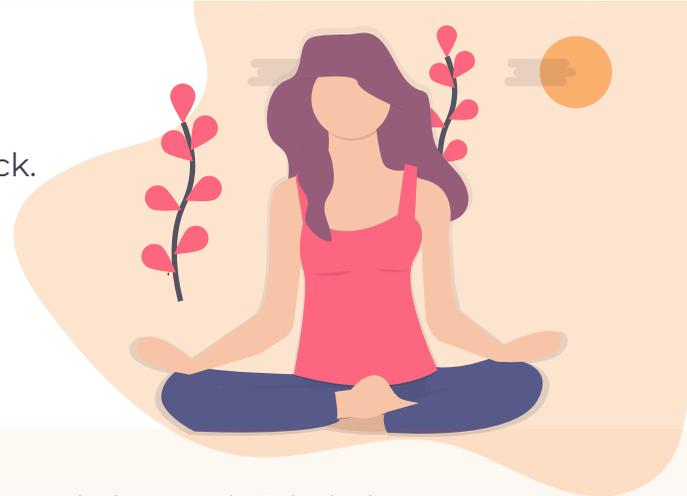


Mindfulness

In 5 simple steps

Mindfulness is more than a lifestyle fad or mental hack. It is a completely new way of engaging reality, from our thoughts and moods to what we see and hear around us. It is a way of moving into what is without judgment or criticism, an opportunity to experience each moment and everything it has to offer.



Step One

Take a deep breath in through the nose and out through the mouth. Take it slow, Breathing in to a 4 count and out to an 8 count, if you can. Feel the air in your nose, In your throat, in your chest and belly. Notice the temperature of the air as it goes in and out. Just experience what it is like to breathe.

Step Two

Look at your surroundings. What do you see around you? What colors are present? What would the things around you look like if you didn't know what they were? What does everything look like without your stories and concepts?

Step Three

Notice what you are hearing. What sounds are available to you? What do they sound like without judgments or assessment? Are there sounds "behind" the ones that are easiest to hear? How far out can you expand your hearing?

Step Four

Be aware of what you are feeling. Do you have a word for it? Locate where emotions are in your body: Are they in your chest? Can you feel them in your hands or arms? A general shakiness in the body? A pounding head? What do they feel like without labels? What would it all feel like if you simply accepted it exactly as it is?

Step Five

Explore your thoughts about all of this. Be aware of what they are saying about everything you are experiencing. What would your situation be like without them? Are they necessarily true? What is it that makes you take your thoughts seriously?

Pull these 5 steps together to experience a truly mindful moment. Life doesn't have to be driven by our expectations, judgments, and opinions. Mindfulness helps us cultivate a different way of doing things, and to develop equanimity. Be sure to check out some of our other resources to help you on this path. Thanks for reading!