

# UNWOBBLE

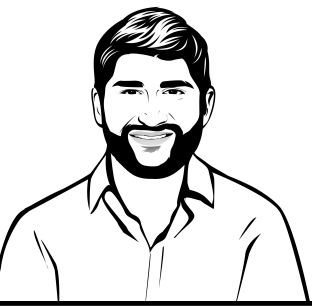
A  
Practical Guide  
to  
**Everyday Mindfulness**

FREE  SAMPLE



**Brandon Park**  
in partnership with

MINDPOD  NETWORK



# Thanks for joining me!

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Hiya,

There is plenty of information in the world about how to meditate. And probably as much or more info on what mindfulness means.

What is lacking are clear to the point instructions for practicing mindfulness right here, right now: whether you are in the middle of your workday, or overwhelmed with what you have on your plate.

That is what this project is about: practical mindfulness exercises to help with everyday life.

In my journey working with some great minds in the world of mindfulness I continually find the same pattern. Members of their audiences want to practice mindfulness but can't seem to make meditation work for them. Or they meditate but don't feel the effects last through the day.

So I set out to find and collect as many simple, easy-to-use exercises as possible. But not just any exercises would do. My goal was to find exercises that wouldn't require you to sit in a quiet space for 20 minutes.

Because let's face it: you don't always have that kind of time. Or the willpower required to make it happen. You're busy and you need an efficient solution.

What you have here is a small sample of some of the exercises I have put together. Included are exercises to help you:

- Calm down in times of stress.
- Undo your negative monkey mind.
- Refresh your mindset to alleviate resentment or anger.

I've also spent time gathering helpful exercises, tips and insights from various teachers.

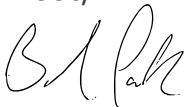
Included in this free sample you will find:

- Giovanni Dientsmann shares why meditation matters and explains how to get started.
- Tara Brach explains the 3 invitations she uses to avoid reactivity and call on compassion.
- Jack Kornfield teaches you how to transform sorrow into compassion.

This is a small taste of the many submissions from the companion guide I'm putting together.

Enjoy this sneak peek and shoot me an email to let me know if it's helped you.

Best,

A handwritten signature in black ink, appearing to read 'Brandon Park'.

Brandon Park

[brandon@unwobble.com](mailto:brandon@unwobble.com)

ps. I'll be sending you more free tips and exercises in between now and when the guide is launched. Add my email to your contacts to make sure the emails don't get lost.

# Alternate Nostril Breathing

Lower your blood pressure, calm your nerves, and reclaim your focus.

This is a powerful technique that will balance your fight-or-flight and rest-and-relax systems. It's a great exercise to use when you need to reduce your stress level or improve focus. Perfect for dealing with high stress moments. It should leave you calm but alert and focused.



2-5 minutes



anywhere

Try It Out

## STEP 1

Hold your right thumb against your right nostril and take a slow deep breath in through your left nostril. Pause for one second.

## STEP 2

Move your thumb from your right nostril to your left nostril. Slowly exhale through your right nostril. Pause for one second. Now slowly inhale through your right nostril. Pause for one second.

## STEP 3

Move your right thumb from your left nostril to your right nostril. Slowly exhale through your left nostril. Repeat all of the steps for 2-5 minutes or until finished.

Tip To Consider

- When you first start, try only a few rounds
- This is not a good exercise for bedtime. It may keep you up.
- This is great if you are in need of a pick-me-up.
- This technique may lower your blood pressure.
- It is not recommended to hold your breath if you have high blood pressure.
- This practice has long been used in yoga and Ayurvedic medicine.

# Trap Your Negative Monkey

Catch your negative monkey and torture it into telling you the truth.

This is for those times when your monkey mind is in full negative downer mode. It will help you address and move on from the negative thoughts.



2-5 minutes



anywhere private

Try It Out

## STEP 1

Grab a pen and notebook or smartphone, tablet, computer to write with.

## STEP 2

Write down one negative thought you are having. Now ask yourself; “Is this true?” Ask yourself; “Does this thought make me feel good?” and “Does this thought make me reach my goals?”

## STEP 3

Write down 3 positive thoughts that relate to the negative thought. For example you can write “right now everything is ok,” or “that thought is not truth it is only opinion.”

## STEP 4

Now list a positive emotion related to the 3 positive thoughts. For example, “happy,” or “hopeful,” or “pleased.”

## STEP 5

When you feel as though you have a little more control over your feelings you can move on. Otherwise try to repeat this exercise and challenge yourself to be more believable with the positive thoughts and more challenging with the negative thoughts.

# It Must Not Be Easy

A mindset shift to turn to when you're holding on to resentment or blame.

This reframing exercise is worth turning into a habit. Instead of playing the blame game, these five simple words will get you started on forgiveness. While providing some much needed perspective about where the other person may be coming from.



30 seconds



anywhere

Try It Out

## STEP 1

Turn to this exercise when you're harboring resentment, blame or anger.

## STEP 2

Try to put yourself in the other person's shoes and complete the following statement: "It must not be easy..."

## STEP 3

For example, "It must not be easy to be a boss and manage 7 different personalities." Or, "It must not be easy to be an adolescent with hormones flowing through your brain."

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Tip To Consider

- Remember that other people are usually reacting based on their own issues.
- This does not excuse bad behavior. Instead it allows you to soften your view of the person performing the bad behavior.



# Giovanni Dienstmann

If you are interested in meditation or mindfulness, but haven't made a solid start yet, you may be struggling either with the *why* or the *how*. On the other hand, if you already have some practice, but haven't observed much self-transformation yet, then you might be struggling with *integration*.

In this article I will cover the why and how of meditation, and present a simple practice that everyone can easily follow. Let's start with the *why*.

## Part I. Why Meditation Matters

Yes, you have probably heard of the over [70 benefits of meditation](#), but that somehow doesn't fire you up to practice it yet. So here is the real reason why you should meditate: because *you have a mind*. And you are not the boss of your mind - often, your mind is the boss of you.

Meditation helps you have greater mastery over your mind, by helping you develop four "superpowers": zooming in, zooming out, pausing, and changing channels.

And all of these are developed out of the core mindfulness exercise of:

- observing your mind
- noticing distracting
- pausing and bringing the attention back.

### 1. Zooming in

Focusing means that you can zoom in your attention on anything, and sustain it there, ignoring distractions.

As we live in times of continuous distraction, our attention span keeps getting shorter. Having the ability to focus is very useful in all spheres of your life: career, education, relationship, finances, and performance.

### 2. Zooming out

This is the ability to not get sucked into mental and emotional states that you don't want to. It's the ability to see with clarity and serenity.

Zooming out is specifically handy when troublesome emotions and addictive thought patterns have taken hold



of you. It frees your mind and gives you perspective to see things afresh.

### **3. Pausing**

We often live in an unconscious, automated way. This means we become the product of our environment. We react, rather than respond. In this mode, we are acting on the loudest impulse in our heads. We're reproducing our past conditioning - many times in regrettable ways.

Living a creative and fulfilling life requires just the opposite. It means to be intelligently present in the moment, acting fresh. For that, the ability to pause is essential.

### **4. Changing the channel**

Think of your mental world as a TV with several channels. Some of them are informative, entertaining, or useful. Others are full of bad shows, even though you might find them addictive.

The problem is: your remote control isn't working properly, and the TV is just displaying whatever channels it wants, in the volume it wants.

The more you develop the abilities to pause, zoom out, and zoom in, the more you fine tune your remote control. As a result, your favorite channels get more screen time, and the unhelpful ones end up being discontinued due to lack of attention.

## Part 2. Mini-Meditation Moments (MMM)

Have you seen what the powers of *zooming out*, *zooming in*, *pausing* and *changing channels* can do for you?

Great. So now we will explore what I considered to be the easiest way to get started with meditation - or to better integrated it in your daily life, if you already have a practice. I called it MMM, or *mini-meditation moments*.

The idea is that once per hour, or once every two waking hours, you get **reminded** to pause whatever you are doing, and **introspect** your attention for a short minute or two.

### 1. Reminder

The best way I found to reliably get reminded is by using technology. These are the three tools I have used for this purpose:

- **MeaningToPause** — a lovely bracelet that vibrates once every 60 or 90 minutes, in a non-intrusive way ([link](#)). Built for this purpose.
- **FitBit** — allows you to add up to 8 reminders a day ([link](#)). I researched other wearables but they usually only allow up to 4 reminders.
- **Mobile apps** — there are also apps that help you achieve the same result, like [Mindfulness Mynah](#) and [Mindfulness Reminders](#). I personally prefer not to use apps for this, since it relies on the already distracting world of your smartphone.

## 2. Introspection

Once you get reminded, you then do a mini-practice. The practice could be bringing your attention to the natural flow of breath, or repeating a mantra a few times, or bringing loving-kindness into the heart, or whatever your main meditation is about.

What I personally do and recommend it to actually *modulate* your breath. Take a few deep, long, and slow breaths. You will be surprised at how this simple exercise shifts your mental, physical, and emotional states.

Here is a 5-week course in *mini-meditation moments* I'd

like to suggest. These are brief instructions for the exercise you do multiple times a day, during the 1-2 minutes of your mindful pause.

- **Week 1:** Breathe in as deeply and slowly as you can, counting 10 at the end of it. Then breath out equally deep and slow, counting 9. Proceed until reaching 1.
- **Week 2:** As you breathe in, count 6 seconds; as you breathe out, count 6 seconds. Do this for 10 breaths. Slowly increase the length of the breaths, without forcing. If 6 is hard, start with to 4 or 5. Feel your whole body while breathing, and consciously relax it.
- **Week 3:** Do as in week 2, but this time place your right hand on your belly, and left hand on your chest. Follow abdominal breathing, which means that breathing in and out, only your right hand should move. When inhaling, gently push your abdomen forward; when exhaling, pull it back. Keep your attention in the counting and on the moving hand.
- **Week 4:** Keep the abdominal breathing and the counting, but start making the exhalations longer than the inhalations. Gradually, the breathing out should be guided to become double length than the breathing in. For example, if you inhale for 5 seconds, exhale for 10.

## Giovanni Dienstmann (cont'd)

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- **Week 5:** Keep the abdominal breathing and the counting, but now introduce a small breath retention, of the same duration of your inhalation. So if you breathe in for 5 seconds, gently hold for 5 seconds, and breathe out for 10 seconds - 5:5:10.

In all of these five weeks, your goal is to keep your attention 100% engaged with the process of breathing and counting. If distraction happens, just let go of it, and bring your mind back to breathing.

These exercises are simplified forms of *pranayama*, which are breathing exercises in the Yoga meditation tradition. They are a great help in developing some of the benefits of meditation in a short period of time, and also in integrating or preparing for a formal practice.

May this practice allow you to have a greater level of mastery over your mind, and release thoughts and emotions that don't serve you.

## Giovanni Dienstmann (cont'd)

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**Giovanni Dienstmann** is a meditation teacher, the writer behind the popular blog [LiveAndDare.com](http://LiveAndDare.com), and the creator of the acclaimed [Master Your Mind](#) program. He has been intensely seeking personal growth and enlightenment since his teenage years. In this process, he has practiced meditation daily (totaling over 7,000 hours), read hundreds of books, tried several different techniques, and spent time on retreats with masters and instructors around the world.

All this practice, learning and training has radically transformed his mind and experience of the world - as a result, he now lives a fearless, peaceful, and content life. Giovanni is not a guru or a spiritual master – but a practitioner on the way, sharing the powerful tools and insights that have helped him thus far. His work is to translate, synthesize and “update” the tools and teachings of world-wide wisdom traditions so that they are easily digestible for the 21st-century person.

If you want to learn more about these topics, check out these two posts:  
[Mindfulness Tools to Integrate Meditation In Daily Life](#)  
[The 4 Superpowers of Meditation](#)

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# Tara Brach

## Waking up from Reactivity: Three Invitations to Remembering Truth

There are three key teachings that have shaped my life in a very deep way. Each of these teachings is a way to free yourself from the suffering of reactivity so that you can respond to life in a more compassionate way. I like to think of each as an invitation:

### Please, don't believe your thoughts.

We spend most of our days lost in thought. We spend most of our time in a virtual reality.

If you think back on your day you will notice how much of the day was lost in moments of living inside that incessant dialogue going on in your brain. I know this is true for me.

When we start catching on to this invitation - *Please don't believe your thoughts* - it creates a little more space around that virtual reality and a little more possibility to investigate our thoughts and choose to step out of the dream they create. It's helpful to ask yourself: Are these thoughts serving healing? Are they helping me connect

with others? Or are they limiting me by fueling self-doubt and a sense of separateness?

The point isn't to get rid of thoughts, but to know that they're there so you don't mistake them for reality.

You have a choice. If there's even a little bit of you that says, "Please, you don't have to believe what this thought is telling you," you're on the right track. Or if you remind yourself, "I'm not my thoughts," you're opening the door of awareness and letting the light come through. Simply remembering this possibility promotes a radical shift in consciousness.

### Please, pause and come back into presence.

The most challenging part of this invitation is that, when we come into the present moment, part of what we contact is the unpleasant, uncomfortable stuff that is going on in our body and heart—the very stuff we've managed, over a lifetime, to not hang out with.

We've spent decades learning how to move away from difficult feelings. So this simple invitation - *Please, may I pause and be with what's right here* - is like saying, "Please may I pause and feel the fear that's here, the sensations of being squeezed and achy and sore." And when we directly contact the emotional or physical pain or confusion going on inside us, it's not easy to learn to stay.



However, it's possible and profoundly healing. Which leads us to the third invitation.

### Please, remember love.

If we regard whatever's going on inside us with a quality of tenderness, all of a sudden we find out we can stay. There's just enough space, softness and kindness so that we can hang out with what's here—because we're not so inside of it and caught in it as a victim. When, in some way, there is a remembrance of love, then what we are opens and we become a bigger space of presence.

There are countless pathways to remembering love. This is an experiment for each of us and we have to explore and try things out.

One pathway of remembering love is to simply have the intention to offer love or care inwardly. It can be through words or images. You might consider whether there is any message that would bring healing, wisdom, comfort or truth into your own being. I often put my hand on my heart. The warmth in the neural center of the heart area of your chest actually calms down the sympathetic nervous system. I also send a caring message, like "It's okay, sweetheart." Others might say something like "I'm with you," or "You can relax now, you're doing fine."

Even having the intention and going through the motions works. Why does it work? Because deep down, *who we*

## Tara Brach (cont'd)

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*are is loving presence.* By going through the motions, we begin to reach back for it and reconnect with more of the truth of who we are.

So one pathway to remembering love is to offer love inwardly. Another pathway is to call on the love that we know is in the universe and ask to be held by it.

When a young child is upset, they are comforted by their mother's hug. This actually helps them self-regulate. When you imagine being hugged, that imagining does the same thing.

To the degree that we suffer, we are believing thoughts that are not true and we are caught in some kind of reactive looping that keeps us identified with something that is smaller than the truth of who we are.

We all need ways to remember—practices of presence. We need to train ourselves to take the time to pause and learn not to believe our thoughts...to pause and come into presence...to pause and be kind.

So the next time you have limiting, harmful thoughts, remember for yourself: *Please don't believe this thought, please be here, and please be kind.* You might find it hard to remember at first but, with practice, these three invitations have the power to bring peace, wisdom and a deep experience of inner freedom.

## Tara Brach (cont'd)

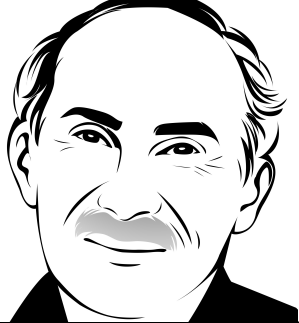


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**Tara Brach, Ph.D** is a clinical psychologist, meditation teacher and author of bestselling *Radical Acceptance* and *True Refuge*. Over a million people each month tune in to Tara's podcast. In addition to her public teaching, she is active in bringing meditation into the Washington, DC area schools, prisons and to underserved populations.

[www.tarabrach.com](http://www.tarabrach.com)

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# Jack Kornfield

## Transforming Sorrow Into Compassion

The human heart has the extraordinary capacity to hold and transform the sorrows of life into a great stream of compassion. It is the gift of figures like Buddha, Jesus, Mother Mary, and Kwan Yin, the Goddess of Mercy, to proclaim the power of this tender and merciful heart in the face of all the suffering of the world. Whenever your own heart is open and uncovered, the awakening of this stream of compassion begins within. Compassion arises when you allow your heart to be touched by the pain and need of another.

To cultivate this quality, you may wish to practice the traditional meditation for the practice of compassion and for the transformation of sorrows in the fire of the heart.

Let yourself sit still in a centered and quiet way. Breathe softly and feel your body, your heartbeat, the life-force within you. Feel how you treasure your own life, how you guard yourself in the face of your sorrow. After some time, bring to mind someone close to you whom you

dearly love. Picture them and your caring for them. Notice how you can hold them in your heart. Then let yourself be aware of their sorrows, their measure of suffering in this life. Feel how your heart opens naturally, moving toward them to wish them well, to extend comfort, to share in their pain, and meet it with compassion.

This is the natural response of the heart. Along with this response, begin to actively wish them well, reciting the traditional phrases, *May you be free from pain and sorrow, may you be at peace*, while holding them in your heart of compassion. Continue reciting these phrases in this way for some time.

As you learn to feel your deep caring for this person close to you, you can then extend this compassion to others you know, one at a time. Gradually you can open your compassion further, to your neighbors, to all those who live far away, and finally to the brotherhood and sisterhood of all beings. Let yourself feel how the beauty of every being brings you joy and how the suffering of any being makes you weep. Feel your tenderhearted connection with all life and its creatures, how it moves with their sorrows and holds them in compassion.

Now let your heart become a transformer for the sorrows of the world. Feel your breath in the area of your heart, as if you could breathe gently in and out of your heart.

Feel the kindness of your heart and envision that with each breath you can breathe in pain and breathe out compassion. Start to breathe in the sorrows of all living beings. With each in-breath, let their sorrows touch your heart and turn into compassion. With each out-breath wish all living beings well, extend your caring and merciful heart to them.

As you breathe, begin to envision your heart as a purifying fire that can receive the pains of the world and transform them into the light and warmth of compassion. This is a powerful meditation that will require some practice. Be gentle with yourself. Let the fire of your heart burn gently in your chest. Breathe in the sorrows of those who are hungry. Breathe in the sorrows of those who are caught in war. Breathe in the sorrows of ignorance. With each out-breath, picture living beings everywhere and breathe out the healing balm of compassion. With every gentle in-breath, over and over, let the sorrows of every form of life touch your heart. With every out-breath over and over, extend the mercy and healing of compassion. Like the mother of the world, bring the world into your heart, inviting beings to touch you with each breath in, embracing all beings in compassion with each breath out.

## **Jack Kornfield** (cont'd)

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After some time, sit quietly and let your breath and heart rest naturally, as a center of compassion in the midst of the world.



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**Jack Kornfield** trained as a Buddhist monk in the monasteries of Thailand, India and Burma. He has taught meditation internationally since 1974 and is one of the key teachers to introduce Buddhist mindfulness practice to the West. He is a founding teacher of the Insight Meditation Society and Spirit Rock Meditation Center. He holds a PhD in clinical psychology, and is a husband, father and activist. His books include [\*A Path with Heart\*](#); [\*After the Ecstasy, the Laundry\*](#); [\*The Art of Forgiveness, Lovingkindness and Peace\*](#); [\*The Wise Heart: A Guide to the Universal Teachings of Buddhist Psychology\*](#) and [\*Bringing Home the Dharma\*](#).  
[Jackkornfield.com](#)  
[Spiritrock.org](#)

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