



What is Mindful Living?

Living Minutes Academy

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LivingMinutes.com

LM!



What is Mindful Living?

- ▶ Mindful living is an approach to life where you become aware and focus on the present moment without judgement.
 - ▶ You appreciate the present moment for what it is without judgement
 - ▶ It sounds easy, but it does take practice and discipline to accomplish
 - ▶ There are many tools available to assist in living mindfully, but you only need to incorporate those that you find beneficial
 - ▶ Though, at the beginning of this program, it is suggested that you follow it completely. Once you graduate and become a Life Captain, then you can go ahead and select which “weapons” (tools) to select from your armory.
 - ▶ Living Minutes, Mindful Moments, Nurturing Meditations



Fundamentals of Mindfulness

- Be connected to the PRESENT MOMENT
 - Emotional pain is often the result of something that happened in the past or may happen in the future
 - “Being late to class...”
 - Positive emotions can also take away from the present moment
 - “I can’t wait to get home...”
- Be AWARE of your surroundings, thoughts, and feelings
 - Observe these objectively as they are without judgement or prejudice
 - Be continually aware of what and who is around you
- Experience and ACCEPT each moment with NONJUDGEMENT
 - Making judgements is a fundamental survival instinct
 - The goal is not to stop making judgements, but to recognize when we are making a judgement as we work toward the development of a neutral experience without judgement
 - Accept the present moment for what it is - LIFE



Connection
Awareness
Acceptance



Why are these three pillars important?

- The Present Moment

- We spend most of our time focusing on the past or on the future, which causes increased stress, anxiety, etc. over things that are done or hypotheticals that haven't happened yet
- Focusing on the present moment **GROUNDS** us emotionally, reducing stress and anxiety

- Awareness

- By being aware of our thoughts and emotions, we are able to **RESPOND** from a place of high emotional intelligence and emotional control rather than **react** spontaneously without being aware how that will impact the situation

- Acceptance Without Judgement

- Judgements arise from our **limiting beliefs** system, which adds unnecessary garbage to most situations (“muddies the water”)
- We are **attached** to these limiting beliefs and attachment is one of the leading causes of unhappiness
- We must therefore **RESIST** judgement and focus on **ACCEPTANCE**



Why should I live mindfully?

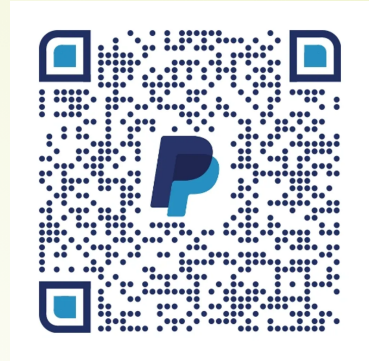
- ▶ Mindful Living has been shown to have a myriad of health benefits
 - ▶ You're simply going to be healthier
 - ▶ You'll be more attuned to your body and health conscious
 - ▶ Mindful living has been associated with lower blood pressure, reduced pain, improved sleep, etc.
 - ▶ Reduced stress & anxiety
 - ▶ Better focus
 - ▶ Improved communication
 - ▶ Healthier relationships
 - ▶ Balanced Life Harmony
 - ▶ Higher emotional intelligence
 - ▶ Increased mental clarity
 - ▶ And much, much more...



Finding Happiness Through Mindfulness

- ▶ Many people try to buy their happiness, but happiness is not something that can be bought
- ▶ We often buy stuff to distract ourselves from our unhappiness
 - ▶ Three percent of all children in the world live in the US, but 40% of global toy sales are in the US
 - ▶ Research has found that accumulating more possessions often leads to higher anxiety
 - ▶ We have companies dedicated solely to getting rid of junk!
 - ▶ Brian Scudamore got rich by buying a \$700 truck while in college to haul junk from people's homes!
 - ▶ Over 2/3 of those using self-storage units own a garage - Half of those also have an attic while 1/3 have a basement
 - ▶ Self-storage is a 24 billion dollar industry!
 - ▶ One half of all US personal expenditures are on non-essential items

Help me help others



- Please consider pausing the video and making a donation
- I offer all of these resources on a donation-only basis, including for free if someone can't afford a donation.
- I have spent thousands of hours studying mindfulness and preparing all of this content
- I have paid a lot of my own money to attend courses and workshops, purchase books and equipment, maintain a website, publish books/guidebooks, and advertise these services
 - Contrary to popular belief, many college instructors do not make much money at all and student loan payments are often considerable
- To continue spreading the word and developing more courses, I need your help. Any amount is greatly appreciated. Thank you!



Your Mission

- ***What do you hope to gain from living mindfully?***
 - **In your Officer's Log, write down what you hope to gain from this program. When it's over and you're a Life Captain, in what ways do you hope your life will be changed? Be as specific as possible and really think deeply about this. Try to come up with 3-5 solid goals.**