

# MINDFUL MOMENTS, LLC

Mindfulness for teachers and professionals, 1:1 and in the workplace

## "Enough" by David Whyte

Enough. These few words are enough.  
If not these words, this breath.  
If not this breath, this sitting here.  
This opening to the life  
we have refused  
again and again  
until now.  
Until now.



## Mindfulness Practice: A Quick Start Guide

"Mindfulness is paying attention in a particular way: on purpose, in the present moment, and non-judgmentally."

- Jon Kabat-Zinn

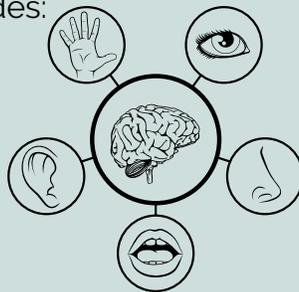
## Benefits

- More present with self and others
- Increased sense of calm and peace
- More open-minded
- Less rigid thought patterns
- Breaks down debilitating thought patterns
- Increased emotional resilience & intelligence
- Decrease in addictive behavior
- More kindness and compassion
- Easier to focus and better working memory
- Builds confidence
- Less mindless reactivity
- Healthier relationship with chronic pain

## What is the present moment?

Our experience of life through the five senses.  
This also includes the mind. Whatever arises in our awareness is happening NOW. The totality of our present moment experience includes:

1. thoughts
2. feelings
3. physical sensations



## Problems with NOT being in the present

- Over-thinking about the past and future
- Neglecting tension and stress in the body.
- Missing parts - or all - of our joyful moments.
- Seeing our thoughts and criticisms of others rather than who they really are.
- Mind reading: convincing ourselves we know what others are thinking.
- Anxiety about the future or regret about the past
- Over-identification with our thoughts and emotions
- Losing touch of how our mood "colors" our objective experience. We may consider a comment to be more positive or negative depending on our mood.

"Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment."

- Greater Good Science Center at the University of California at Berkeley

- 🔑 **Intention** - Gives our practice direction and energy.
- 🔑 **Attention** - Allows us to know when our mind has wandered, and brings it back.
- 🔑 **Attitude** - Acknowledge what's happening now, and let it be.



**"In Asian languages, the word for mind and the word for heart are the same. So, if you're not hearing mindfulness in some deep way as heartfulness, you're not really understanding it. Compassion and kindness towards oneself are intrinsically woven into it. You could think of mindfulness as wise and affectionate attention. - Jon Kabat-Zinn**

## Mindfulness in Everyday Life

**Mindful eating:** Eat slower than usual without any other distractions like screens or reading material.

**"Doorway mindfulness":** Place a sticky note at each door in your home. Use them as reminders to slow down and breathe.

**Listening:** Listen without giving in to thoughts of what you will say next - just listen!

**Speaking:** Does what you're saying (1) need to be said, (2) is it the right time, (3) is it true, and (4) is it kind?

**Walking:** Walk a little slower than normal; feel the experience of walking, rather than the experience of "zoning out" or over-thinking.

**"Raise your gaze":** Look up from whatever you're working on; breath mindfully for 1-2 minutes, then go back to what you were doing.



## What are you Adding?

Humans tend to replay past events and overthink future ones, adding unnecessary thoughts and storylines that prolong suffering. As we become more aware of our thoughts, feelings, and sensations, we can begin to untangle negative ways of thinking. This creates space to make a choice. We can change our habits by replacing them with new ones.

**PAIN X RESISTANCE = SUFFERING**

## Additional Support

- Sit with a local meditation group
- Listen to guided meditations
- Find books, articles, podcasts, etc.
- Find a qualified teacher

Visit [www.mindfulmomentswa.com](http://www.mindfulmomentswa.com) to learn more



## Awareness as a Muscle

Just telling ourselves to be more mindful isn't enough. It takes hard work to change our brains. This is the work of being with things as they are. Every time we consciously remind ourselves to bring our attention back to the present moment, we strengthen our "muscle of awareness." But it's not enough to just think about doing it. Try some of these recommendations below!

## How do I do it?

### Awareness of Breathing:

Sit in a comfortable, dignified posture. Find the breath in the body. Rest in the experience of breathing. When the mind wanders, bring it back to the breath. Start with 3 to 10 minutes.



### Awareness of thinking & emotions:

Begin with a few minutes of awareness of breathing. Notice thoughts/emotions arising & passing. When the mind wanders, note, "thinking," then return to the breath. You may also note types of thinking & emotions: "planning," "sadness," or "worry," etc. Then return to the breath.

### Awareness of body (body scan)

Sitting or lying down, gently guide your attention - section by section - from your toes to the top of your head. Maintain awareness of the physical sensations in each part of the body.

### Mindful Movement

Try conscious, mindful walking, mindful stretching, or simple yoga. Learn Tai Chi or Qi Gong. Awareness of your body moving is the what's important!



-  Willingness
-  Curiosity
-  Kindness