

Free Experiment **Resetting Your *Odometer* Back to Zero**

Experience the awareness and wonder that comes when you clear your odometer.

Ready to do an experiment? It will take about 3 minutes.

Sit (or stand) upright comfortably. You'll be taking three deep breaths, paying attention to each breath. Close your eyes if you prefer.

Begin. Inhale slowly, deep down into your abdomen. Hold it for 3 or 4 seconds. Exhale slowly deep from the abdomen. Pause. Take a second deep breath, hold it for 3 or 4 seconds. As you exhale, relax the body. Pause. Take the third deep breath, again holding it for a few seconds. As you exhale, relax your mind. Let thoughts go for now. Allow your body and mind to come to rest with a smile.

Now, be aware of where you are, observe your presence here in this place without any comment.

Pay attention to your body. Feel the weight of your body on the chair or the floor. Feel the touch of your clothes on your skin.

Now extend your attention to everything in the room.

See colors, shapes, and space – without comment.

Hear the sounds from near... and far. Listen to the silence beyond the farthest sound.

Take a deep breath. Let go. Let it simply be.

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Would you like to try another experiment? Keep a glass of water, juice, or tea nearby.

Observe the silence. Take a few deep breaths as in previous experiment, paying attention to your breath. Let your mind and body come to rest

Now see the glass in space.

Pick up the glass.

Feel the touch of the glass.

See the color of the glass, and the liquid inside, without mental commentary.

Smell the liquid

Taste the water, juice or tea as you sip it slowly. Experience the burst of taste in your mouth

Finish drinking. Pause.

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How do you feel? What about the background static, the chattering of the mind? The power of these exercises is in their practice.

Congratulations. Return to this whenever you wish.

Now let's look at the book [*The Ten Spiritual Pillars of Business Success...*](#)