

Finding Your Purposeful Path – Class 2

THE BRIGHT SHINY DISTRACTIONS - What are we ALLOWING?

Today's class is about the Bright Shiny, or simply put, distractions in our life. Distractions can come from both outside as well as from within. Distractions are not all bad, in fact many can be fun and playful and joyous. It is identifying what our distractions are, outside and inside, determining if there are lessons they may have for us and if we are in or out of balance with our types of distractions. What are we ALLOWING in our daily life? Is it supportive or depleting? What can take us off our path? How do we discern distractions?
Our path is Doing what is meaningful and important to you

Some thoughts from others

"Focus is often a matter of deciding what things you're not going to do." – John Carmack

"Often urgent voices will be far louder than the significant ones." - Joshua Becker

"Tell me what you focus on and I will tell you who you are." - Omega Institute Speaker

Peter Bregman writes

I wrote 18 MINUTES because I was still overwhelmed and spending my time in areas that, ultimately, were not moving me forward in the most important areas I wanted to focus on in my life. What I realized is that most time management books were showing me how to get it all done. But I think that's a mistake.

What I found in my own experimentation is that, to really focus on the things that were most important to me, I had to do the opposite – I had to stop trying to get it all done. In fact, trying to get it all done is the biggest mistake we can make. When I multitasked, I produced less. When I organized my calendar and to-do list the traditional way, I only intensified my guilt and stress. And as I increased my busyness, I began to watch my overwhelm and frustration increase as the year passed by while the things I most wanted to focus on – the things that were most important to me – remained untouched.

"PLAY" ACTIVITIES

What Do I ALLOW in My Day?

1. Journal for a day, noting how you are spending it?
 - How much time is being spent on various events, interactions, tasks, "have-to's", "want-to's", etc. What people are involved.
 - Did the time spent leave you feeling more drained, empty, anxious or numb, or was the activity or the interaction uplifting, supportive and give you energy?
 - Do others often pull you into their distractions? Do you allow it?

Write or color it in your journal

This is meant to give a different perspective and not meant to be pollyanna, that all interactions are happy and joyous and you must love every minute. Some things can be very difficult, however engaging with someone who encourages your truest self to come forth feels much different than with someone who is not. It is also to see how those energies balance in your day.

See if you can note when you are fully present in activities and in personal interactions.

- How long was each time? How much of your day is spent that way?
- How much time are you distracted doing multiple things? How much of your day is spent that way?
- Can it be different? Would you like it to be different?

What Do I ALLOW in ME?

1. Keep your Journal or paper right next to you and for 1-day write down messages that you are telling yourself throughout the day.
Pay careful attention as they may sneak up on you.
What runs through your head? What do you tell yourself? What are the most frequent?
Are the more frequent ones of judgement, negative or disempowering thoughts?
NOTE: *If you are unable to do this during the day, then take some time to pause and think about the messages that you typically say to yourself.*

The CIRCLE

1. Open up the journal to a new page and draw a BIG CIRCLE, filling the entire page
2. Outside of the circle, write as small as you can, the main negative phrases that came up for you
3. Now with markers, crayons, bright colors, write big and bold on the inside of the circle messages that shift the negative into an affirming phrase
4. Write down in various ways FILLING the circle with "I am" or "I am excitedly moving towards...."
5. Pick one that rings truest for you and post that wherever you can see and feel free to share with us on Facebook or via email. Announce it confidently. Proudly.

Remember You Get to Choose what messages you fill your head with, so let the words and phrases in the center of the circle Fill and Spill Over in Abundance!

Physical Play (Ki-Hara Resistance Stretches)

3 fun resistance stretches to open up awareness and practice focus free from distractions

Audio meditation –

<https://drive.google.com/file/d/0B8iyLNx0c6dZQINoNWZjaXhoaURINIZNd05IRlo2Nkgwejdv/view?usp=sharing>

(below is text for audio)

How to handle unwanted distractions? By using BAALL

- Breathe - Breathe plays a crucial role in your every beat of your day. When distractions appear throughout your busy day, first we must do what may seem counterproductive...stop. Stop and be present. Present in your surroundings. Present in your body. Present in your mind. Breathe. Soak your organs with an abundance of rejuvenating oxygen. Take a minimum of three deep, rib expanding breathes.

- Ask - At this moment of stillness, Ask. What is this distraction here to show me? Teach me? What do I need right now? What is the true authentic course for me?
- Allow - Continuing with those deep nourishing breaths, Allow the answers to flow inward. Not analyzing, judging, critiquing. Just Allowing whatever pops up to do just that, pop up. Accepting. Allowing. Breathing. Allowing them to just flow through like a slide show.
- Listen - By now you should be fully present. In the here. The now. As you Allow whatever to pop up, Listen. Listen to your inner voice, your intuition, your wisdom and inner guide. Listen for subtle hints, ideas or even a voice speak to you. What is it saying? Without analyzing or discrediting anything but Listening from a place of non-judgement, observer. Is that inner voice guiding you into a direction, a path, movement? Did the initial “distraction” change its form? Does it look and feel any different?
- Love - As you move forward from this place, come from a place of Love vs a place of fear. Love for yourself, your choices, your surroundings, your actions and even inactions. Love the lessons, the process and most importantly, your Self.

Resources

Becky Eshelman's Blog

<http://www.illuminated-life.com/my-one-day-off>

Elizabeth Gilbert Video

<http://www.supersoul.tv/supersoul-sessions/elizabeth-gilbert-flight-hummingbird-curiosity>