

**THE MINDFULNESS OBSESSION:
TO BREATHE OR
NOT TO BREATHE**

Words Terrence the Teacher



TERRENCE THE TEACHER

IS A WORLD-RENOWNED
MINDFULNESS COACH AND
MEDITATION TEACHER.

HE SHARES HIS WORK THROUGH
TALKS, RETREATS AND HIS APPS.
HE CAN ALSO BE BOOKED FOR
ONE ON ONE SESSIONS AT THE
WELLNESS CLINIC IN HARRODS.
THE MOST FAMOUS SHOPPING
DESTINATION IN THE WORLD.

TERRENCE STARTED HIS
WORKING LIFE AS A PERSONAL
TRAINER AND PILATES TEACHER.
HE SOON FULLY EMBRACED
THE IMPORTANCE OF THE
CONNECTION BETWEEN MIND
AND BODY.
IT INSPIRED HIM TO QUALIFY
AS A CLINICAL HYPNOTHERAPIST
AND NLP (NEURO-LINGUISTIC
PROGRAMMING) PRACTITIONER.
TRYING TO REACH AND HELP AS
MANY PEOPLE AS POSSIBLE, HE
RELEASED A GROUP OF APPS
IN 2014. HIS APP FOR WEIGHT-
LOSS, CALLED ‘TAKING THE
WEIGHT OFF YOUR MIND’ ALMOST
IMMEDIATELY REACHED THE
NO.1 SPOT ON THE HEALTH AND
FITNESS CATEGORY ON BOTH
APP STORE AND GOOGLE PLAY.

IN THE SAME YEAR, A PERSONAL
BRUSH WITH MORTALITY IN THE
FORM OF 2 HEART ATTACKS
BROUGHT HIM TO MINDFULNESS.
AFTER EXPLORING THE PRACTICE
BASED ON MEDITATION IT
BECAME HIS FIRST PASSION. HE
FEELS IT SAVED HIS LIFE AND
NOW WANTS TO SPREAD THIS
LIFE CHANGING METHOD ALL
OVER THE WORLD.

The best-known definition for
Mindfulness is – “Paying attention on
purpose, in the present moment and
non-judgementally” by Jon Kabat-Zinn.

But what is all this Mindfulness
about? Is it really something new, or
something that has been around for
years? Where do we start if we want to
practice it? AND, the most important
question of all, how can Mindful living
benefit us all in our lives?
To answer the above let’s start with
Mindfulness as a technique.
Very simply put, it teaches us to return
to the present moment again and
again. If you think about how often we
live, either in past memories letting
them dictate our current decisions, or
our thoughts of the future stressing us
today. Our minds keep us so busy
with our past, which is literally already
gone, and the future, that has not
even happened yet, that we miss
out on the ‘now’ moment.
The present moment is actually the only
thing that is real. This moment, right
here, as you read this article, could
change your life forever. If only your
mind could be still long enough.

Mindfulness is meditation.
We know meditational practices have
been around for centuries, ranging
from Chinese Zen Buddhist, Taoist
and Vedic meditation to other forms
like Sound, Chakra and Loving
Kindness meditations.
All of these are ways to become more
present, connecting to yourself and to
the present moment.

Mindfulness Based Stress Reduction
(MBSR) was created in the 1970’s, the
genesis of all mindfulness as we
know it today. The programme is an
intensive 8 week course, teaching people
mindful meditation, systematically
helping them to develop awareness
and to cultivate a fuller compassion for
their life experience.
This new way of being can help to
develop a new kind of control.
It might not change people’s lives but
it definitely changes the way they see
their lives. The programme has been
helping people with a wide range of
problems ranging from depression,
high blood pressure, back pain, anxiety,

heart disease and even cancer.
And always, improving their lives in
so many other ways.

Because of MBSR research and
development, science has been able to
show the changes that Mindfulness
meditation is able to create in our
brains. Some of these are:
- The brain starts changing after only
6-8 weeks of practice.
- The Cerebral Cortex (the area of the
brain where decision making takes
place, planning happens and creativity
is experienced) has increased activity.
- Thickening of areas like the Hippocampus,
which plays an important role in
learning, as well as memory.
- Thinning in other areas, like the
Amygdala, a structure in the Limbic
system that regulates fear based reactions.
- The Insula shows signs of being energised
by meditation. It even grows and expands.
This area controls our feelings of
connectedness to other people, helping
to make us more compassionate.

With all that information sinking into
your mind, now would be a perfect
moment to ask you to do something.
Take in a very DEEP breath, and hold
it for 2 seconds, and then SLOWLY
breathe out. Now PAUSE!
Guess what? You have just done your
first Mindfulness meditation.
The practice of Mindfulness for us,
the people living our lives on the
go, can be simple. By making a few
changes and adding some easy to do
exercises daily, you could change your
life for the better.

The benefits you could experience
with all those changes to your brain are:
- REDUCED stress, anxiety and
experiences of panic attacks.
- ENHANCED relaxation, decision
making, planning and creativity.
- INCREASED immune strength.
- ALLEVIATION of depression

There are many other benefits.
Regular Mindfulness meditation helps
us to change from always living in a

‘doing’ mode and to start moving our
lives into a ‘being’ mode. This choice
has so many health benefits.
Remaining in the ‘doing’ way of
living can be very detrimental to our
wellbeing.

A few years ago ‘Terrence the
Teacher’, as a brand, was born. I was
achieving and living my dreams to
their fullest, practising as a Clinical
Hypnotherapist. At that time I had a
client list of the ‘Who’s Who’ and my
work was in demand. Due to so many
client appointments being connected
to their wish to lose weight, I decided
to launch an App specifically for this
purpose. The subsequent weight loss
App – Taking Weight Off Your Mind
shot to the Number 1 bestselling App
on App Store and Google Play, almost
immediately after release.
My life looked perfect. The reality was
so different. With hindsight, it was
interesting to see that, as a therapist,
I could help other people, but forgot
about my own wellbeing.

On the 8th November 2014, my life
changed forever. I had 2 heart attacks,
my heartbeat not registering for
almost 20 minutes after the first one, so
I was told later. The medical staff never
gave up, and I am able to tell
the story here today. Waking up in
intensive care, the full reality of what
had happened to me came as a shock.

I then realised something would have
to change. Who was ‘Terrence the
Teacher’ authentically?
Mindfulness was mentioned to me.
I had always struggled to meditate,
finding it too long and also too difficult
to get my head around. I needed
something, (a) more user friendly, (b)
easy to do every day and (c) easy to
learn. Mindfulness ticked those boxes.

Today I can confidently say that it
saved my life. That is why I now wish
to share this powerful ‘way of being’
with as many people as possible. I now
run Mindfulness retreats, give talks on

the subject, teach this on a one to one
basis and also work with companies
to create courses for their staff. When
you find something precious, you are
passionate about wanting to share
it. My hope is that reading this piece
will give you, the reader, enough to
want more. All you have to do is start.
Perhaps this can be your first step to
living in a more aware way and, by
doing so, to be able to change your live
for the better.

Mindfulness can be divided into 3
categories: Mindful practice, Mindful
living and Mindful meditation.
The technique often uses your
awareness of your breath to bring you
into the present moment.
There are a wide variety of breathing
exercises that are used in Mindfulness
meditation. Just allow me to share a
very well knownone with you, in order
for you to see how simple but effective
it is. The exercise is called the 7/11.

THE 7/11:
-Sit comfortably in a safe place.
-Have your hands on your lap and
your back straight.
-Bring your attention to your breath
for a few moments.
-Now, as you breathe in, count up to 7
in your mind for that one breath in.
-Then, as you breathe out, in your
mind count down from 1 to 11, for
that one breath out.
-This means the breath out will take
quite a bit longer than the breath in.
-Repeat 10 times.
-Once completed, just notice how you feel.

The 7/11 is a Mindfulness meditation
that also has physiological benefits.
The longer breath out calms down
theparasympathetic nervous system, a
system that slows down our heart rate,
relaxes major muscles and conserves
energy. Relaxation is really only a few
breaths away.
The 7/11 Mindfulness meditation is
one of many exercises. They all can be
seen as mini meditations or
combined to form a longer one. You

will need to do your homework and
see what works for you.

Your goal could be to eventually spend
about 20 minutes a day.
You can decide what time of day you
want to do it. Make it work for you.
The important thing is to make time
to become present and aware. There
are also exercises in this technique that
will show you how to live Mindfully-
eating, walking, sitting, working and
all the time being mindful (even
when you are doing the washing up !).
Mindfulness meditation will become
a way of living, not just a practice.
You could start with the breathing
meditations and then move on.
As was indicated at the beginning
of this article, there are so many
meditational practices to choose from.
Find the one that works for you.
All the information on Mindfulness is
one click away. Getting started can be
so simple. With a bit of commitment,
some practice and, very important, also
developing being non-judgemental, you
will be well on your way.

Recently I had the privilege of
meeting one of the founding fathers of
Mindfulness Based Stress Reduction
(MBSR), Jon Kabat-Zinn. During these
few precious moments, Jon shared a
way of thinking that powerfully
resonated with me. Even though the
practice was called Mindfulness,
according to him, it could also be
called ‘Heartfulness’. He truly believes
that this practice could be embodied
into our everyday lives, with a light
and gentle touch, nurturing self-
acceptance, kindness and self-compassion.

Each day, create some moments for
yourself to be Mindful. Give Mindfulness
meditation practice a chance. The results
should surprise you.

In the words of the Zen Master,
Lao Tzu: “To a mind that is still, the
whole Universe surrenders”

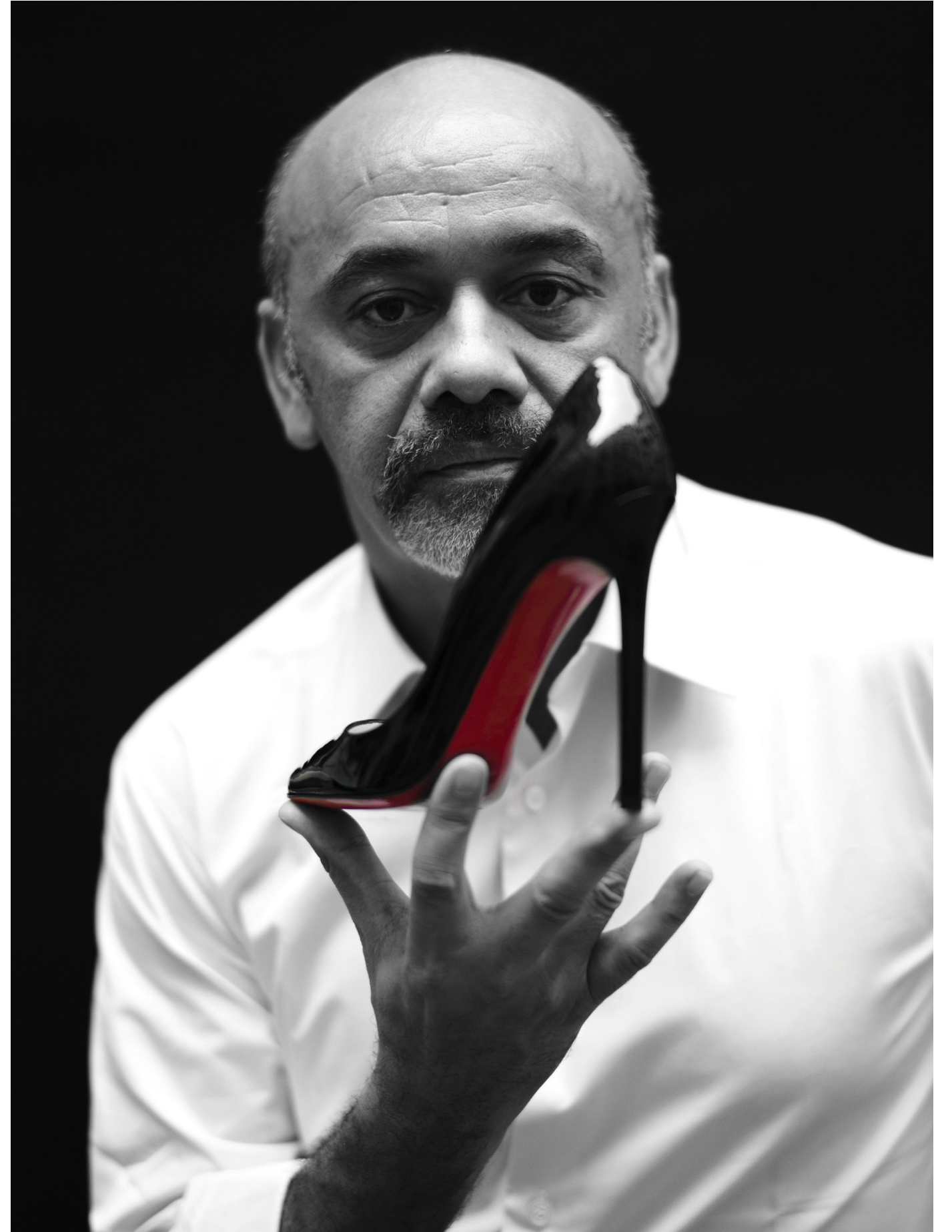
CHRISTIAN LOUBOUTIN

WAS CREATED IN 1992 WHEN LOUBOUTIN OPENED HIS FIRST BOUTIQUE (AT 19 JEAN-JACQUES ROUSSEAU) IN PARIS. HIS DESIGNS ARE UNIQUE AND REFLECT THE TRUE ARTISTIC CRAFTSMAN WITH A TRUE PASSION FOR SHOES.

HIS SHOES ARE INSTANTLY RECOGNISABLE THANKS IN PART TO THEIR SIGNATURE, TRADEMARKED RED SOLES.

SINCE THE BRANDS LAUNCH, HIS CREATIONS HAVE BEEN IMMORTALISED IN MUSEUMS, ON FASHION WEEK RUNWAYS, RED CARPETS AND IN POP CULTURE AROUND THE WORLD.

A WOMAN'S BEAUTY HAS ALWAYS BEEN AT THE CENTRE OF LOUBOUTIN'S INSPIRATION SO IN 2014 CHRISTIAN LAUNCHED 'LOUBOUTIN BEAUTE'- FROM NAIL COLOUR AND LIP BEAUTY TO HIS THREE SIGNATURE CHRISTIAN LOUBOUTIN FRAGRANCES. WITH A PROLIFIC COLLECTION OF WOMEN'S AND MEN'S SHOES, DAY AND EVENING HANDBAGS AND SMALL LEATHER GOODS, CHRISTIAN LOUBOUTIN NOW COUNTS MORE THAN ONE HUNDRED BOUTIQUES AROUND THE WORLD, INCLUDING SEVERAL LOCATIONS DEDICATED TO MEN'S AND A ONE-OF-A-KIND BEAUTY BOUTIQUE LOCATED IN THE HEART OF PARIS 1ST ARRONDISSEMENT, JUST TWO DOORS AWAY FROM 19 JEAN-JACQUES ROUSSEA.



PHOTOGRAPHY MATHIEU CESAR



CHRISTIAN LOUBOUTIN SHOE DESIGNER (#THEGURU)

I met Christian more than 15 years ago. He was less known then and I was new to London. He introduced himself as a cobbler.

We landed up exchanging numbers and met the next day for coffee. I got to know the man behind the now, very successful brand. He became a friend, a client and even supports me in my work today. The best way to explain Christian is to imagine a rock, always there, stable, secure, and always supportive. The best advice I ever received from him was when my own life seemed rocky.

He took me for a walk in Hyde Park and shared some wisdom. “Look at those big trees standing over there. How did they become so solid and strong? It all started with a small seed, opening up underground and letting little roots spread downwards. Once anchored, the little plant starts sprouting upwards, eventually breaking through the ground. As the tree starts growing the roots also still keep spreading downward. Having such a solid foundation helps the tree to stay up and become the tree it is today. A solid foundation, that took time, often unseen until the time was right.

Just focus on your roots, keep them well nurtured so that once you are ready, you can show yourself. Strong and not easily blown over by any problems.” That talk has been my mantra.

I asked him to be part of this interview and we decided to do it via WhatsApp.

He is rather busy after all.

WHAT IS YOUR APPROACH TO LIVING MINDFULLY?

To have a real love for life is coming as close as possible to living Mindfully.

WHAT DO YOU DO TO RELAX?

Gardening, swimming, and reading in bed.

HOW DO YOU MANAGE TO KEEP BALANCE BETWEEN YOUR PROFESSIONAL AND PRIVATE LIFE?

By thinking that a rich personal life brings good fortune to your professional and that a good professional life brings a lot to your private life.

WHAT ADVICE WOULD YOU GIVE SOMEONE THAT IS JUST STARTING OFF IN LIFE?

Know that life is long, so enjoy every day, without a precise long-term target. It is really the sum of these every day moments, which will determine accomplishment. Not a supposed plan for an unknown future.

YOUR SHOES ARE KNOWN FOR THEIR TRADEMARK ‘RED SOLES’. WHAT SIGNIFICANCE DOES THE COLOUR RED HAVE FOR YOU?

Passion and general love!

HOW IMPORTANT IS YOUR ENVIRONMENT TO YOUR SENSE OF WELLBEING AND CREATIVITY?

What surrounds you definitely has an impact on how you feel, so it is key to be well ‘entoured’

TRAVELLING AS MUCH AS YOU DO.. THE WORLD HAS BECOME YOUR HOME. WHERE IS YOUR FAVOURITE PLACE TO THAT YOU CALL HOME?

My favourite home is in Paris followed by my house at the seaside in Alentejo, Portugal.

WHAT IS YOUR LIFE MOTTO ?

Less is not more !!!!!

EU.CHRISTIANLOUBOUTIN.COM/UK



PAUL EDMONDS HAIRDRESSER (#THESAGE)

Paul has been styling and cutting my hair for almost 13 years, always patiently listening to me while working on my hair. His calm manner always left me not only looking good but also feeling good when I left his salon. To interview him, I decided to go for a haircut.

WHAT DO YOU DO TO RELAX?

I do the Mindfulness techniques that you taught me. (I blushed happily). The breathing exercises really helps me to fall asleep after a busy day.

DO YOU HAVE A FAVOURITE PLACE OR COUNTRY THAT YOU HAVE VISITED?

Definitely Shanghai. So exhilarating, the mixture of old, the very old with then the very new. Love the juxtaposition. Where in some societies age is frowned upon, here you see the richness of age valued.

WHAT MAKES YOUR SALON DIFFERENT FROM OTHERS?

Since I started the salon, my focus has always been on the client. They should feel good as well as looking good. They should leave the salon having had a great experience. Summed up, we really care about our client's total experience.

HOW DO YOU KEEP BALANCE IN YOUR LIFE?

You have to laugh loads.
It is really about enjoying each moment.

HAS WORKING WITH CELEBRITIES, LIKE SAM SMITH THE SINGER, CHANGED HOW PEOPLE PERCEIVE YOU?

Yes, it has added more interest. For me nothing has changed. Every client is important and always will be. That is perhaps why my clients keep coming back. When I work with a client, they become the 'centre of my universe'.

PAUL EDMONDS HAS BEEN AT THE FOREFRONT OF HAIR TRENDS FOR THE LAST 30 YEARS.

AND AS AN AMBASSADOR FOR L'ORÉAL, SHU UEMURA AND KERASTASE, HE IS WIDELY KNOWN THROUGHOUT THE INDUSTRY AS A TRUE STYLE INNOVATOR AND AN ABSOLUTE AUTHORITY. FROM HIS CELEBRATED AND AWARD-WINNING KNIGHTSBRIDGE LONDON SALON, PAUL AND HIS EXPERT TEAM HAVE BUILT A REPUTATION FOR FLAWLESS SERVICE AND EXPERTISE.

AS A DESTINATION FOR A-LIST CELEBRITIES, HIS CLIENTS RANGE FROM SAM SMITH, DISCLOSURE, EMMA THOMPSON, LILAH PARSONS, OPHELIA LOVIBOND, JULIE WALTERS TO NAME A FEW.

AS A VOTING MEMBER OF BAFTA ,PAUL'S TALENTED TEAM ARE ON SPEED DIAL TO CREATE COLOUR FOR THE LATEST FILMS AND TELEVISION SERIES INCLUDING GAMES OF THRONES, THE THEORY OF EVERYTHING AND DOWNTON ABBEY. MOST RECENTLY HE HAS BEEN ANNOUNCED AS THE OFFICIAL HAIRDRESSER FOR BRITAIN'S NEXT TOP MODEL (BNTM, SERIES 11 AND 12)

WWW.PAULEDMONDS.COM



DR.NEIL BULSTRODE PLASTIC SURGEON (#THEHEALER)

Dr Bulstrode was referred to work with me a few years ago by a family member of his that loved what I did. Since then we have also started working together on other projects, again I was drawn by his calm demeanour and his kind support whenever I needed some advice. He invited me for dinner and his lovely daughter, Saskia, cooked us a yummy meal while I interviewed her dad.

YOUR WORK INCLUDES PRIVATE AESTHETIC PLUS THE RECONSTRUCTIVE SURGERY WITH CHILDREN. WHICH GIVES YOU THE MOST SATISFACTION?

That is difficult to answer. I have my dream job and know that I make a big difference to the lives of my clients/ patients. The work I do with children will alter their whole trajectory in life. That is very rewarding.

YOU HAVE A VERY CALM DEMEANOUR. HOW DO YOU STAY SO CALM?

I am calm by nature. There are times during a surgical operation where I have to make sure the rest of my team stays calm as well. This is where your Mindfulness techniques have become so invaluable. Connecting to breath almost instantly refocuses everyone and helps to clear the mind.

WHAT IS THE BEST ADVICE YOU GIVE YOUR CLIENTS TO MAINTAIN A HEALTHY COMPLEXION?

Be mindful of sun exposure, keep it to the minimum but always use sun protection creams when you are exposed. NEVERSMOKE!!

WHEN ARE YOU AT YOUR HAPPIEST?

When I spend time with my family.



NEIL BULSTRODE HAS AN INTERNATIONAL REPUTATION FOR HIS MODERN AND CARING APPROACH TO PLASTIC AND COSMETIC SURGERY.

HE HAS BEEN A CONSULTANT FOR OVER A DECADE AND SPLITS HIS WORK BETWEEN HIS COSMETIC SURGERY PRACTICE, STEM CELL RESEARCH, TISSUE ENGINEERING AND WOUND HEALING. ALSO RECONSTRUCTING CHILDREN WITH CONGENITAL DEFORMITIES. NEIL IS WIDELY PUBLISHED, FROM TEXT BOOKS ON PLASTIC SURGERY TO PEER REVIEWED PAPERS ON COSMETIC SURGERY, RECONSTRUCTIVE SURGERY AND RESEARCH PAPERS ON TOPICS INCLUDING FACELIFTS, RHINOPLASTY AND BOTOX.

HE IS PAST PRESIDENT OF THE PLASTIC SURGERY SECTION OF THE ROYAL SOCIETY OF MEDICINE AND CURRENTLY SECRETARY GENERAL OF THE INTERNATIONAL SOCIETY FOR AURICULAR RECONSTRUCTION. HE OFTEN PRESENTS WORK INTERNATIONALLY IN EUROPE, USA AND RECENTLY CHINA.

WWW.NEILBULSTRODE.COM