

Robinanne Lavelle

Biography

Robinanne Lavelle completed a Bachelor of Economics, a Master's degree in Business Management and another in Education Management. For over 25 years she has been a teacher, lecturer, worked in senior management and author of five textbooks in the social sciences. As well as academic pursuits, spirituality and emotional intelligence have been at the forefront of her life's journey. After studying meditation with Buddhist monks, she ran courses and has written a book on meditation.



Other Published Books

2021 Co-Author: The Road Awaits
1997 Rewrite Author: Social Science texts: Trends & Turning Points
1996 Rewrite Author: Social Science texts: Tracts & Traces
1995 Rewrite Author: Social Science texts: Time & Tide
1994 Author, Meditation: Creating Quality Life
1991 Co-author: Laymans Guide to the Law Year 12
1990 Co-author: Laymans Guide to the Law Year 11

Media Kit

Introduction

Life Sorted: 8 Session Practical Guide in Mindfulness, Meditation & Management – Book and Audio

Zoom into Mindfulness – 8 Week Course Endorsement

Interview Questions

Contact



Author & Educator

"A rewarding life is achieved by pursuing opportunities with passion and overcoming obstacles with determination."

Robinanne Lavelle






www.robinannelavelle.com

www.zoomintomindfulness.com

Introduction

In this time of COVID 19, life has certainly sent us all a curved ball! We have been isolated. Some of us have lost loved ones, jobs, or businesses. Feelings of stress, confusion and anger are commonplace because of the pandemic.

During a time of the COVID 19 pandemic, it has been highlighted the importance

-  to pause, breath and reflect,
-  to connect with others,
-  keep a healthy routine,
-  be kind to ourselves and others and
-  to reach out if you need help.



Life Sorted book and accompanying audio practical sessions, walks the reader through, pausing, taking a breath and reflecting on one's life. Through the Zoom course related to this course the reader can connect with others. The daily routines covered in the book help one to keep a healthy routine and many skills taught enhance communication to ensure we are being kind and truly hearing others.

Excerpt from Life Sorted in 8 Sessions:

Social Change

Possibly our materialist society with little attachment to nature, has enhanced our dissatisfaction with life. Yet our material possession often gives us little joy as people seek bigger and better than what they already have. How many updates have you made to your television, furniture, car? Were they at a point where they needed replacement because they were old and broken or were you just updating to be part of the fashionable set? We tend to measure our success by having the latest of everything and do not judge success by our quality of mind or the good deeds we do.

Coupled with this, is we are connected twenty-four seven. Our electronic devices can mean we are never off the grid. Workers can be contacted at home on their mobile and social media has created many of us wanting to be updated all the time. We seem to be living life in a faster lane now, and it appears to be getting faster. No down time leads to stress!

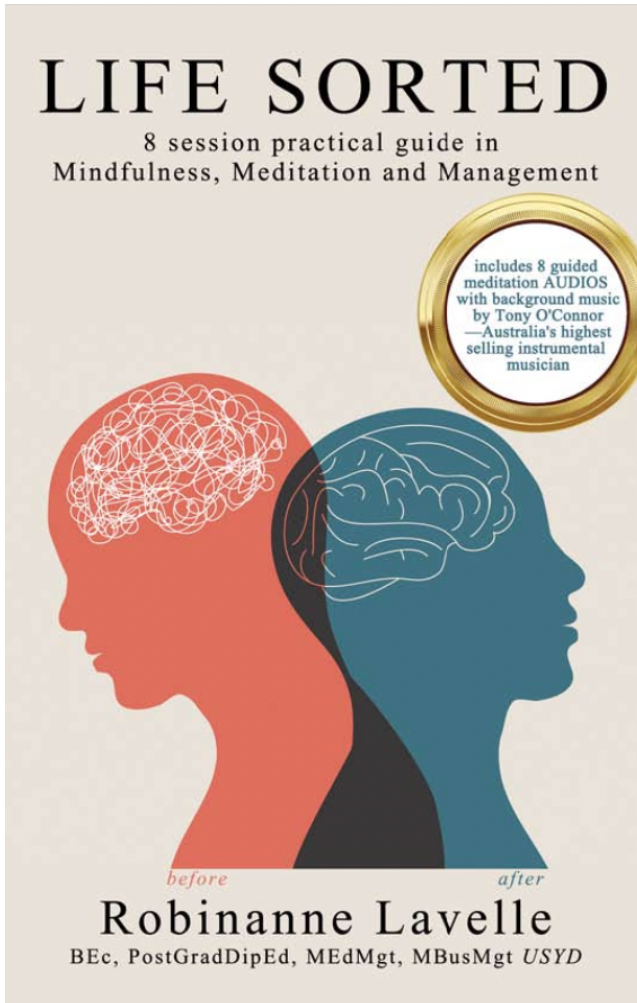
We work hard, party hard and have great toys. Many employees take work home now or stay late at work to meet expectations. Working so hard sometimes means these people then have the same attitude to leisure time. They work out at top speed at the gym, they drink and eat to excess at a restaurant. Their relationships are transitory as they superficially connect to others. They have no time! Even our garden is not a restful place as we are more likely to be working in it than just enjoying and soaking up being present with nature. We are building pergolas, putting in pools, landscaping the garden, mowing the lawn that is rarely used as we rush around creating a better (but not happier) life.

In early 2020 we were forced to stop, and being confined for long periods to one's house, allowed for us to pause and self-reflect on what is important to us, what do we value, who do we want to be, what do we want to do with our life? Thus, a positive outcome from the terrible Coronavirus was that individuals started to search for a more meaning existence possible for the first time. Mindfulness and meditation are pathways to this self-investigation that is richer far beyond material possessions.

Life Sorted in 8 Sessions

Book includes Audio

Book Launch 2022



Haven't got the life you want, or not sure what you want, or some part of your life is not working, or are you in a complete bind? Imagine a life where you are attentive, organised, calm, balanced, healthy, and happy, fully understanding others, having greater insight into your inner self, setting new goals, and steering your life towards your full potential.

This 8-session course is designed to deliver this life! You will learn to still the busy mind through mindfulness, meditation, and management techniques, which can be incorporated into your current timetable.

This book is targeted for young adults and their parents to prepare them for highly successful adult lives. It is particularly helpful for those with anxiety, stress, or ADHD. The material in this book can help anyone of any adult age facing a crossroad or unsure of a pathway.



Zoom into Mindfulness

8 week course

Based on: Life Sorted in 8 Sessions – Book includes Audio

Starts soon 10am or 7pm
www.zoomintomindfulness.com

Without 'mindfulness' training of our minds, our thoughts can be free wheeling, darting here there and everywhere, so by the end of the day we are exhausted and sometimes can't even sleep at night because this busy restless mind just goes on and on. Through mindfulness you can train the mind to be a tool that you use at your command, to ensure you are calm and have clarity in all that you do.

8 Meditation Practices

Prone position relaxation meditation, sitting meditation awareness, Zen counting technique, focused walking, descending into personal garden, creative visualisation, body nurturing, and spiritual connection.

18 Mindfulness Exercises

The Clear Crystal Pond, Observing the Breath, Time Management, Daily Routines, Coffee Breaks, Housework, Ablutions, Retreat to the Couch, Noble silence, Hobby & Rejuvenation, Physical Extension, Creating Treasure Chest, Dealing with Anger, Active Listening, and Candlelight Prayer

Benefits from Course Participants

Improved concentration, reduced stress, helped to create a calmer more peaceful and more content person, improved sleep patterns, enabled me to compartmentalise life, improved listening skill, reduced nightmares, assisted to find joy in all tasks, and heightened awareness of my spirit.

ADHD

I have a special interest in ADHD in adults and young adults (especially those 16-30 years undertaking either their final two years of school or starting post school studies or work). For example, once having trained the mind you are able to be detached from the impulsive thoughts, you see them coming and are able to have a more objective examination of them and not just impulsively act before thinking.

Course

On-Line course through Zoom: 2-hours weekly taking 8 weeks to complete and is offered at various times of the day.

Endorsements



Mindfulness is the basic human ability to be fully present, aware of where we are and what we are doing, and not overly reactive or overwhelmed by what's going on around us. The world we now live in is far from a mindful place. Robinanne Lavelle's book 'Life Sorted', is very relevant to today and teaches us that mindfulness is still available to us in every moment, from eating, to cleaning your teeth to taking a walk.

Through reading this book and practicing the techniques, you will develop self-understanding and grow in wisdom. You will learn to unleash your curiosity about yourself, both mind and heart, and develop a greater sense of warmth and kindness, both for yourself and others. You will have an improved sense of mental, physical, and spiritual wellbeing.

The eight-session course has helped me to understand my pain, lower my stress, and sleep better. This change in my life, has generated changes in other parts of my life as well. I approach tasks with greater clarity and enthusiasm having honed my ability to focus and reduced that 'tree full of drunken monkeys'. I also find myself having a sense of peace, being kinder, calmer, more patient and more playful. I am a better human being.

This text and course of activities and practices are a valuable tool for us all. The accompanying audio sessions reveal Robinanne has a beautiful voice, and the background music is a delight. The structure and organisation of the book is excellent, it is highly readable, well organised, practical, accessible, and interesting. It is a wonderful resource for people of all ages. I know my students would have benefited enormously, as would any young person. It will also appeal to those dealing with stress and distress in their lives. It has been useful to me as I have made the transition to retirement.

Kevin Tutt, BA GradDipEd MEd *Edith Cowan*
Past Principal of Prince Alfred College



The routines taught in Robinanne Lavelle's latest book 'Life Sorted', can be largely implemented into one's current daily routines. They are easy to learn and improve the quality of one's life and make it more meaningful and enjoyable. With an addition of 15-30 minutes per day practice from the audio part of the book, the listener has guided practices to calm the mind and gain wisdom and insight from within.

Dr Charles Y Piao, M.D. PostGradDipChildHealth, MPharmacol



How do you want to live your life? This is the key question Robinanne Lavelle is asking in her book 'Life Sorted'. If you would like to live in harmony with your mind and body, then Robinanne can guide you along the road to a quality life. The eight sessions equip you with the tools to overcome the difficulties and stresses of life, to learn how to be mindful, focused, and approach life with passion and creativity.

Mike Campbell, BCom (Mktg) Podcaster, Liveimmediately.com

Interview Questions

1

How does mindfulness, meditation, and management techniques help to get your life sorted?

2

What is your background in mindfulness, meditation, and management?

3

How did you end up writing this book?

4

What if you have tried meditation before and given up, how is this course different?

5

Can you use the book and audio as self-tuition or is it a component of the online course?

6

Tell us about your on-line course.

7

What benefits can be derived from undertaking this course?

8

Who do you think would gain most from this book?

9

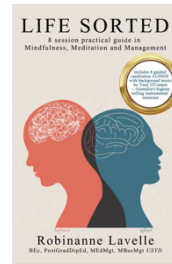
How have you managed to have a successful life despite having ADHD?

10

Where is the book and audio available from and for how much?



Book Excerpt



Excerpt from Book – Final Chapter:

This book aimed to improve your life, to bring balance and live life in a more mindful way. The practical mindful exercises and meditation practices stepped you along a pathway showing how to take a confused busy mind and develop it into a calm, concentrated mind full of clarity.

The sessions started with outlining the origins of mindfulness and meditation, included identifying some of the challenges and revealed how these can be overcome. Each session included an explanation of a particular area of life to be sorted and set out practical exercises to be completed. Guided practical audio sessions enabled the different practices to be incorporated and experienced in daily life.

Although three traditional methods of meditation are covered in this book, such as the prone position, sitting and focused walking, there are many opportunities during chores and other daily routines, to discipline yourself to act more mindfully. This included using teeth cleaning, having your first cuppa, breakfast, etc., as exercises in mindfulness.

It was shown that it is possible to complete 60 minutes of mindfulness and meditation per day, with little change to your existing schedule... These practices can become as regular as getting dressed in the morning, as they become part of normal routine...

In the later sessions we moved on to include other focus techniques for examining problems in your life: setting new life goals and how to achieve them; being a better communicator; and caring for your body through mindfully choosing a healthy lifestyle. Living mindfully allows individuals to take full responsibility for your actions and makes one accountable for what follows in your life. Eating well, exercising, carefully listening to others, setting goals, and planning their implementation, are all part of designing the life you want to live...

Developing the ability to meditate can lead to higher states of being, where eventually the meditator will be the observer of their own thoughts... This allows the extinguishing of negative thoughts or patterns before they manifest. Insight and clarity develop so you do not chase those never-ending unquenchable wants. Instead of constantly manoeuvring to better our own toys, it is replaced by a generosity for others which results in a more satisfying life for you and everyone you meet...

As a way of also regularly examining your pathway in life you could go back over the many exercises contained in the book, for example: time management; visualising your couch; creating happiness through triggering memories; dealing with negative emotions such as anger; active listening and sharing a problem; as well as candlelight prayer engaging your spirit and soul. There were 18 exercises in the book, and they are well worth revisiting...

By using mindfulness during your chores daily, including it in communications and using it to problem solve, you will start to see that over time you are more and more focussed throughout your day, whatever you are doing. The more you train the mind to be centred, the more you will be able to do things to the best of your capabilities. If you are on the ADHD spectrum it may take longer for you to gain the results but keep at it. Continuing to practise, you will achieve wisdom, generosity, and loving kindness. You can experience a blissful, happy state of being. You will be able to be the observer of your own thoughts, living in a higher more meaningful state of being. Be present in the present - what a present that is to yourself!

[Introduction to Audio Practical Session 8](#)

Now that you have used all the practical session audio you might like to take your body through its own relaxation and then experience one of the following sessions throughout the week. You could mix it around, completing each of these over 4 consecutive days and then repeat. Or you could choose the one you think most benefits you on that day. This audio covers the following earlier sessions:

[Audio Practical Session 8: Four Meditation Practices](#)

You are now ready to listen to the practical session available on the audio recording...

Contact

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What an astonishing thing a book is. It's a flat object made from a tree with flexible parts on which are imprinted lots of funny dark squiggles. But one glance at it and you're inside the mind of another person, maybe somebody dead for thousands of years. Across the millennia, an author is speaking clearly and silently inside your head, directly to you. Writing is perhaps the greatest of human inventions, binding together people who never knew each other, citizens of distant epochs. Books break the shackles of time. A book is proof that humans are capable of working magic.

~ Carl Sagan

Guest Speaker – Topics

- Mindfulness, Meditation & Personal Management
- Formatting & Delivering Courses
- Workplace Empowerment



Zoom into Mindfulness Course

Website: www.zoomintomindfulness.com



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