

# Going off the grid: subconscious tools

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A tool kit with Podcast  
Developed by Dr Mel Baker

# Setting up

Creating the right atmosphere

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Please listen to podcast episode 8 before you start: [livingwelltalks.com.au/podcast/](http://livingwelltalks.com.au/podcast/)

## Step 1:

Decide on when you will go off the grid

- Be intentional, be specific

## Step 2:

Inform people who care about you and contact you the most

- This may include your partner, family, manager, best friends
- Tell them you are going off the grid (specific timing), that you are ok, and that you cannot be contacted

## Step 3:

Switch off completely, everything!

- Turn off all notifications, including social media, emails, messages, other apps
- Place your mobile onto airplane mode
- If you find that you keep wanting to go check on something, then you may need to work on more time out
- It will definitely inform you if you have an addiction (which you would not be alone)
- Doing this regularly will help you gain control back over your life and your practices may change!

## Step 4:

Decide on a safe calming place that is free from noise and interruption

## Step 5:

Create an ambience in that safe place that you feel completely at ease with nothing to distract you

- You may like to light a candle, use aromatherapy, diffuser, colours
- Think about being comfortable, do you want to lie down, sit, have you room to move?

## Step 6:

Decide which tool/s you will do and gather all the items you will need listed on the tool pages, then start with page 3 survey and winding down.

# Listen to self

A short survey on how self-aware you are at present

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Each question is a score out of 10. 10 being the highest, 1 being the least. Choose what is most true for you.

1. How aware are you of changes and challenges in your life?



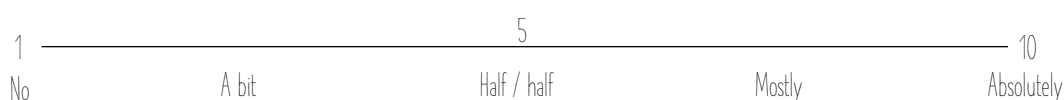
2. How much of your life at present is in balance, unity and harmony?



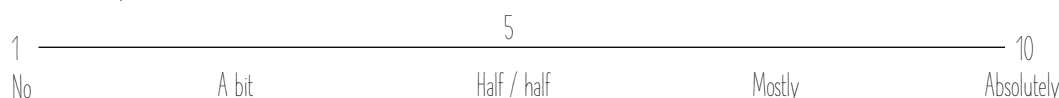
3. Do you often reflect and have an appreciation for life, nature, the universe and everything?



4. Have you risen above challenges and grown much recently in yourself?



5. Are you able to switch your mind off and be still?



Count your score:      /50 =      %. This is how self-aware you currently. Always room to improve!

If your score in Q1 is similar to your total percentage (eg 73%, Q1 :7), then this indicates how true your responses are to your behaviour.

# Winding down

Emptying your mind towards Alpha or Theta state

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Are you ready to begin? To go deep.

Before we delve into exploring our subconscious mind, we need to empty the mind.

If you have successfully tried meditation before, perhaps you would like to start off your time with your favourite meditation - deep breathing or a body scan.

If you struggle with meditation, then you might like to consider doing this within the first hour of you waking up as you are already in Alpha state at this time. We are the most susceptible in this hour and what we feed our brains at this point rules our day. So if we read/view the news or social media feeds, these can change our emotions to more negative ones that you have reacted to; whilst if we meditate, breathe, be in the present moment in that first hour we set up a great positive day that we have created for ourselves.

Our aim at this stage is to completely let go of all thoughts, preconceived notions, judgement and things that may distract us away from entering into a relaxed state.

Close your eyes.

Take a number of deep breaths from your gut.

With every breath out, let go of your thoughts, of any ideas and just concentrate on your breathing.

Anytime you have a thought come into your mind or distracts you away from breathing, shake it off, come back to your breath or smell the diffuser or candle or some oil you put on your wrist and be present with yourself.

When you feel relaxed and at that point you are able to let go and start one of the tools, do so. Don't rush yourself. And remember it takes time and regular practice if you are finding it hard. There are no wrongs, just keep working at it.

# Tool 1

Subconscious drawing - expressing what the mind and gut wants to say

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Items you will need:

- Pen or pencil, B&W or colour, up to you
- Paper or blank pad (no lines)

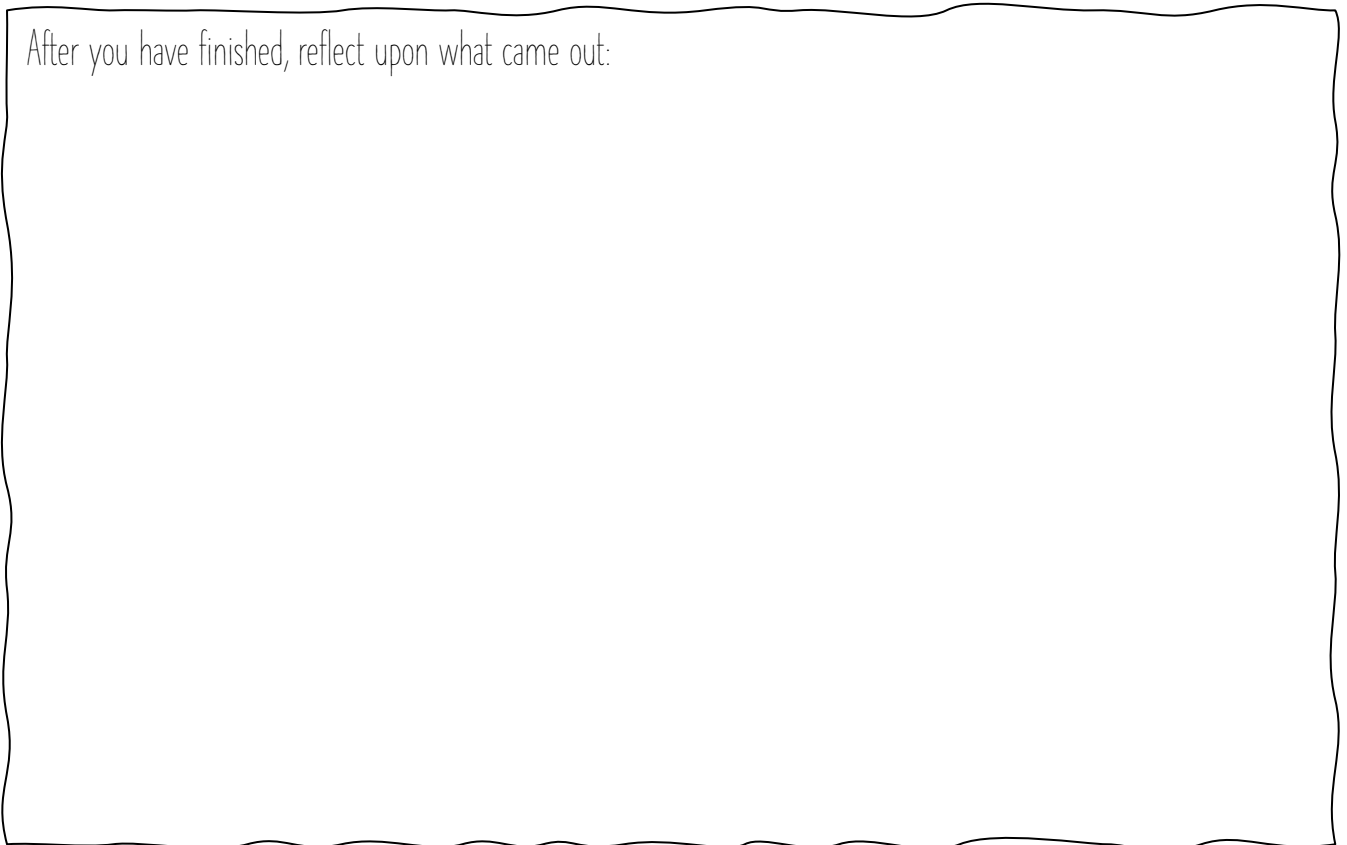
Allow your hand to express what it needs to say.

No judgements. No preconceived ideas about what you will draw. Be free. Go with the flow.

Allow lines, shapes to appear wherever they want to appear.

Best to keep your eyes open. I have done blind subconscious drawing before - that's a completely other experience!

After you have finished, reflect upon what came out:



# Tool 2

Subconscious movement - expressing what the body needs to say

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Items you will need:

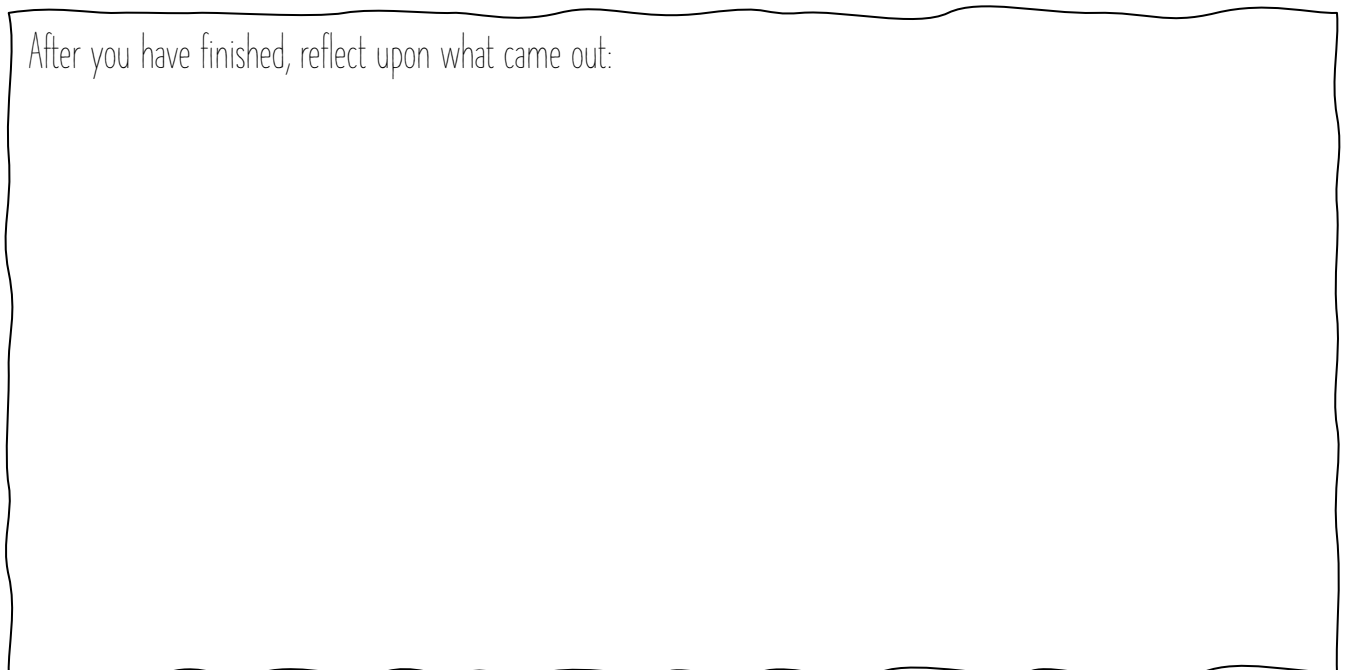
- Instrumental piece of music: one of your own, or you can use my piece [Agape Cries](#) or one of the instrumental pieces on a meditation app like CALM 'Julianna Barwick: healing is a miracle' (free)
- Phone, computer or tablet to play on with headphones/earphones/airpods
- Space to move without running into anything

Allow your body to express what it needs to say.

No judgements. No preconceived ideas about your movement.

Put your instrumental on repeat. Close your eyes. Listen to the instrumental piece first. When you feel your body wants to get up and move. Do so. Keep your eyes closed. Go with the movement. Allow yourself to loosen. Be free.

After you have finished, reflect upon what came out:



# Tool 3

Subconscious words - expressing what the heart needs to say

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Items you will need:

- Pen and paper (writing)
- Voice recorder or phone to record (song)

Allow your hand or voice to express what it needs to say.

**No judgements. No preconceived ideas about what will come out.**

Decide on whether you will move towards writing or singing or do both.

Writing: make it freestyle, no punctuation, could be single words, letters, a combo of words & pictures.

Song: just start singing, recording helps if a phrase keeps repeating itself or something deep comes out.

After you have finished, reflect upon what came out (in writing take notice of the layout, words that form - do they say something in particular (mind map them perhaps or find groupings - they could answer a longing you have or a question unanswered) or you may need to unscramble letters to form a word or two.

# Finishing well

What is your next step?

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Listen to what your mind, body and spirit are saying to you. What do you need to do at this stage?

Here are a few suggestions:

- Journal what the experience was like or anything that came out for you to find deeper meaning.
- Write a list of what worked really well and what you would like to explore more and practice more.
- Talk with a therapist or trusted friend about something significant that came out for you that you need to unblock or explore in a deeper way.
- Work on acceptance of yourself and letting go of the things we hold on to that may be stopping the process of completely being present and relaxed.
- Go for a walk in nature, enjoy the experience, keep present by utilising all your 5 senses.
- Get those endorphins going as well with one of your favourite exercises: swimming, bike ride, walking, running.
- Do some artwork, I find the most detailed amazing acrylic or watercolour art comes out for me as I am so present and relaxed.
- Enjoy the rest of your time out off the grid for you.

Why not schedule some regular time in to your week to go off the grid?

Your body, mind and spirit will thank you for it.

If you have any questions please do not hesitate to contact me through one of my websites or SM accounts.





About the Author and Educator

## Dr Mel Baker

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For 30 years, Mel has been a motivational speaker in Australia and overseas. She has been a keynote speaker at adult education conferences in Australia, New Zealand, England and Northern Ireland. Mel has also been invited as a motivational speaker at youth summits, rallies and other conferences around Australia, Indonesia, Uganda, England, Northern Ireland, New Zealand and her first international talk was in Papua New Guinea at the age of 18. She has led workshops in leadership & management, critical incidents, counselling & chaplaincy, ethics, identity and communities of practice, overcoming trauma and wellbeing.

Mel has written various genres, including the publishing of two books on her lived experience from trauma to acceptance. The first was published in 2003, *A two-way street*, which is out of print with 1,000 copies sold. It now is in its 2nd edition in a 4-part series. Her latest book was released in February 2019 *Painting Beauty with the Ashes*. It was launched along with her art exhibition to raise money for a veteran equine program.

After completing her Master of Adult Education at 32, Mel embarked on her doctoral thesis whilst working as the Lead Chaplain & Educator for Post Trauma Support in the NSW Police Force. Her doctoral studies took her to training and collaborating with 5 police forces around the world. She then served in the Royal Australian Navy. Mel has dedicated her life to helping and encouraging adults to be the best they can be.

In 2020, Mel launched a new publication *Living Expressions* and podcast *LivingWell Talks* to empower and encourage Australians of all ages. This along with volunteering as a Consumer Consultant at a private mental health hospital, regularly speaking at events and teaching groups in mental health clinics, plus her writing and research, certainly keeps her engaged with people who are needing support and encouragement.

### WEBSITES

Wellbeing research and tools: [www.unchainyourwellbeing.com/](http://www.unchainyourwellbeing.com/)

Podcast and Blog: [www.livingwelltalks.com.au/](http://www.livingwelltalks.com.au/)

Publication and Videos: [www.livingexpressions.com.au/](http://www.livingexpressions.com.au/)

### SOCIAL MEDIA

IN @drmelbaker

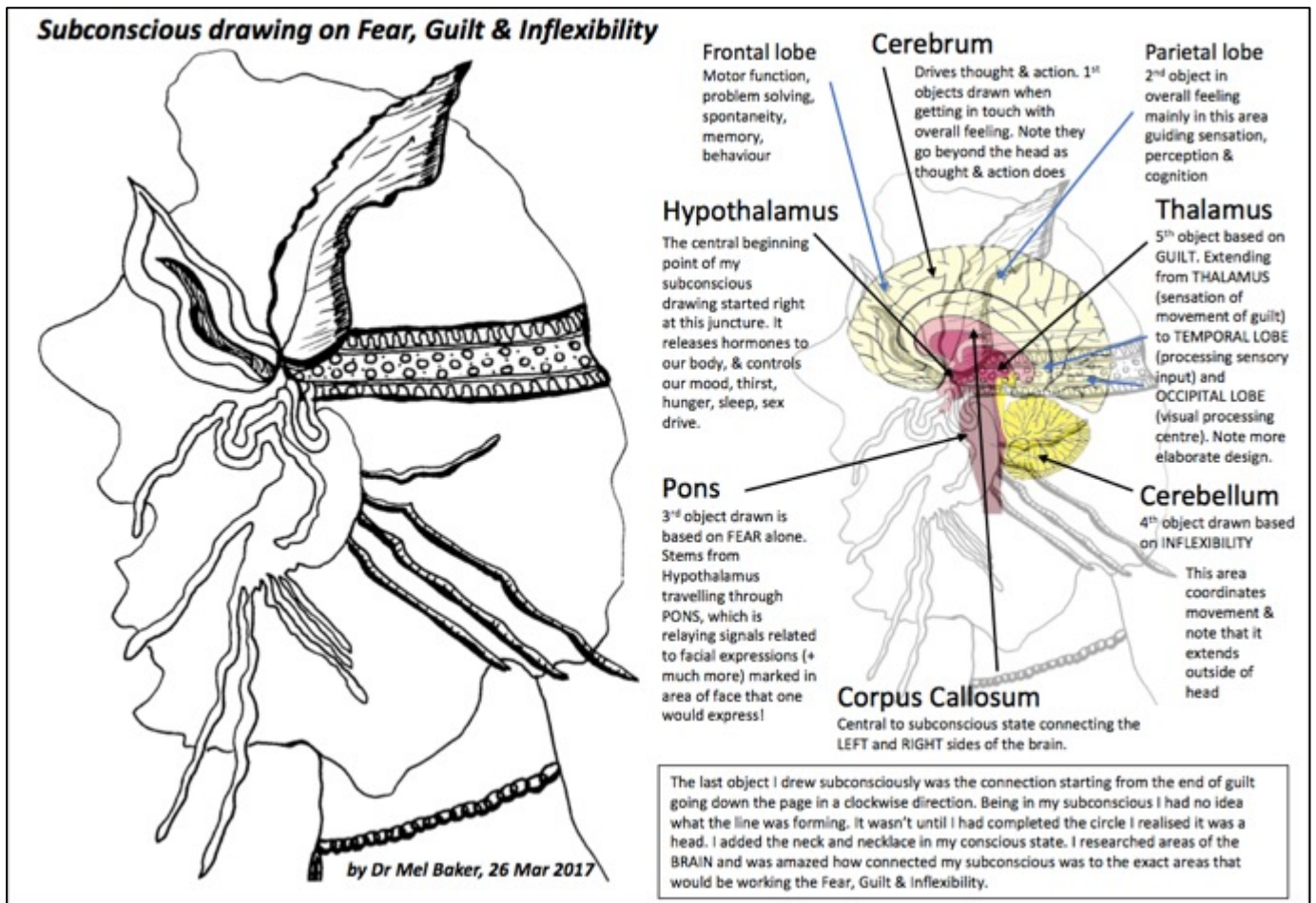
FB @livingyourwellbeing

IG @livingexpressions.au

# Examples

## Personal examples of subconscious drawing

My first subconscious drawing and the overlay of the brain. Quite incredible!



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Other samples over the years... Words are my interpretations at end of process (other than 3<sup>rd</sup> one they came out during the process).

