

### **Technique one - The 'Present Anchor'**



**In order to experience the present moment fully, we need to be able to arrive there and stay if we wish.** An effective way of doing this is through the use of an 'Anchor'. This allows us to anchor ourselves into the present moment, and use it to keep us there until we wish to leave.

What to do: Here are some common types of anchor.

**1. Follow your breath** - By simply noticing your breathing you will bring your awareness into the present moment. You can't follow a breath from the past or from the future, you can only follow a breath in the present moment. Simply observe it flow in and out of your body.

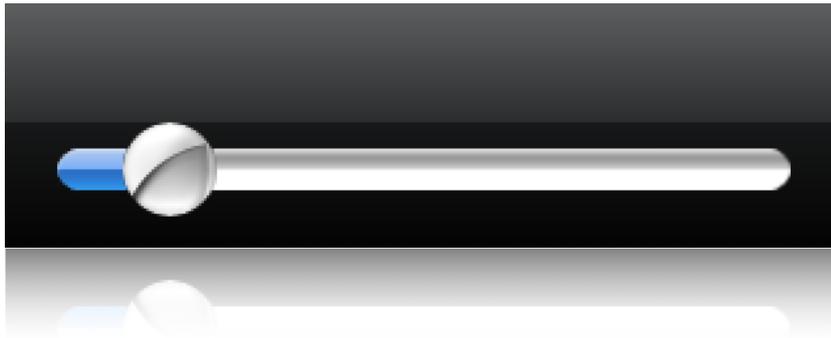
**2. Inner body awareness** - If you couldn't look at it or move it, how would you know that you still have a body? Close your eyes for a moment and look for internal signals or sensations that tell you your body is still there. Look for the gentle warmth that flows around your body.

**3. The magic word** - Choose a word you like the sound of, for example "Bliss" or "Peace" or "Serene". Then say it to yourself as you inhale and exhale, trying to stretch it to match the length of your breath.

**3. Be like Sherlock Holmes** - Pick out something in your immediate environment and give it your fullest attention without judging it as pleasant or unpleasant. This can be a sight, sound, smell, taste, or bodily sensation. Just aim to gently hold your focus on it.

**As well as using anchoring throughout the day whilst going about your business, you can also use it as a meditation practise.** For instance, ten minutes of anchoring first thing in the morning, late afternoon, or before bed. You choose. Safe in the knowledge that the more often you do it the more you improve your concentration skills, mental clarity, emotional stability, and much more...

## Technique Two - 'The Mindfulness Monitor'



**A simple way of keeping your attention more present is to check in on yourself regularly throughout the day**, and ask where your mind is at. A good way of doing this is by visualising the volume scale found on many modern mobile phones and iPods etc...

Imagine that on the far left at the low volume end is the past. In the middle is the present, and at the far right is the future, and the points in between are degrees of each.

Check in on yourself frequently during the day by visualising the scale and asking yourself where your attention has been. The interesting thing about this is that the very act of checking in brings you into the present moment. Because you have to come into the 'Now' to check! Then, all you need to do to remain there is simply apply your chosen anchor from technique one above.

## Technique three - 'The Wellbeing L.A.B Test'



**Bodily tension, poor posture, and shallow breathing can all be a result of some form of mental agitation and stress.** Allowing these things to build up can increase our levels of stress, and potentially cause us physical and mental problems further down the line.

This technique is a combination of the previous three, and was created to help you to become aware of these three factors, by checking in with yourself regularly and correcting what needs to be corrected. In doing so, not only do we remove negativity, but we also promote feelings of wellbeing.

In order to do this technique just need to remember a simple acronym: L.A.B

**L - Loosen your body completely** - Muscular tension can create mental tension. So aim to be like Mr Soft. Scan your body for tension, and if simply loosen whatever you feel by either stretching it, or performing some Progressive Muscular Relaxation on the area (tense for ten secs / release for 10 secs)

**A - Alignment** - Poor posture can caused reduced energy, and muscular imbalances. So after checking your body for tension, check your posture by using the 'Invest in your posture' coin stacking technique.

**B - Breathing** - Your breath is a barometer of your mental state. Calm breathing = calm mind  
Rapid breathing = agitated mind. You can bring your mental state under control by bringing your breathing under control. So after stacking your coins, move on to doing some 'Ocean Breathing'.

This whole process can be done in less than a minute, so aim to squeeze it in at regular intervals throughout your day.