



Camilla Dallerup

Let's talk expectations



Each month
our favourite
motivation guru
guides us back
to the straight
and narrow

Over the years I have come to realise how expectations can seriously get in your way. It doesn't matter if it's the sort of pressures you put on your family life, career, social life, diet or fitness regime or if it's the expectations of others, all of them can be equally draining and a waste of your precious time and energy. Often, instead of setting you up to succeed, all they do is set you up to fail. What I have found is that when we stop expecting and start focusing fully on our own actions in every moment we allow ourselves to be free energetically.

When we have high expectations, we can get obsessed about them – they act as a block in our mind and ruin our natural flow in life to the point where we may act bitter or annoyed. The same thing happens when we start focusing more on our expectations than the actions we are taking. Often, for example, if you want to lose weight or change your physique, you're desperate to see results fast because that's what you had expected. But instead of just thinking about the end goal, switch your mindset and turn all of your energy into the actions you are taking in each moment. You will usually find that what you wanted will happen effortlessly and before you know it, you will have arrived at your end goal without having to force it.

Try this now: Surrender your stress

Last week in my meditation classes I was inspired to use the word 'surrender'. This wasn't in the

sense of giving up or being weak, but more as in allowing everything to flow. It's saying to yourself: 'OK, I accept this feeling or thought and will allow it to pass when it's ready'. If you are feeling stressed or as though you could use five minutes of peace, try this exercise now.

- 1 Sit somewhere comfortable, close your eyes and set your alarm for five minutes.
- 2 Allow whatever thoughts or feelings that are bothering you to be present in your mind in this moment.
- 3 Take three deep breaths in and, as you exhale, say the words 'I surrender' in your mind.
- 4 Then repeat 'I surrender all stress, worries and tension' three times.
- 5 Come back to follow the rhythm of your breath and notice every time your thoughts pull you away to the past or the future. When this happens, focus on your breath and repeat the words 'I surrender'.
- 6 After five minutes open your eyes and notice the space in your thoughts this has created. Hopefully this will allow you to have clarity and find peace.

WHAT TO READ THIS MONTH

High on Heart – The Heartrise Method

by **Jessie May Wolfe**

If you are someone that always tries to work things out in your mind and in the process of doing so feel majorly stressed and often end up making a decision that doesn't quite feel right, then I urge you to read this book.

Jessie is not only a wonderful writer with an amazing mission to share her Heartrise method with the world but also a friend and colleague of mine who I adore. I have attended her classes and experienced first hand what happens when we drop out of our logic minds and into the feeling and wisdom of our hearts. For the last year, in my own teachings, I have become obsessed with this wisdom of the heart or, as some people call it, the intelligence of the heart. The book is filled with practical advice, exercises and meditations that will help you tune into this energy immediately.

The good thing is you don't have to read it cover to cover to gain the benefits from it, you can just read a few pages a day and slowly learn how to let your heart energy guide you.

If that's not enough, the book is really pretty too and would look fabulous on a coffee table!