

WELLBEING • MINDFULNESS • CREATIVITY • ESCAPING

# Breathe

*and make time for yourself*



Perfectly different **Aspiring to the spiritual** Permission to change **Energy lines** Fabled encounters  
Contents predictable **Open book** Enter the labyrinth **Second chances** The art of friendship

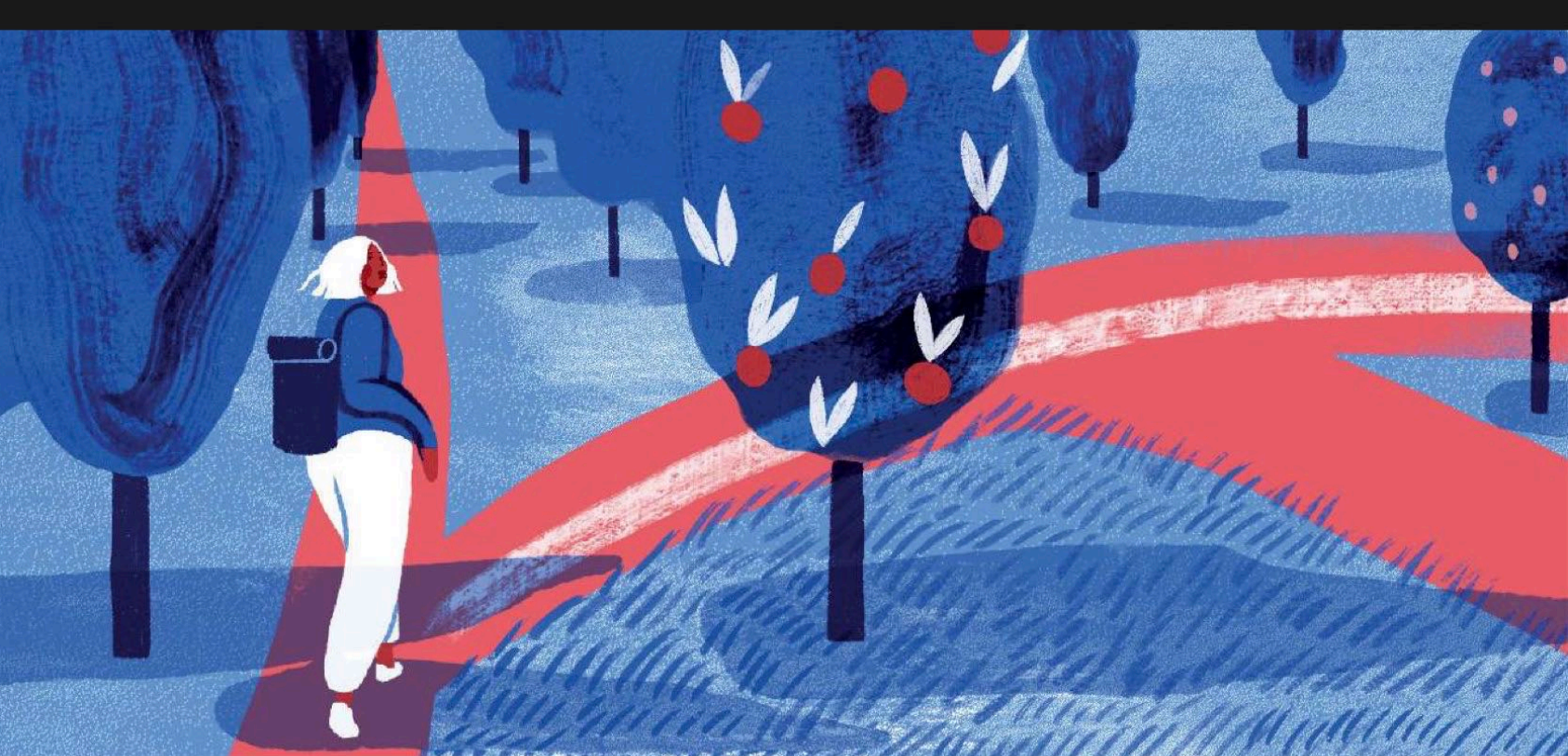


# MINDFULNESS



*'Whoever looks into himself as into vast space and carries galaxies in himself, also knows how irregular all galaxies are; they lead into the chaos and labyrinth of existence'* Friedrich Nietzsche





## Permission to change

*Feel stuck in a groove you're not keen on? It might be you need to explore what's keeping you there in order to make the changes that will lead you towards the life you really want*

If you're waking up each day feeling discontented with life – be it because you're working in a job you don't like, you've settled in a place that feels soul-destroying or you're existing (perhaps even comfortably), while sensing you're not where you want to be – it can seem near impossible to believe and trust that anything will change. In your mind, the situation might feel static, your options restricted, your path to fulfilment blocked. But these are limiting thoughts that can stop you from seeing that change is possible. One way to alter this perception is to realise there are choices. And the first one could be to cast off the thoughts, feelings and habits that are blocking your route to personal happiness and contentment.

### Let go of your fears

This doesn't mean it's easy, however. Changing your outlook and overriding deeply rooted thoughts and beliefs can be a struggle. Puja K McClymont is a London-based neuro-linguistic programming mindset, life and business coach, who helps people find confidence and gain more control of their lives. 'Nearly anything to do with change is connected with fear and the actual fear of making changes,' she says. 'We are creatures of habit, yet we tend to want so much more from our lives without making the changes necessary to achieve them.'

These negative, fear-fuelled beliefs tend to run over and over in a loop and can keep people where they are, hostages to their own limiting thoughts and ideas. This can deter them from trying fresh avenues, following their intuition and exploring options that might be more fulfilling.

A person's mindset can easily be influenced by environment, circumstances, experiences and other people's beliefs. That person then creates a story for themselves that is based upon these influences. If the mindset is fuelled by an undercurrent of fear, this is likely to keep a person stuck but safe, constrained but comfortable, and they can end up existing rather than living. Holding on to this mindset fortifies the life you don't want, and it can become weighed down by heavy layers of restrictions, sadness and regret. Given permission, self-limiting thoughts can create a jail and keep you in there for life.

Kitty Waters, a transformational teacher, host of a podcast called Kitty Talks and co-creator of The Network for Transformational Leaders, is on a mission to help people improve their lives. Her Do Your Dharma course helps people to find their true calling, which involves letting go of feeling stuck and creating a positive mindset that's in alignment with the life they want. Kitty says: 'Awareness is the first step to change. Everything is energy. What you focus on expands, and where energy goes, focus flows. You shape your life experience through your beliefs, and your thoughts and words create your reality. When you're aware of this, you can choose words, beliefs, intentions and actions that help create the life you want.'

This change of mindset means letting go of your story and any rigid thoughts and beliefs you have about both yourself and the world. These thoughts might connect to issues concerning trust, lack of confidence and self-worth, which are all underpinned by fear. You have to be willing to give up this investment in fear. Once you do this, life starts to flow.





There are techniques that can overwrite your mind's current programme to establish a mindset that is more nurturing and supportive and will help you move towards your dream life.

Puja suggests: 'Start by writing a huge list full of all the things you want in your life. Nothing negative, no ifs or buts, just what you want. Then go through the list and actually be aware of the feelings and sensations you get in your body when you read a particular item. If you tense up, you're fearing that it'll never happen. If you feel smiley, it's likely that's exactly what you need to be doing with your life.'

'Review that list and separate the items that made you feel tense. Those are the items that most require a shift in your mindset. By planning backwards, so from the point where you're achieving that particular goal, you will soon see what you need to do in order to get there. Suddenly, the fear dissipates and the goal starts to become more realistic. Of course, you then need to carve out time to follow the plan.'

As you begin creating a supportive mindset and moving towards your goals, be aware of tension creeping in. Stressing and overthinking can show up as resistance to change. When you feel this tightening sensation, focus on lightening up. Bring some humour and fun to the situation.

Puja says: 'Be mindful of the words you use to describe your goals. Keep the tone positive and in a forward motion, so that you train your brain to accept the changes you're making to live your best life. If you believe that you can do it, you're more likely to achieve it because your will and motivation will always be directed towards that goal. Your goal becomes your purpose.'

Changing your mindset so that you give up negative thoughts and habits in favour of a fresh outlook requires constant attention on a daily basis. But the effort is worthwhile. Through mindful attention, it's possible to get out of your own way and adopt a more optimistic mindset that, hopefully, will become your new default mode of being. From here, you'll feel lighter and more capable of moving towards a more contented life.

Words: Carol Anne Strange

## STEPS TO GET YOU STARTED

*Try these exercises to change your outlook*

### **What thoughts are holding you back?**

Make a list of the thoughts, feelings and beliefs that are self-limiting and keeping you stuck. Perhaps it's that you're not clever enough or don't have enough resources, or you feel worthless, with nothing to offer to the world. Dig deeper. Beyond these limiting thoughts, do you feel fear? Are you frightened that making changes will pull you out of your comfortable place and make you vulnerable? See what comes up for you, and then let it go.

### **Change your thoughts**

For every self-limiting thought or belief, change the dialogue to something positive, expansive and limitless. For example: 'I'm capable, creative and resourceful', 'I'm worthy and open to receiving' or 'I can do this'. Truly feel the meaning of these words and invest in your self-belief.

### **Do three things today that move you towards the life you want**

Intention is one thing. It needs to be followed by action. Susan Jeffers, author of *Feel the Fear and Do It Anyway*, says: 'The only way to get rid of the fear of doing something is to go out and do it.' So write down three things you can do today that will take you three steps closer to creating the life you truly want. Keep taking action every day, and do more of what lights you up.