



Mindfulness

Ever wonder where our good and enjoyable times go as we rush through life? Do you find that you are spending a great deal of your time thinking about the future or the past, while the present slips by? Is your mind racing, thinking ahead, worrying, judging, and you are feeling anxious or overwhelmed? Do you often put yourself on automatic pilot?

Mindfulness is strategy to keep your attention in the present moment. The goal "is simply to observe - with no intention of changing or improving anything." Mindfulness supports living each and every moment to the fullest as possible. It is an attitude about life as well as a relaxation technique.

Mindfulness is a means of observing and accepting what is occurring at the time or moment. Accepting life just as it is right now, with all the positives and negatives, often leads to increased confidence, calmer moods, and enhanced coping skills. Mindfulness is awareness of the moment - that is something that can be used at any time and place such as working, talking, playing, or eating. Tune into the present moment is what mindfulness is about.

Practicing mindfulness on a daily basis may not be as easy as it sounds. Do you find yourself busy with planning, reviewing, or talking to the exclusion and lack of awareness of the moment? In order to nourish and train our mindfulness skills and abilities, it is important to know what to do!

An Exercise for Mindfulness

Find a comfortable place to sit. Perhaps select the floor, with your posture straight- but not rigid or stiff.

Concentrate on a particular object. This may be your breathing. Focus your attention on your breathing. Tune into the feeling of the air as it goes through your nose on every breath. Observe the feeling and the breath... Do not attempt to influence or check your breathing... Just be aware of the air going in and out through your nostrils...

Keep your mind on your breathing. It is likely that you might find that your thoughts may roam and meander... If and when your thoughts drift, be aware of where your mind wandered. Return to the focus of your breathing.

Every instance that a feeling or a thought occurs, observe and acknowledge it. There is no need to interpretate it. Acknowledge the thought or feeling. Focus again on your breathing. Use your breathing as an anchor.

Let go of any wish or thought of an extraordinary experience...

**Keep your focus on the mindfulness of the moment...
Continue to tune into your breathing**

Practice the mindfulness for five minutes...

Over time you may increase the mindfulness experience to ten to twenty minutes...

More Tips for Mindfulness

- Remember to turn off the automatic pilot response!
- Focus on the sensations you are experiencing
- Live each second as fully aware as you can...
- Attend to the here and now
- Observe the thoughts and do not judge them
- When your thoughts wander, refocus on the anchor
- Ride the present wave... (Do not fight the waves)
- Practice mindfulness in everyday situations!
- Mindfulness may be something to use rather than automatically responding to someone or something...
- The Mindfulness goal is to observe...