

Enjoy A Cup of Calm.



Take a mindful moment just for you

When we use all of our senses in a focused way we can experience what is happening.

This is outside of resting our logical and analytical stressed mind when we may over think what should be happening or what may have happened.

This is a moment for you to be just you without any judgements.

How to enjoy your Calm moment...

At one point during your day choose your cuppa or glass of refreshment...

Tea, coffee, herbal, water, juice, wine or beer (*if you are old enough to have this*) or anything else.

Sit somewhere as quiet as possible until you learn how best to blank out distractions around you. After that – sit anywhere you like.

You may also want to use the added doodle sheet to rate your feelings and thoughts. Or allow any ideas to come to mind. It's also a great way for problem solving and reflecting on life.

For you to **Stay Calm, Connect and Collaborate with yourself as well as others.**

Cup of Calm starts here...

Take a breath. **Ideally take three slightly deeper breaths. All the way in, all the way out.** You may want to count to four each time you do.

You may notice a slight tightening in your belly as you breathe. So just allow your belly to soften slightly more.

Now take your focus to your cup, glass, bottle or whatever vessel you are drinking from.

Notice five things that you can see about your drink

Such as the cup, glass or bottle shape and colour
The colour of the liquid inside
Any light reflections?
The thickness of the liquid?
Any patterns or designs inside or outside the drinking vessel?

Pause. Take another slightly deeper breath.

As you breathe and take in what you can see, how do you feel? Just notice whatever is there.

Any thoughts or emotions? There is no right or wrong. You feel or sense whatever you do.

Just acknowledge and notice it.

Next pick up your cup, glass, bottle or drink. Truly grasp it. See how your fingers or hands interact with your cup, glass or bottle.

Is it heavy?
Does it feel smooth?
Is it warm or cold?

Now, slowly bring your cup, glass or bottle up to your nose.

Think how controlled your arm is and how steady your hands as you grasp your drink.

Breathe in. Notice four things you can smell as you drink? It could even be something you wear like a perfume or aftershave.

Pause. Take another slightly deeper breath.

As you breathe and take in what you can smell, how do you feel? Just notice whatever is there.

Any thoughts or emotions? There is no right or wrong. You feel or sense whatever you do.

Again, just acknowledge and notice it.

Next, take a sip and hold the liquid (if it's cool enough) within your mouth.

Slosh the liquid around a little. Focus on this totally immersing and sensory experience right now.

The pure pleasure and joy when you drink mindfully.

Just imagine all those taste buds and neurons exploding like mini sparklers and fireworks inside your tongue and mouth.

Close your eyes for a few seconds to really focus. Just savour the flavour.

Notice three things you can taste right now.

Such as sweet, salty, bitter, sour, pungent (*like chilli, garlic or spices*) or astringent (like raw fruits and vegetables). Or perhaps you can taste a combination of flavours.

If you feel your mind wandering a while then gently nudge it back to being totally immersed into this sensory firework display within your mouth.

Then **take at least one full inhale and exhale before you swallow.** How does swallowing feel for you?

Allow the liquid to trickle down into the stomach rather than taking automatic gulps.

After your first sip is swallowed, notice, anything that has changed in your body?

Take a moment to pause.

Are you feeling slightly calmer? Just enjoying a better sense of stillness inside.

Take a moment to listen.

Can you hear at least two sounds around you or maybe even silence?

Now notice one thing you can touch. It could be the cup, glass or bottle you are drinking from.

It could be the table. Or the seat. Or something you are wearing.

Feel the texture. Is it soft or rough?
Solid? Heavy or light?

Finally...

As you finish your drink

Remember that it's **time to put down** the cup, glass or bottle of feeling "overburdened" or "overwhelmed"

As you leave your drinking vessel behind, throw it away responsibly or wash it up

Know that today you can let go of all the dregs of your life and any wasted thoughts or negativity.

Just let them go.

Taking one last deeper breath saying to yourself that you “let go” or “release” the negative thoughts, tensions or stresses.

Say to yourself the words “calm, clear and connected”

Take a look at what is around you.

Take note of what you find inspiring or makes you feel happier as you look at it.

And take a look at this sunset image and the images that follow.







If you want to, take a few minutes to reflect on your day and how to spend it using the doodle sheet.

So now go with the glow and enjoy the rest of your day!

I trust that you liked the Cup Of Calm

And it made you feel better.

Perhaps less stressed

More aware of where you are and what you are doing

If you did then please like my Facebook page

And take a look at the website for more ways to help you go from feeling stressed to being your best

And all using the power of nature

Tell others about the Cup of Calm and let's spread the word in my campaign to get thousands of people drinking mindfully

And enjoying nature in a positive way

So here are my aims of the Cup of Calm and Terms of Use:

The Cup of Calm has been produced and written for the purpose of assisting as many people as possible to enjoy a moment of mindfulness in their life to help them de-stress or to improve their health and wellness.

It has been produced to be used easily whenever a person is drinking any beverage and ideally whilst either viewing the nature images or when they can see nature outside or if they are physically outside.

Children may require parental supervision. Or if anyone is at risk of choking they may also require supervision.

Cup of Calm text or recordings are copywrite intellectual property of Maria Morris and Your Own True Nature and photographs are copywrite of Clive Cable.

The text, photos and recordings can only be used by an individual for personal use.

If charities, organisations, companies or food and beverage companies and other retail outlets can use it to complement their services and products this is permitted

ONLY with written or email permission from Maria Morris and Your Own True Nature. The information and photographs can then be jointly branded to promote the Cup of Calm free of charge to others.

It is not to be sold commercially in any way.

Donations for use of the Cup of Calm are being accepted on www.yourowntruenature.com site. A % of donations will be sent at the end of the year to support a variety of nature, environment, mental health or wellness related charities. 30% of donations will be retained to help support admin, marketing and website costs.

For permission for use please contact Maria Morris via website.

Anyone wishing to support the Campaign can be listed on the Facebook Page or website.