

Mindfulness = 5+2

The only moment you have is NOW. The only you is who you are right NOW. Present-focused-awareness.

Jon Kabat-Zinn Mindfulness for beginners

Focus awareness on your **5 senses**:

Smell, hearing, touch, taste, vision

This is not a 'quiz' on what you are attending to (not, can you hear the clock tick?), rather it is bringing your awareness to your awareness (reach to listen to the sound coming from the clock or the sound coming with your breath. When you are reaching to listen, there is no space for your thinking mind to inhabit).

And notice in perspective your **internal workings (+2)**, your thoughts and emotions but you are not attaching to what you observe.

Be aware of your breathing. Follow your breath. Your body knows how to breathe, there is no right or wrong breathing, just be aware of the breath.

Be aware that you have thoughts and the type of thoughts; name them if you need to/they are objects and mental activity just like tapping your foot is physical activity, but don't attach to them nor debate them nor follow them nor give meaning to them. Let them be and get back to task of being present.

Be aware that you have emotions, observe the emotions like the thoughts, but don't get attached to the story behind the emotions. Get back to the task of being in the moment of your awareness.

Accept the distracting thoughts and they neutralize

Accept the judgmental thoughts and they neutralize

Practice informally:

In line in the grocery store. When you're at a stoplight. Waiting for an elevator or doctor's office.

Brushing teeth/getting dressed.

Practice Formally: 4 to 10 minutes at first and try to build up to 16-20 minutes per day.

Try to do it daily. This will strengthen your ability to make the best choices for you and not rely on your reactive/reflexive brain (the one that responds via fear and over-intellectualization).

(When eating: All of the above PLUS: Look at your food and realize the food was connected to something that nourished its growth. Can you see the sunlight, the rain, the earth, the trucker, the farmer in your food? Pay attention as you eat consciously consuming this food for physical, emotional, and spiritual health. Colors, shapes, textures, smells, sounds, internal and external experiences)

