

MINDFULNESS

What is Mindfulness?

Mindfulness is awareness that comes from purposefully paying attention to the present moment.

Mindfulness is a state that can be realized through practice.

<https://www.mindful.org/what-is-mindfulness/>

Thich Nhat Hanh defines mindfulness as when your mind and body are truly connected.

<https://www.youtube.com/watch?v=xD7i6VUOril>



How to Practice Mindfulness

<https://www.lionsroar.com/mindful-living-thich-nhat-hanh-on-the-practice->

Benefits of Mindfulness

Reduces anxiety

Improves sleep

Reduces negative thoughts

Decreases stress

<https://youmatter.world/en/definition/what-is-mindfulness-definition/>

Quick Mindfulness Exercises

These exercises follow the principle that where your attention is, your energy is also.

In other words, energy follows attention.

1. To move energy to your center, try this.

Imagine a small orb of light (a color you like) in the back of your mouth.

Stay with it as it goes down your throat to your center, just above your belly button.

Stay with it there. For at least 30 seconds.

Do you see how your mind cleared? And how you feel more grounded?

2. Clench your right fist for 5 seconds. Inhale. Slowly exhale breathing into each finger as they open. Repeat with your left fist.