Become aware of your breath...
- Notice thoughts drifting through...
- Become aware of feelings and emotions...

Give the mind a 'bone' occupies it and thus it's able to drop concerns, thoughts, past and future to focus on the present moment:

- Silently recite positive words or phrases with each exhalation such as 'peace', 'ease flows through me', 'love', 'I rest', or 'I am here'.
- Movement with breath: synchronize your body to the flow of your breath together.
- Clearing Sounds: Take three long sighs out. Chant or Hum Aum three times. Listen to windchimes or play a Singing Bowl.
- Recite positive affirmations with your mudras and yoga postures e.g.: "I am always calm in the center of my being".

Create Sacred Space:

- De-clutter your surroundings. Without the distraction of clutter around, your mind focuses with more ease and possibility. Donate rid of old clothes and things you don't use. Put stuff away
- Keep space sacred and clear: especially work and practice areas.

Practice Daily:

- Yoga, Loving-Kindness meditation, mudras, clearing sounds (like chimes or chanting), breathing, yoga nidra, or simple take time to rest in Awareness.
- Being kind to yourself and others.
- Finding spaciousness between thoughts, breaths, clouds...