Mastered Awareness

September 13th, 2024

Homeview Bed® by T. Lumber is a holistic, lifestyle brand using smart mattrings and practitioner of self-mastery, to inspire and guide people into a conscious intelligence (IQ), and soul growth.

Our mission is to empower the individual to be intentionally achieve personal and professional goals, by using the tools of self-mastery, mindfulness, and soul growth techniques. Homeview Bed® offers guidance across 3 dimensions of life, including relationships, for life, and for soul growth and development.

This newsletter - "MASTERED AWARENESS" - brings practical tips for developing mindfulness, practical insights for deepening and understanding of human beings, and inspiration for soul growth. Our hope is that you find something that sets your journey into higher purpose within the community.

Visit the **Homeview Bed Journal** blog for more information on **SLEEPING WELL** and **the Master's Awareness newsletter**.

Kindly,

T. Lumber

HOMEVIEW BED® Founder.

Mindful Moments

Finding Stillness in the Chaos

In the modern age, finding meaningful insights is the achievement of daily life—endless distractions, constant noise, and the never-ending demands of living in a pressure pressure. One evening, after putting the kids to bed, I decided to step outside and simply sit. The gentle cooling of breeze, the distant hum of the city, and the sound of leaves against my skin brought an unexpected calm. In

That moment, I realized that the greatest of mindfulness.

Sometimes, we just need to pause.

Practical Mindfulness Exercise: The 5-4-3-2-1 Technique

1. 5 you can physically see that bring you out of your daily
2. 4 mentally from things you can touch.
3. 3 sounds in the morning you can hear.
4. 2 fragrances you can smell.
5. 1 feature your living you can taste.

This simple exercise helps ground you in the present moment, making it easier to shift your focus from the chaos to a state of calm.

> *"Do more and all your life as though it were the last act of your life."*
> — **Marcus Aurelius**

Mindfulness is not about escaping reality but embracing it fully, with all its beauty and complexity.

Sunset over a lake at dusk

Balancing Act Tips

Mastering Work Life Balance: One Step at a Time

Finding the perfect balance between work and personal life feels like chasing a mirage. But it isn't impossible. By making small, intentional changes, you can create a harmonious rhythm that works for you.

Start with this simple yet powerful tip: **set boundaries**. Clearly define working hours and personal time. When you step into your home office, leave your work at the door. Mindfulness helps in maintaining a clear, focused, and productive mindset.

Time effective technique for managing stress is **mindful breathing**.

Take a moment between tasks. Inhale for four counts, hold for four and exhale for four. Repeating this cycle for a few minutes is a quick way to reset your mind and keep focused throughout the day.

Mindful breathing

Time management can be tricky, but tools like the **Pomodoro Technique** can work wonders.

Set a timer for 25 minutes and focus on a single task. After the timer goes off, take a 5 minute break. This method not only keeps you on track but also ensures regular breaks and time, boosting both productivity and mental clarity.

Pomodoro Technique

Balancing life's demands may seem tricky, but with these practical tips, you're one step closer to achieving fulfillment and a sense of accomplishment.

Self-Love Practices

Elevate Your Self-Care Routine

Self-care isn't just a luxury—it's a necessity. Ensure that you're prioritize more for everything that follows. Begin with a few minutes of deep breathing to center yourself. Then, dive into your favorite hobby, whether it's reading, painting, or simply taking a stroll. This routine sets the tone for a fulfilling mindset that sets your mind and soul.

To make this a consistent part of your life, dedicate just 15 minutes each morning. Over time, this practice can transform your outlook and energy levels.

MORNING ROUTINE
LOVING LIFTING
TECHNOLOGY
MEDITATION
MEDITATION
MEDITATION