

10 Tips to Show Up & Shine Everyday

by Cara Bradley



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There is a space beyond thinking where everything you do, you do better. In this space, you access your natural state, where you're already calm, clear, and confident. Your words carry more power, and your instincts are razor sharp. You glimpse this space all the time but may not realize it ... yet. Begin noticing the space beyond your busy mind and you'll show up and feel more awake and alive everyday.

Give these tips a try and notice your natural calmness, clarity, and confidence shine through.

1. Shift Beyond Your Busy Mind and Show Up

When you slip into the space beyond your thoughts and emotions, even for one moment, you immediately feel clear and alert. This is called waking up. By shifting from busy mind to clear mind, from distracted to right here, you will show up in this moment, in your naturally occurring state of clear mind. Do this by focusing on your breath. Take five deep breaths and you will feel a shift. When you shift into a clearer state, you experience the world in high definition. The sky appears bluer, noises are crisper, smells are stronger, tastes are more flavorful, and your body surges with energy. Beyond your busy mind, you feel fully alive.

2. Notice This Moment

Catch yourself when you're not actively paying attention, when you drift away into busy mind, or when you're dull or foggy. This practice of noticing when you are distracted is a way of getting better at noticing when you're not aware or when you're pulled away by thoughts. When you notice distraction, you immediately shift your perspective from passive to active, from busy mind to clear mind. This back and forth happens all day long. By tuning in and observing, you wake up to what your mind is doing in short bursts here and there.

3. Pause Often and Catch Yourself Overthinking

Overthinking is a major cause of chronic stress in our highly demanding culture. On any given day, you experience thousands of repetitive thoughts, many of which are tainted with judgment and anxiety. Too much planning, worrying, and replaying these loops is exhausting. Incessant thinking creates tension and robs us of peace. Although thinking is useful, overthinking is draining.

4. Move Your Body in Rhythm Everyday

Move your body in some sort of rhythm, and you'll get out of your own way. You'll calm your mind and your nervous system. You'll undoubtedly feel lighter and brighter. Activities can include walking, running, biking, swimming, rowing, and much more. Synchronizing mind and body through rhythmic movement aligns your heart rate, brain waves, and nervous system. It brings your systems into harmony.

5. Find Silence When Transitioning

You can stop the incessant outer noise by finding pockets of outer silence. Turn off the noisemakers such as your laptop or television. When you do, your mind and nervous system will naturally settle down. Your car is a great place to find outer silence by turning off the news, music, and your phone. When you drive in silence, your car becomes a four-wheeled Zen center. Take a few minutes of peace and quiet. Take control of outer-noise pollution in your car, office, and home, and you'll notice a shift in your energy right away.

6. Drop the Drama, Drama, Drama

In today's culture of overthinking and overdoing, it's easy to feel depleted. If you're like me, spend twenty minutes surfing social media, and you'll feel the energy sucked out of you. Get emotionally involved in someone else's family issues and you'll find yourself caught in the web of drama. Take something too personally at work or get yourself caught in the middle of a controversy, and you will be dragged down by drama. I'm not telling you to ignore or run away from life. I'm saying that you don't need to be ruled by your emotions or the unpredictable emotions of others. Get to know how you feel in sticky situations. Pay attention to how drama drains. You can interrupt a potentially destructive moment, unhealthy pattern, or unhelpful habit by pausing to sit still or to take a few breaths. Your power is in your ability to pause. One simple pause can go a long way in shifting you beyond your drama.

7. Stop Forcing, Fixing, and Fleeing

Check in with yourself often enough, and you'll notice that you habitually try to control or push away situations and people when you want whatever is happening to be different than it is. The need to have life play by your rules is a surefire way to create struggle and suffering in your life. You suffer when you force, fix, or flee. So if you check in with your body and notice even the slightest hint of stiffness, stirring, or

burning, pause right away and take a breath. Before reacting ask yourself, “Right now, am I going to try to force, fix, or flee? Can I let go and meet this moment?” Asking yourself these questions interrupts your busy mind and destructive habits and helps you to shift into your natural state, where you’re much more likely to allow than to control. In the space beyond your tendency to control you naturally show up and shine.

8. Lean Into What Is Uncomfortable & Unfamiliar

How do you react to moments when you’re thrown out of your comfort zone or into unknown territory? Does your heart start to race just thinking about it? Do you start sweating? Do you dive into the challenge, or do you look to run away as fast as possible? Facing an unfamiliar situation or pressing up against the boundaries of your comfort zone may make you a bit shaky. One thing is for sure, when you face moments like these, at the edge of where you’re comfortable or familiar, you have the opportunity to show up and shine.

9. Trust the Messages Emerging From Your Body

Beyond the static of your busy mind, you’re able to sense messages arising from your body—an intelligence that always flows through you. When you’re fully aware of this intelligence, it will wake you up and remind you that you are not your doubts, your fears, or your roles and responsibilities. Shift beyond your mental noise and trust these messages, and you will experience a sense of aliveness that is so natural and familiar, it will feel like coming home. Listen carefully, for it comes and goes quickly. It informs you when to lean in. It tells you when to let go. It emerges beyond the static of your noisy life. Listen to this deep intelligence. Live from it, and you’ll know what you need and what to do in every moment. Trust the intelligence emerging from your body, and you will undoubtedly show up and shine.

10. Recognize That Peace Is Closer Than You Think

Peace is closer than you think. It’s actually right here waiting to greet you. It’s in this moment, and now this one, and now this one. It emerges when you’re silent and still. Peace arises not from doing more, but from spending more time being. Peace emerges in the space between moments, between tasks and conversations, between judging and comparing. Peace isn’t something that happens from getting or achieving; it’s a feeling that emerges. It feels eternal. Peace emerges when you shift beyond your busy mind. It arises from space, simplicity, stillness, silence, and rhythm. Peace can be found in every moment and in every breath. Recognize peace in the predictable environments, and you’ll then start to see them appear in the not-so-obvious moments

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