

MINDFULNESS: How to Practice

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Practicing Mindfulness

- Practicing mindfulness sounds very simple
- Do one thing at a time and pay full attention to what you are doing. This is called being “fully present”.

Being Fully Present

- Being completely present in each and every moment is really not as easy as it sounds.
- We spend much of our time thinking about fears of the future or revisiting mistakes of the past.
- We may wish to consider our actual ability change the past and question if worry will improve the future.

How to Begin

- From time to time during the day take a long, slow, deep breath – consciously breathing in and out. Focus the full attention on breathing.
- Hint: You may want to use sound; a phone or alarm to remind you of this practice.
- Take 2-3 slow, calm breaths and observe the thoughts, feelings and sensations within and around you.

Calm Observer

- Once you identify the thoughts, worries, regrets, or emotions that are disturbing your peace, continue breathing and try to observe, **NON JUDGMENTALLY**. Try not to react, as we may often do to these events.
- Try labeling these events, such as “worrying”
- In not reacting, but simply being, we can return our attention to the present moment.

Begin Again

- When our mind wanders from what we are doing, bring it back again and again.
- Repeat this process several billion times 😊 (begin again).
- Observe your distractions and continue to label them looking for any patterns of thought, beliefs and emotions.
- Investigate these with calm non-judgmental introspection.

Habits

- As we practice mindfulness we begin to see our habitual way of living.
- We may notice a sense of entitlement, such as “My life should be:_____”
 - A. Fair
 - B. Easy
 - C. Pain Free
- Notice our expectations and how we react when they are not met i.e. anger.

Beliefs

- As we continue to practice mindfulness we start to non-judgmentally observe our beliefs about ourselves.
- We may also be able to identify how long we have thought this way and how this way of thinking has affected us and others who come in contact with us.
- Common beliefs we harbor may include: “I am unlovable”. “I am flawed”.

Attachments

- Our attachments may keep us locked into our beliefs, habits and expectations.
- These attachments can include addictions such as drugs, alcohol, food and sex.
- Other attachments can be much more subtle and difficult to uncover but they can also entrap us i.e. like and dislikes.

Tips for Practicing

- When you eat or drink something bring your complete awareness to that activity alone. Eat or drink slowly attending to each and every sense involved.
- When walking take a moment and pay attention to the ground under your feet, the sky, wind and sounds.

Tips for Practicing

- When conversing can you do so without agreeing or disagreeing? Without planning a response?
- Practice self observation in a non judgmental way throughout the day.

How it Works

- Mindfulness has been described as unlearning.
- It is said to operate on a geologic time scale.
- Anyone expecting a rapid change is soon disappointed.
- Mindfulness is said, to be, by those who chose to practice it, a reconnection to life's everyday miracles.

Wisdom

- *“Live each present moment completely and the future will take care of itself. Fully enjoy the wonder and beauty of each instant”.*
- Sri Sri Paramahansa Yogananda

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Namaste

Namaste means all are equal and pays honor to the sacredness within us.

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