

# CREATING SPACE

A categorical way of generating mental Four-titude



### GAIN PERSPECTIVE

By reflecting on the wonder of nature



### GAIN PURPOSE AND PRESENCE

By mental focus on an activity of enjoyment



### GAIN RECONNECTION

By awareness of sensory elements and their sensations



### GAIN CLARITY

By detailing your thought processes

## HPF breakdown on Space Creation

1

### SIGNIFICANCE

The wonder of nature

2

### FOCUS

Piano  
Reading

3

### PRIMAL SENSES

Cooking - aromas  
432Hz Music - sounds

4

### EXPRESSION

Journaling  
On-line Blog

## My Favourite ways of Creating Space

### Application of the HPF guidance.

I find SIGNIFICANCE through the wonder of nature. Found in Ballarat, by searching for the hidden gems. The Fairy Land of Lake Wendouree (a mystical, lakeside lagoon). The Giant Sequoias of the Botanical Gardens.

I find FOCUS in practicing piano. Steady progression in skill acquisition and mastery of pieces. Chess builds my focus through strategy and tactics. Reading, takes me to a place of inner imagery.

I reconnect with primal senses through, touch, taste, feel and sound. Cooking infuses my mind with the aroma hand ground spices and the gritty feel of the mortar and pestle. The background to my kitchen escapade is a reflective music soundtrack.

I express my thoughts through journaling, website page creation and on-line blogging. This helps me to gain clarity of thought and a calming sense of having achieved closure and organisation.



## “There is no code quicker than no code”

Once I have created space, this gives me the reserves I need to give to family and service. Without mental brain clutter, there is a clarity and efficiency.

Family benefit through freshly cooked meals, an organised father figure, who has the energy to give direction and guidance, whilst avoiding stress, abruptness and panic.

## WHO IS IN OUR HEART WHEN WE WORK

By reconnecting with ourselves, we gain the clarity, connection and ability to prioritise and focus on what really matters.

Family time with scooters around Battery Point in Tasmania, was a memory I'll never forget. A warm summers evening, in Hobart, what better way to reinvigorate, bond and have fun!!!

