

Tips to Take Away

Mindfulness – Clear awareness of the present moment

Feel, see, taste, hear, accept and be...

Observe your mind and yourself, let your judgements float by and accept
Try to set aside a few minutes to practice this and be aware in those moments that you are observing and accepting

Float off and float back

You are not your past or your future; you are your present moment. Practicing observing and accepting will enable you to see how your mind floats, past, future, to sounds, to feelings, thoughts happen, allow them and guide them back

Be kind to your mind

A non judgemental 'you' towards your mind and it's thoughts is the way to acceptance and so through practice you will see your mind's thoughts and you will see how you can direct them through being kind

Find your anchor

Through practice of acceptance of thoughts and guiding them from floating away from what you need from them will enable you to find an anchor

Regain focus through calming practices

Emotions are triggered through thoughts and an emotion that you are not in need of for peace can 'steal' you away through thinking. Practising guidance of thoughts will enable you to regain the calm focus you want

Fulfilment, resilience and balance

Through time and practise your mental thoughts that may be overwhelming of controlling can be eased and the health of our minds allows us to create a powerful path to our life's goals.

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Practising leads to perfection

Persistence and practise in all things will require a desire and when the desire is for inner calm practise becomes peaceful and beautiful, neither a chore nor effort just time for our peaceful path to be travelled upon

Techniques to help you in mindful practise

Basic Meditation

Quiet time *to sit and focus on the way your body breathes naturally, if you have a religious practise or choose to try a practise from the roots of the mindful practises then a 'mantra' or word can be silently repeated.*

Meditation *is the art of training our attentions and awareness, to achieve a mentally clear and emotionally calm and stable state*

Body sensing *Notice subtle body sensations such as an itch or tingling without judgment and let them pass, trying to notice each part of your body in succession from head to toe*

Emotional connection *Meet and allow emotions to be present Accept their presence without judgment and let them be and then go*

Sensory presence *Notice, name and accept external sights, sounds, smells, tastes, and touches trying without judgment to recognise and let them go*

Surfing the urges that come *Notice how your body feels as the craving or urge arrives and it will pass and subside*

There are countless ways of meditating and countless tools both inner and outer to support and guide you, choose the ones that you 'feel' peaceful with