



Two Beats Longer

By Brendon Burchard

All you have to do is hold your attention on something positive, beautiful or important just ... two... beats... longer.

If you look lovingly at your child or spouse, just hold that look just....one...two... beats... longer.

If you notice a beautiful flower, hold that awareness two seconds longer. One... Two...

This simple practice has helped me create longer moments of presence and magic in my relationships. I feel it's even made me reach higher performance in every creative act, with my team, and in my everyday life.

Two Beats Longer an important practice because we're all in such a hurry these days. And that hurry often makes us irritable, form snap judgements, and miss so many things that matter.

I think hurry has ruined a lot of relationships and businesses.

And I'm sure we can all agree that scanning our surroundings like beasts on the run is not what we are after. Our aim is to drink in the moment, and so we should pause and truly see what is in front of us.

Two Beats Longer allows us to do that. It is a conscious trick of elongating time, of heightening and deepening our senses to the moment.

So, take a few beats as you enjoy the pleasant moments of life with all your senses.

The more senses you bring to the moment, the more time slows, the more a catalogue of joyful vivid memories grows in your mind, the more life is filled with gratitude, and the more nourished our soul. You have an extraordinary ability to slow time down, to wade into it, to feel it swirl and surround you.

And so, to all the parents who consciously and consistently choose to make positive moments with their children, this is a love letter to you.

To all the leaders who hold their opinion for, who listen with true humility and patience, this is a love letter to you.

To all the lovers who travel together, dine together, enjoy both the small and big moments of life together with real passion and gratitude, this is a love letter to you.

Awareness is our best weapon against time, so let us all use it to our advantage.

Do not breathe so quickly. Take in air for two beats longer and feel gratitude for this life.

Do not scan the room wildly looking for opportunity. Sense the room by gazing into each direction and corner. Take it all in, especially the person who serendipity placed there for you - connect for two beats longer.

Do not merely glance at her. Look into her eyes and hold for two beats longer, allowing love to bubble to the surface.

Savor each bite of your meal for two beats longer, let the tastes melt and linger.

Read that nasty email you've written and want to send just one more time and spend two beats longer sensing the pain it may cause another. Maybe you'll decide it's not worth being mean.

Do not rush that kiss goodbye while juggling everything on the way out the door. Make the kiss count, make it firm and solid and true, holding the moment passionately for two beats longer.

The to-do list is just one thing: hold the moment just two beats longer.

Life is lived in the extra beats we hold as time unfolds.

Soon, the two beats become four, the four become eight, and eventually we will have mastered the art of experiencing life, of creating real moments, of living as joyous masters in the infinite Freedom of Now.

You and I can live a more positive, high performing and thoughtful life if we all just slow down a bit. Just two beats. We can all do that

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