

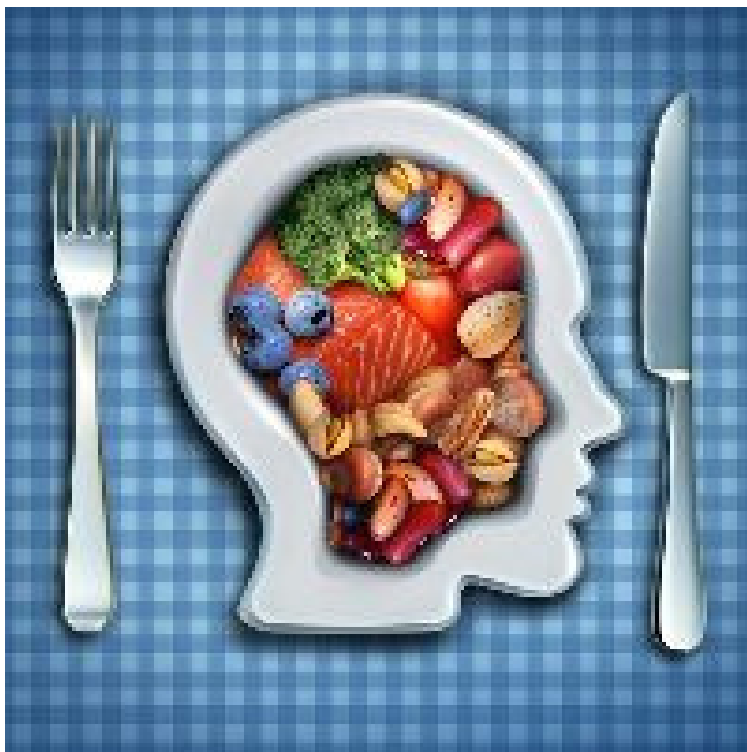


Tips to keep you airborne!



What to sprinkle on your next meal
January 2021

I've been trying to take my foot off the pedal this month in terms of slowing down, being present, breathing mindfully and focusing on my AIRBORNE 'word' for 2021, which is alignment by the way, but just the other day I got a subtle prompt to step on the gas from a dear friend, who over the Australia Day dinner table commented that it must be time for my monthly newsletter!



With just a few days in it, I was grateful that I was being held to account and that no 'slow' excuse was going to sabotage my results.

In that very split second, my RAS (Reticular Activating System), that bundle of nerves in the brainstem that filters out unnecessary information in order to let the important stuff get through, subconsciously kicked into high gear as intentional thoughts to the tune of 'I wonder what I could write about in relation to what's been important to me lately?' started to churn.

Before the main course plates had been cleared, my answer was duly served.

Put simply...mindful eating.



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Mindful eating. How so, I hear you say?

Well, I couldn't help noticing how that very same friend was eating his meal like a mesmerized magnet for the moment.

It was stunning to observe.

He was only half-way through his meal, whilst the remaining three were done and dusted.

What a beautiful reminder that mindful eating has numerous benefits, not least that of kickstarting the parasympathetic nervous system (rest, relax and digest) and putting the brakes on the sympathetic 'fight or flight' (stress) mechanism.

I was then reminded of what's been discovered with regard to breathing and the nasal cavities.

Did you know that when you inhale through the right nostril, you're stepping on the gas and speeding up circulation, increasing blood pressure, heart rate and cortisol levels?

Did you also know that when you inhale through the left nostril, you're doing the exact opposite, thereby applying the brakes and kickstarting rest, relax and digest mode?

I certainly didn't until I came across a great read entitled *Breath - the New Science of a Lost Art* by James Nestor.

Now whilst it's natural to breathe through both nostrils, pivoting between action and relaxation to create a state of balance, consider this...

What would it take to sample the yoga practice called alternate nostril breathing (*checkout the instructional link below) and breathe slowly and steadily through your left nostril for a moment or two before you dive into your next dinner dish?

Call it putting on the brakes.



Call it super, sensory seasoning
for a mindful meal.

Call it what you will. Just call it.

The 'number' is below:
(*<https://chopra.com/articles/nadi-shodhana-how-to-practice-alternate-nostril-breathing>)

Till next month, here's to stress-free, fine dining!

With thanks and a little help from
my friend 😊

Caroline

*PS - Whenever you're ready, work with
me directly to see how you, and/or
your team can benefit from diving
deep into all things AIRBORNE,
including mastering mindfulness*



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