CREATE MOMENTS OF CALM



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A single moment can "make or break" our day.

In this book, Eve Nguyen (Senior Power Coach®, Naturopath, Grad Dip Psych) introduces simple yet powerful ways to calm ourselves, to find balance, to achieve clarity and to move forward with serenity.

Empower yourself with calm. Inspire those around you. And live each day with more peace and purpose.

www.createmorecalm.com

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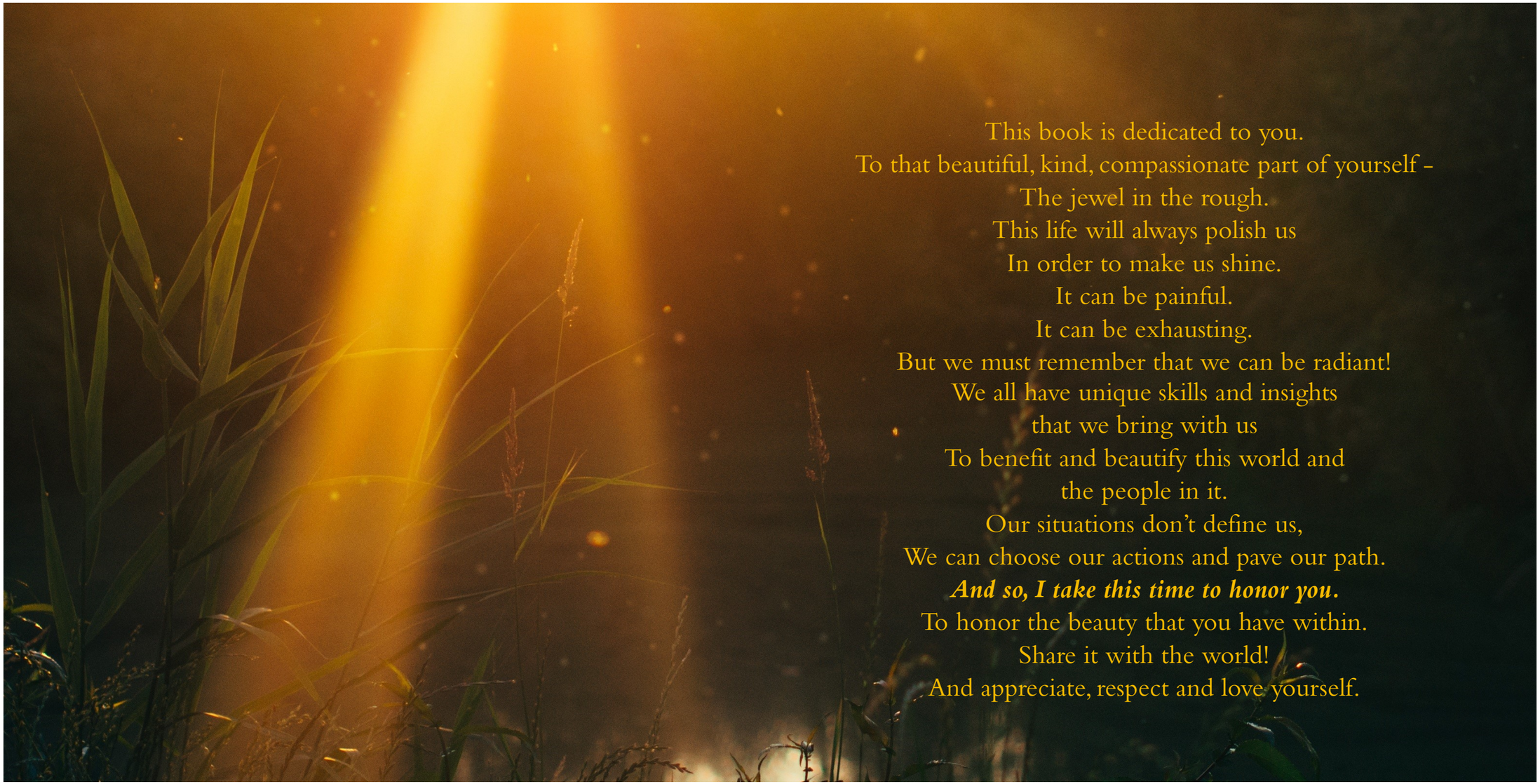
"Life is not measured by time.
It is measured by moments."
- Armin Houman

With special thanks to all of my loved ones...

Especially my cosmic Supergirl;

The "rock of the family" -
We are a great team;

And to The Ocean of Love -
always keeping my head above water,
and bestowing wings on this heart of mine.



This book is dedicated to you.
To that beautiful, kind, compassionate part of yourself –
The jewel in the rough.
This life will always polish us
In order to make us shine.
It can be painful.
It can be exhausting.
But we must remember that we can be radiant!
We all have unique skills and insights
that we bring with us
To benefit and beautify this world and
the people in it.
Our situations don't define us,
We can choose our actions and pave our path.
And so, I take this time to honor you.
To honor the beauty that you have within.
Share it with the world!
And appreciate, respect and love yourself.

The messages in this book are both simple and powerful. We can create moments of calm every day through mindfully guiding our attention and our senses.

Creating calm is a super power with far reaching benefits to ourselves and others!

In creating calm we gift ourselves with the ability to turn a challenging day around. We can cool off after an argument, and understand why we may have reacted the way that we did. We give ourselves the ability to admire and absorb the beauty all around us. We give ourselves the gift of compassion and kindness. We can choose how to set the tone for the day ahead. All of this can help us to be more centred.

The imagery, words and exercises in this book are designed to bring inspiration and guidance for creating calm moments in our every day lives. Try them and see what happens!

The time involved in enjoying a calm moment can be very short. Even just a minute can work wonders! Once you start creating calm moments, you might just find that you wish to spend more time savouring each one.

Some of the calm moments in this book focus on building gratitude. Scientists have found that when we feel gratitude we may increase our happiness, increase our self-esteem, and increase thoughts of wishing well for others. Gratitude can also help us to decrease our stress levels — or in other words, to create more calm!

More science behind these practices are outlined in my book Create Calm at Work Create Calm in Life.

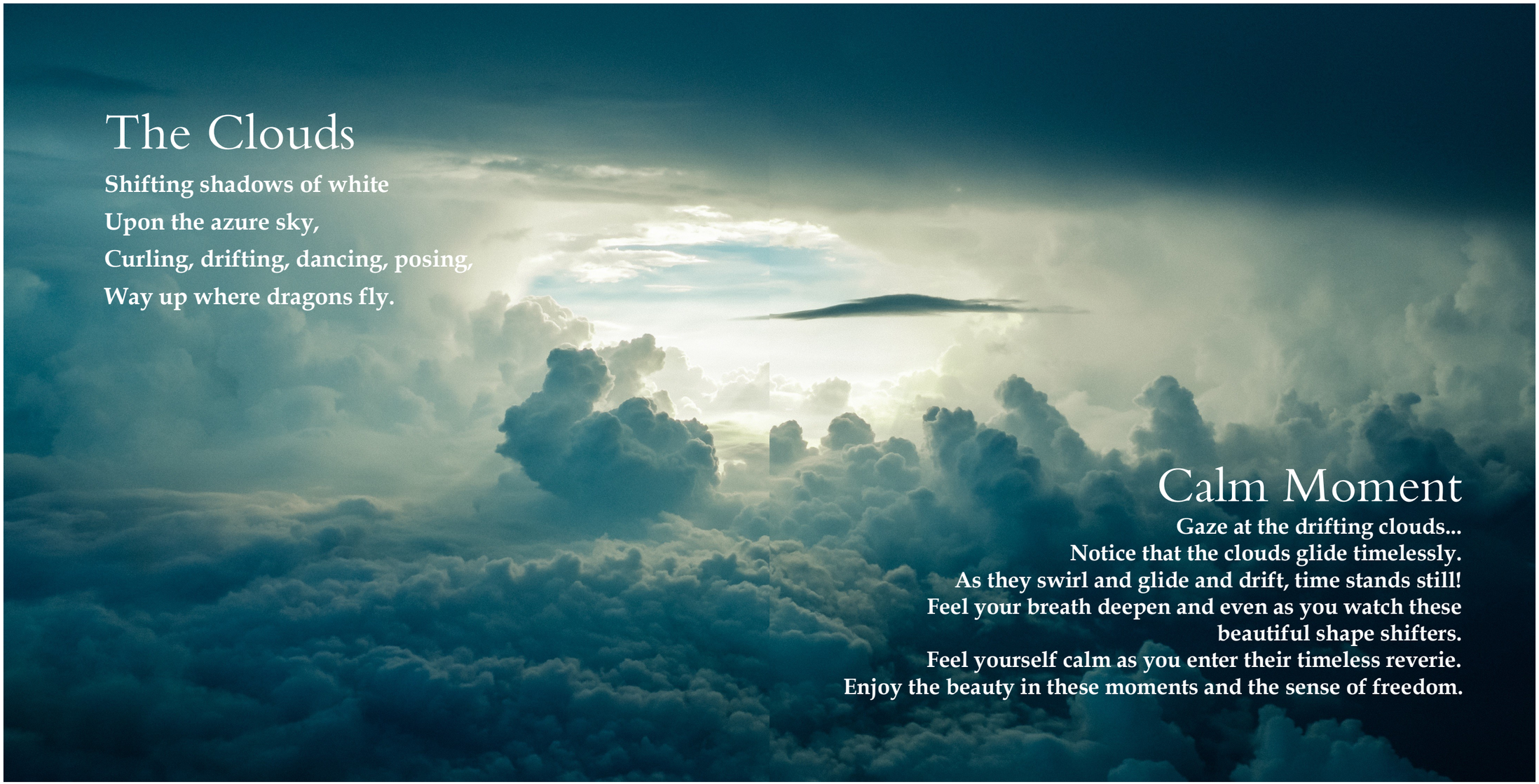
My hope is that you will create calm moments in order to bring serenity, clarity, kindness and contentment to each day. Enjoy!

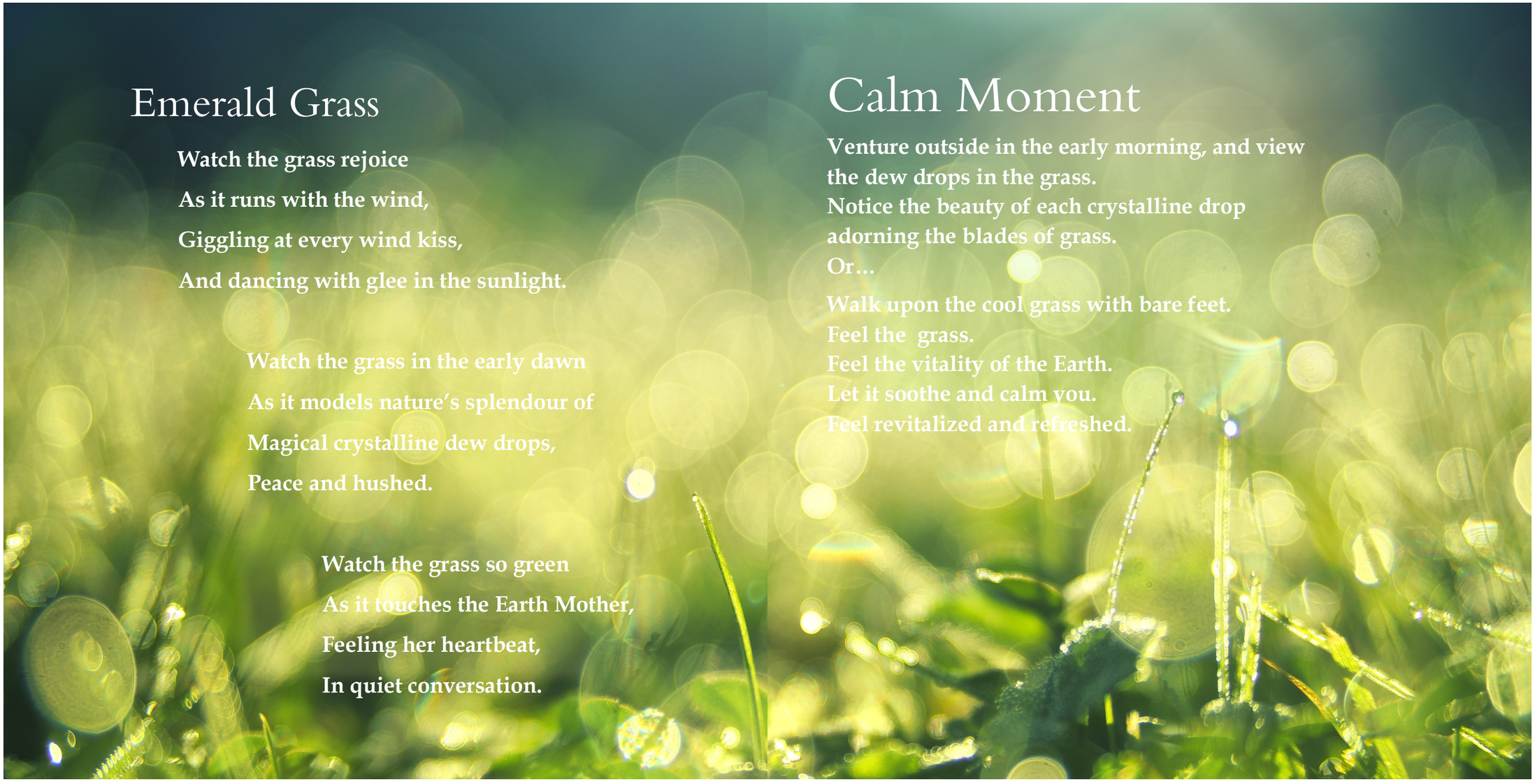
CREATE CALM WITH MINDFUL MOMENTS IN NATURE

"Mindfulness is a way of befriending ourselves and our experience."

~ John Kabat-Zinn

It's a marvel how time can stop when one is lost in the appreciation of beauty and splendor that surrounds us. Such mindful moments can create a deep feeling of calm which can uplift our day and uplift our spirits.


The Clouds
Shifting shadows of white
Upon the azure sky,
Curling, drifting, dancing, posing,
Way up where dragons fly.
Calm Moment
Gaze at the drifting clouds...
Notice that the clouds glide timelessly.
As they swirl and glide and drift, time stands still!
Feel your breath deepen and even as you watch these
beautiful shape shifters.
Feel yourself calm as you enter their timeless reverie.
Enjoy the beauty in these moments and the sense of freedom.



Emerald Grass

Watch the grass rejoice
As it runs with the wind,
Giggling at every wind kiss,
And dancing with glee in the sunlight.

Watch the grass in the early dawn
As it models nature's splendour of
Magical crystalline dew drops,
Peace and hushed.

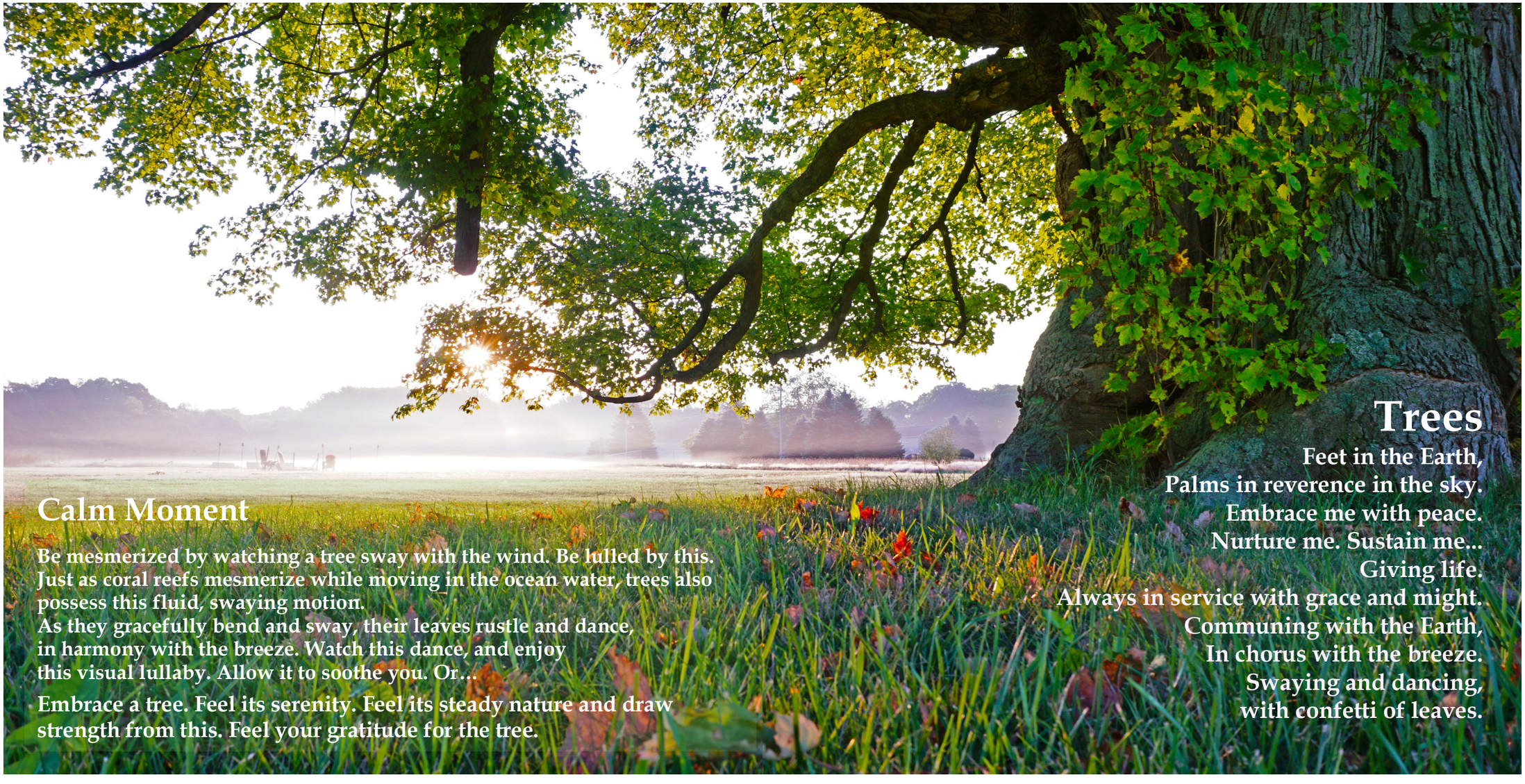
Watch the grass so green
As it touches the Earth Mother,
Feeling her heartbeat,
In quiet conversation.

Calm Moment

Venture outside in the early morning, and view the dew drops in the grass.
Notice the beauty of each crystalline drop adorning the blades of grass.
Or…

Walk upon the cool grass with bare feet.
Feel the grass.
Feel the vitality of the Earth.
Let it soothe and calm you.
Feel revitalized and refreshed.


Dandelion
Sunshine. Blue Skies.
And Dreams…
Make A Wish
On a gossamer
dandelion pappus.
Dream
for a better world.
Dream
for inner peace.
Strive to see the
beauty in all people,
And inspire others to
discover it from within.
Sunshine. Blue Skies.
And dreams…
Calm Moment
Reconnect to childhood days when dandelions were a symbol of wishes ... Go and discover a dandelion pappus!
Then pause for a moment...
Take a moment to reflect on all the people in the world who have made other people's wishes come true.
Consider how people have been kind to you and brightened your life. How have you benefitted?
Enjoy remembering the miracles that deeds of kindness bring & how receiving such kindness can make the heart soar!



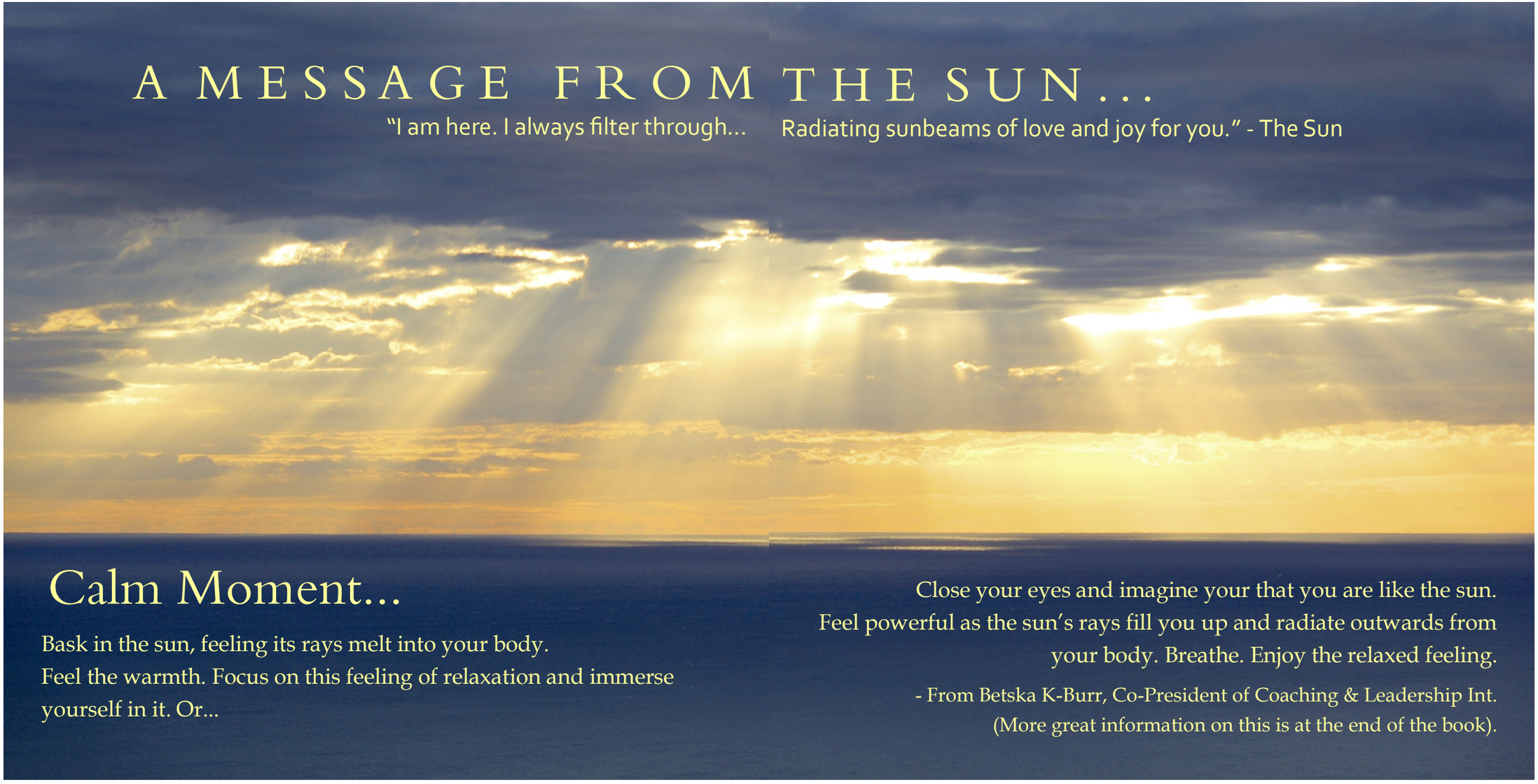
Calm Moment

Be mesmerized by watching a tree sway with the wind. Be lulled by this. Just as coral reefs mesmerize while moving in the ocean water, trees also possess this fluid, swaying motion.
As they gracefully bend and sway, their leaves rustle and dance, in harmony with the breeze. Watch this dance, and enjoy this visual lullaby. Allow it to soothe you. Or…

Embrace a tree. Feel its serenity. Feel its steady nature and draw strength from this. Feel your gratitude for the tree.

Trees

Feet in the Earth,
Palms in reverence in the sky.
Embrace me with peace.
Nurture me. Sustain me...
Giving life.
Always in service with grace and might.
Communing with the Earth,
In chorus with the breeze.
Swaying and dancing,
with confetti of leaves.


A MESSAGE FROM THE SUN...
"I am here. I always filter through... Radiating sunbeams of love and joy for you." - The Sun
Calm Moment...
Bask in the sun, feeling its rays melt into your body.
Feel the warmth. Focus on this feeling of relaxation and immerse yourself in it. Or...
Close your eyes and imagine your that you are like the sun.
Feel powerful as the sun's rays fill you up and radiate outwards from your body. Breathe. Enjoy the relaxed feeling.
- From Betska K-Burr, Co-President of Coaching & Leadership Int.
(More great information on this is at the end of the book).

CREATE CALM
WITH
GRATEFUL MOMENTS

"Gratitude unlocks the fullness of life.
It turns what we have into enough, and more.
It turns denial into acceptance,
chaos to order,
confusion to clarity.
It can turn a meal into a feast, a house into a home,
a stranger into a friend."

~ Melody Beattie

Gratitude is a feeling of thankfulness & appreciation
that leads to an expansive feeling.
The following pages give a fresh perspective on the
seemingly mundane, but with a twist in perception!
Changing our perspective can suddenly make
everyday things more wondrous.
This can help us to feel
fortunate, nurtured, loved and blessed.



Liquid Diamonds

I am grateful for this
glass of water,

So pure and refreshing.

Each tiny drop like a
liquid diamond,

Purifying and
hydrating me.

As I drink, every cell
becomes vibrant,

Immersed in this
dazzling liquid...

Each cell begins to
sparkle,

Making me shine from
within.

Grateful Moment

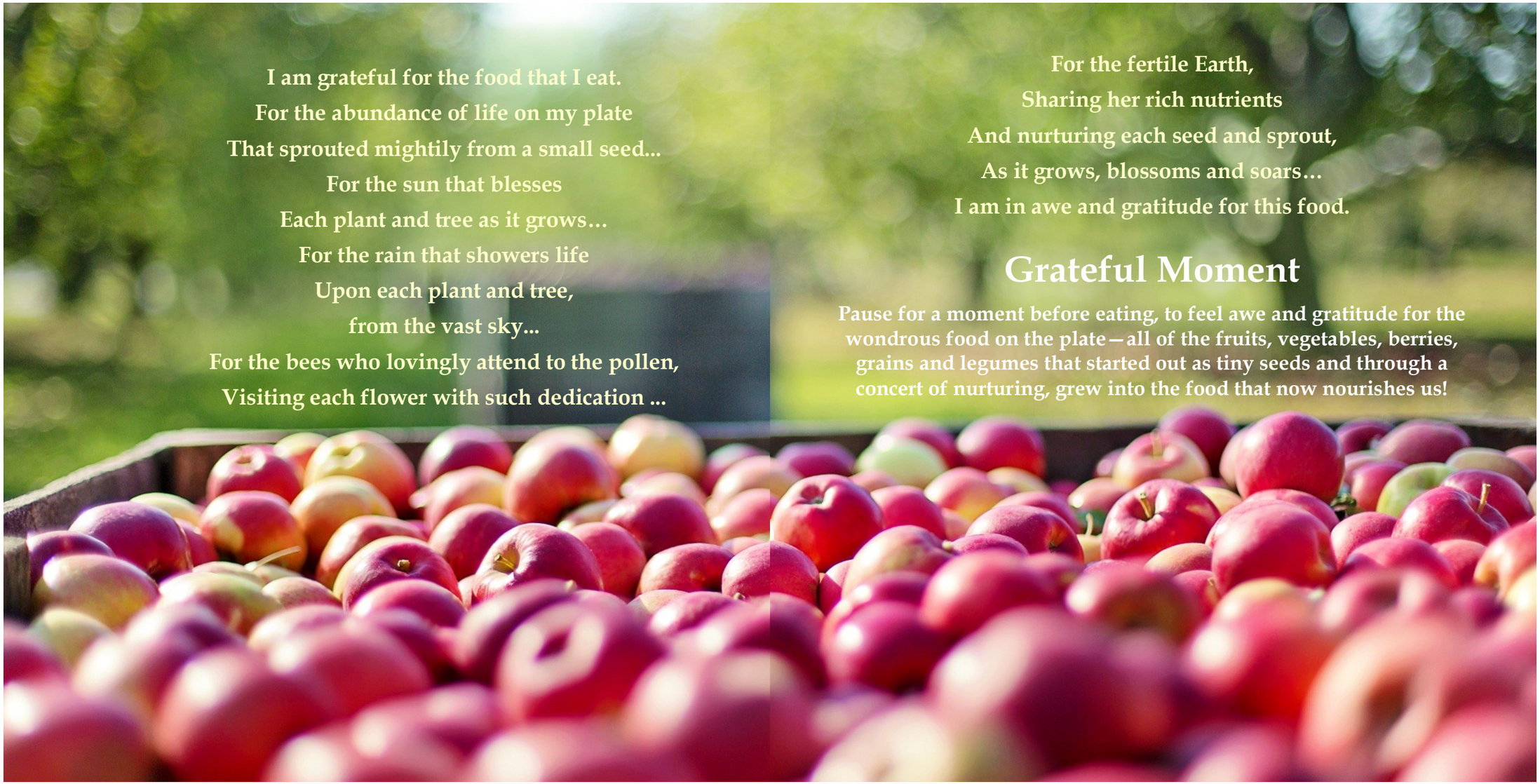
Give thanks when drinking water!

Be thankful for clean water that is delivered
with such ease for us to enjoy -
with no wells or water collection needed!

Water gives us clarity, strength, and comfort
when we drink it.

Enjoy how it feels
for your thirst to be quenched.

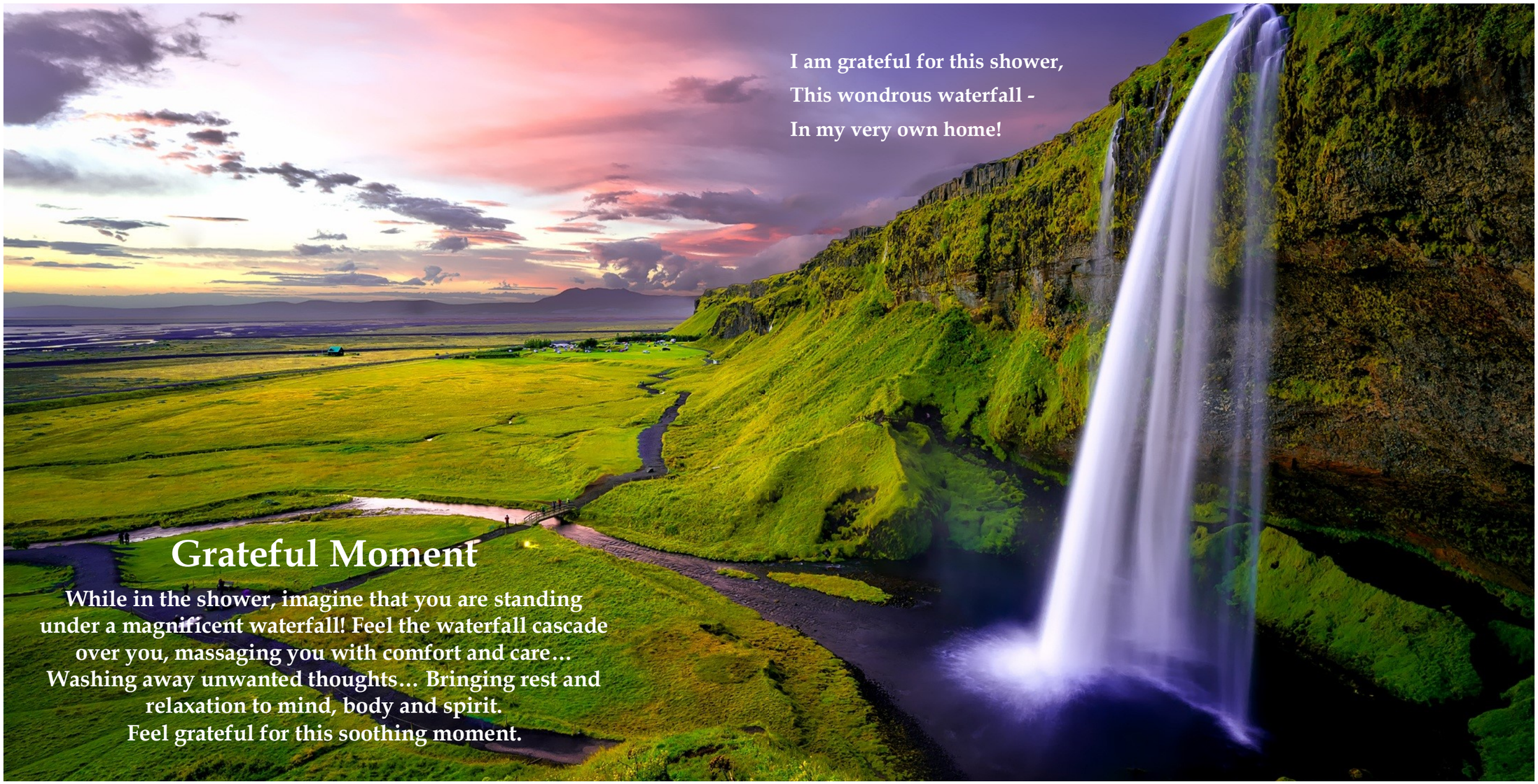
As you drink the water, imagine bright light
emanating from you, making you shine like a
glittery diamond!



I am grateful for the food that I eat.
For the abundance of life on my plate
That sprouted mightily from a small seed...
For the sun that blesses
Each plant and tree as it grows…
For the rain that showers life
Upon each plant and tree,
from the vast sky...
For the bees who lovingly attend to the pollen,
Visiting each flower with such dedication ...
For the fertile Earth,
Sharing her rich nutrients
And nurturing each seed and sprout,
As it grows, blossoms and soars…
I am in awe and gratitude for this food.

Grateful Moment

Pause for a moment before eating, to feel awe and gratitude for the wondrous food on the plate—all of the fruits, vegetables, berries, grains and legumes that started out as tiny seeds and through a concert of nurturing, grew into the food that now nourishes us!


I am grateful for this shower,
This wondrous waterfall -
In my very own home!
Grateful Moment
While in the shower, imagine that you are standing under a magnificent waterfall! Feel the waterfall cascade over you, massaging you with comfort and care…
Washing away unwanted thoughts… Bringing rest and relaxation to mind, body and spirit.
Feel grateful for this soothing moment.



I am grateful for this cup of tea
That settles my spirits
And calms my mind.
Hugging me from the inside.

I am grateful for this cup of tea,
Each leaf lovingly picked in the field,
Now gifting me with warmth,
Now bringing me clarity.

Grateful Moment

Next time you enjoy a cup of tea or a hot beverage, pause for a moment to really enjoy it! Notice the aroma. Notice the taste, and savor it! Observe how it makes you feel. Tea brings warmth on cold days, and often helps us to feel more centered. Enjoy a quiet moment of gratitude to enjoy the comfort that tea brings to us.



"Love and kindness are never wasted.
They always make a difference.
They bless the one who receives them,
and they bless you, the giver."
- Barbara de Angelis

"Kindness is a language
which the deaf can hear
and the blind can see."
– Mark Twain

"Kindness is like snow -
it beautifies everything it covers."
- Kahlil Gibran

Grateful Moments

This is an exercise from positive psychology called 3 Good Things...

Each day, take time to reflect on 3 good things that happened to you. Many people write these down before they go to sleep at night.

For each of the 3 Good Things:

1. Write down what happened in detail, and how it made you feel.

2. Write down why you think this occurrence happened.

Be sure to remember acts of kindness that you experienced!

This activity also makes for a great dinner conversation each night, especially helping children to focus on the positive aspects of their day as they grow.

About the Author



Eve Nguyen helps people to achieve more calm and peace in mind, heart and life.

She was intent on releasing this book to help give people fresh tools and strategies that could be used in the new year and beyond, to help them thrive.

Eve is a Senior Power Coach® and an accredited, degree qualified Naturopath. She holds a Graduate Diploma in Psychology and has a special interest in positive psychology.

For more information about the science behind some of the activities in this book, please see her book Create Calm at Work, Create Calm in Life.

For further information please visit:

www.createmorecalm.com

Meet Betska K-Burr



Betska K-Burr is Co-President of Coaching and Leadership International Inc. (CLI). She has been an Executive and Life Coach, and instructor of Coach training since the mid 1990's.

Betska's bio has been included here because of her unique influence in my life with specific coaching techniques she has developed called Power Coaching® with Mind-Kinetics®. These techniques have given me and my clients a great sense of peace and calm at the end of each coaching session. These methods have the ability to anchor new belief systems into the subconscious mind for permanent, positive behavioral change.

Betska has coached people at all levels of the organization from CEOs to front line workers, royalty and top politicians.

She is the author of several books including: Creating Champions, Flying by the Seat of Your … Plans, Build a Booooooooming Business and The "God" in Coaching – The Key to a Happy Life.

For further information, to book a coaching session, and to learn the science of Mind-Kinetics® for Coaching to help yourself and others, please visit:

www.coachingandleadership.com