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Simple Relaxation Technique and why you need it as a business owner/soloprenuer

You need to know how this works in order to contain he bastard Lizard Brain that lives inside all of us.

The lizard brain is the primitive, limbic system that can override a lot of our brain and our thinking. It is concerned about very little apart from mating, eating, running away from danger and sleeping. It seems it's a hangover from when humans were, well Lizards.

Chickens and many other birds have the same brains. Squirrels also spring to mind.

Further on in the development of brains we arrived at Dog brains, all of the above except they have the ability to run in packs and need to communicate so the brain needed to develop a bit more. So now we have sleep, eat, shag and of course communicate and run away.

From there human brains were developed and of course gave us the power of advanced communication and thinking skills but there is a problem, that bastard Lizard brain.

I like to call it the nutter inside your head, it's mad. Every time you start something new it finds a way to tell you it's a waste of time, it won't work. Tries to intervene unless it's about sex, food, or sleeping in which case it lets you get on with it. You must have noticed it even if you have not reacted to it.

Your Lizard Brain - the nutter will always tell you it won't work, will find reasons not to go/do/say/learn and just want's to keep you safe. No new stuff, no moving forward. One reason Chickens have never taken over the world (have you ever seen the film Chicken Run - if not you should).

Just try this little exercise, sit down in room, alone with your heart higher than your legs either lying or sitting. Get comfortable and breathe.

And then listen to the voice start, thoughts start to appear. Worries, fears a to do list, it's mad, really mad and fills your head with stuff, so much stuff there is no room for decent thought.

So you need to shut this nutter up and take some control back before it's too late.

Wrapped up below are a couple of short exercises that will help. You will need no longer than 10 minutes per day (hopefully you want to do this several times per day). The busier you are, the busier you get the more you should make time for these exercises.

If you can't make an hour a day for you, then you can find thirty minutes and if you can't find that, you can find ten minutes.

Do the exercise.

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Try this first.

Deep Breathing: When you're stuck in a queue at the shop, instead of stressing out because there aren't enough cashiers and every queue has 5 people with carts of shopping, use that time to relax your body by taking some deep breaths.

Deep breathing brings extra oxygen in your blood. Your blood circulates that extra oxygen throughout your body helping your inner systems recharge.

Taking five slow deep breaths will do the trick. The proper breathing technique is to inhale deeply through your nose and breathe out from your mouth.

Smile as you are doing it, thinking about old friends or times when you were most happy, it may be a single event.

Not only will deep breathing help you relax, it'll calm your mind, reduce brain fog, and you'll feel much more alert and ready to take on life!

Deep breathing is one of the simple relaxation techniques that can be done anywhere when you're feeling stressed or just want to clear your mind.

But what about the nutter?

Clearing your mind using this simple ten minute meditation at least once per day will enable you to shut the nutter up.

So find yourself somewhere quiet to sit, sitting is fine make sure your head is supported. TV and Radio off.

Get comfortable.

Do the first breathing exercise.

Close your eyes and relax your muscles from your feet to your scalp. Do it in sections initially.

Feel them relax and then relax them again.

Feet and lower legs

Thighs

Lower Back and Stomach.

Chest and shoulders (keep your hands on your lap).

Neck, face and scalp (not forgetting your tongue) make sure you keep a little saliva in your mouth (this is a great stress tool, remember when you are stressed your mouth goes dry. Keeping saliva in your mouth tricks the Lizard brain into thinking all is calm - see how stupid it is).

Hold for a minute, get used to what it feels like to be really relaxed and restful.

Next is really powerful.

Set a timer (phones are great for this try 12 minutes - two minutes for the above and 10 minutes for whats coming).

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Carry on breathing normally

As you breathe in focus on that.

As you breath out focus on that.

With your eyes closed, imagine the breath blowing out and the incoming air filling your lungs.

Carry on doing this, focusing only on your breathing for the next 10 minutes.

The nutter will be with you, getting louder and louder throwing all kinds of random stuff at you. Ignore it let it go, you are trying to clear your mind completely and shut up this noise.

Initially for 10 minutes, a clear mind for 10 minutes with no other thoughts than on your breathing. It won't happen for a few days but once you have been used to silencing the nutter, you will get a very relaxed and restful 10 minutes.

The plan is to extend this from 10 to 20 minutes and then for longer.

You will find that that nutter is difficult to silence and may well interrupt a lot, let it, just ignore what it tells you, what ever thoughts it throws at you let it go. Focus on your breathing, only on your breathing.

This is the same process your brain uses to go off to sleep, so is perfectly natural.

Practice as much as you like. Once you have it imprinted you will be able to do it on the train, in the car in fact anywhere. 10 minutes of pure restful relaxation. Shutting out the world and shutting out the nutter.

You may wonder why I call it the nutter?

Well just listen to it, millions of thoughts that meaningless and worthless - banter from your Lizard brain.

Good luck and keep working with it, over a period of a few weeks you will benefit from being a lot more relaxed and be having a lot more positive thoughts that will add value. The nutter will not be happy, but you will soon understand how much havoc it has created in your thinking.

Most people can't even clear their minds for a minute because of the nutter, getting to 10 minutes is your goal and longer periods will come with practice. Enjoy it and if you like it you can go on and do some further meditation training it really will have an impact on your life in a big way.

Enjoy and let me have any feedback. Is this helpful?

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