



# New LIFE Perspectives

Positively Empowering People

## Article 10 Mindfulness

Mindfulness is about learning to be present in the moment. It involves focusing your mind on the right now. To be mindful is to be aware of your thoughts and actions in the present, without judging yourself.

Have a go at the following steps to begin a short introduction to mindfulness meditation.

1. Find a quiet and comfortable space. Get comfortable sitting or lying with your head, neck and back straight but not stiff. Try to put aside all thoughts of the past and the future and stay in the present.
2. Become aware of your breathing, focusing on the sensation of air moving in and out of your body as you breathe. Place your hands on your belly. Notice the rise and fall as the air enters and leaves your body. Feel the air as it enters your nostrils and leaves your mouth. Pay attention to the way each breath changes and is different.
3. Now focus your mind. Listen to every thought come and go. When thoughts come up in your mind, don't ignore or suppress them but simply note them, be aware of them and watch them float away. Remain calm don't let these thoughts cause stress or anxiety use your breathing as an anchor.
4. Observe where your mind goes.
5. As the time comes to a close, sit for a minute or two, becoming aware of where you are. Slowly bring yourself back gradually.
6. Have a great day

### About the author

Laurie Perkins is a professional freelance writer, presenter, coach and mentor. She is passionate about natural, healthy living and enhancing people's lives. She divides her time between consulting and writing for New Life Perspectives, and studying her Psychology degree part time.

