

10 SECONDS IS DOABLE

The Caribbean Voice interviews Natalie Cossar
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WHAT IS THE ORIGIN OF THIS PRACTICE?

Life's experiences gave me the desire to develop my own **self empowered** ability in response to the ever growing fear, stress and suffering I have observed over the years.

The origin of The Practice and the application of 10 seconds was a combination of all available self-help evidence based, drug and substance free, client-centred modalities.

HOW LONG HAS THE PRACTICE BEEN USED IN THE PUBLIC DOMAIN AND WHAT HAS BEEN THE RESPONSE?

Since the beginning of time continued practice of any skill has been an accepted philosophy to gain self empowerment. Practice makes progress and it makes permanence. The doable 10 seconds application has enabled those interested to learn this gentle, easy and empowering practice. **Simplicity** is the strength of 10 seconds, it's as easy as that.

Continued feedback and response has been consistently positive from those who practise The Practice. It provides encouraging and inspiring examples of the shift that happens when one practises The Practice. A shift in a **state of being** which translates to a state of peace, calm and ease in any chosen situation. I have been the longest practitioner, practising and experimenting, and the end result is **empowerment**.

People are curious about 10 seconds and the potential of what can be achieved in a short time. There is global interest to learn a gentle, easy and doable practice because they discover that other practices are often time consuming, complicated and confusing. **10 Seconds is Doable**.

WHERE DO YOU GO WITH IT FROM HERE?

Stress has been dubbed the **Health Epidemic** of the 21st Century by the World Health Organisation. Technology offers me the vehicle to teach anyone genuinely interested how to ease and lessen their fear, stress and suffering. In this moment practitioners of 10 seconds are becoming **empowered** in many countries around the world including: Switzerland, Bangladesh, USA, Uganda, UK and Australia.

ANYTHING ELSE ABOUT THE PRACTICE?

Fear is the underlying cause of anxiety, stress and conflict globally. Calmness to defuse situations and our state of being, one breath at a time is doable. Empowerment is the end result of practising this **habit of self reflection**, 10 seconds at a time, **one breath at a time**. A tool that anyone can use, anywhere, anytime and nobody knows we're doing it.

If this resonates with you and you would like to learn The Practice you are invited to contact Natalie Cossar natalie@10secondsofcourage.com