

HOW TO PRACTICE MINDFULNESS

There are many ways to meditate. It can be done right now wherever you are. You can also find a peaceful location where you can be alone, adjust into a comfortable posture, adopt an open attitude, and focus your attention on the present. Some of the ways to connect with the present include:

PAST PRESENT FUTURE

MINDFULNESS OF BODY:

1. Slowly scan your body from head to toe, don't attempt to change your posture.
2. Focus on the sensation of the breath as it comes in and out. Feel the sensation of your muscles as they expand and contract. Feel the weight of your body on your seat, or on your feet. Feel the warmth you radiate into the world.
3. Don't be afraid to let your body move naturally, simply take notice of your actions and movements, accepting each one as it comes.

MINDFULNESS OF MIND:

1. As your mind jumps from thought to thought, don't attempt to control or quiet it down.
2. Observe your thoughts and how they make you feel. Each one like a wave, coming and going.
3. Recognize and label your thoughts.
 - This thought is: peaceful, tumultuous, worldly, unworldly, kind, unkind, necessary, unnecessary, distracting, purposeful, naïve, informed
4. Accept your feelings, don't attempt to change them.
 - Negative feelings have a purpose too. They provide feedback about the present. You don't need to explore or attempt to understand what is happening. Feel the unpleasantness, accept it, recognize it for what it is, and know that it too will pass.

MINDFULNESS OF YOUR ENVIRONMENT:

1. Focus on an object in your surrounding and explore it as though it is brand new.
2. Focus on your senses as you interact with it, bringing your full attention to the present.
3. Example: pick a leaf from a tree and observe its intricate details. Look at the shade of its color and appreciate its beauty. Squish it in your fingers and inhale its unique scent. Feel the moisture it contains. Hold it in your palm and feel its weight.

Mindfulness can also be practiced through physical body movements designed to bring your focus into every action. Yoga, Tai Chi, and Qi gong engage your brain, mind and body to produce unique movements. This coordination can be a path to being fully mindful of the present moment.

You can enroll in classes near you where you can learn these practices. Or check out these free online video guides:

- YouTube: Tai Chi School 
- YouTube: Yoqi Yoga and Qigong 