



Mindful Moments

Living Minutes Academy

Life Captain Dan de Lill, PhD

LivingMinutes.com


LiM!

What are Mindful Moments?

- A Mindful Moment is any significant time you allow for a mindfulness activity
 - About 5-10 minutes for a fast one, but can be upwards from there (ideally, ~20 minutes would be a decent Mindful Moment)
- These mindfulness activities can be one of several things and we will group them into two general categories
 - Mindfulness exercise
 - An extended Living Minute
 - (“Normal”) meditation
 - Guided meditation
- We’re going to explore examples of each of these individually

Mindful Moments

Nurturing Meditations



Mindful Moment: Mindfulness Exercises

- Any normal, daily activity that you do mindfully rather than mindlessly
 - Eating, bathing, driving, walking, etc.
 - Huge benefit → you're not adding any extra time or activities to your schedule. You're just "augmenting" a normal activity! 😊
- You can also take many of the Living Minutes and turn it into a Mindful Moment as well
 - We'll take a look at this tomorrow...
- A focus on physical sensations and associated emotions, using the five basic senses
 - Sight, sound, smell, taste, touch
- Elements of a Mindful Exercise
 - Be aware of the present moment only – no past, no future
 - Do not judge what is happening, simply allow it to happen
 - Explore the moment with as many senses as possible
 - Recognize your thoughts and emotions through the process
 - End with gratitude and self-forgiveness



List of Some Mindful Exercises

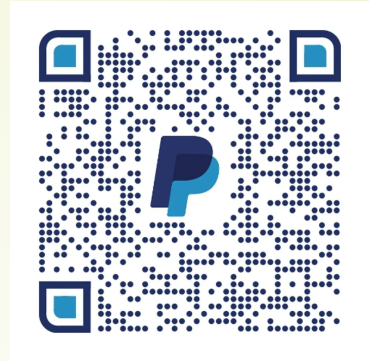
- Mindful Eating
- Mindful Bath/Shower
- Mindful Driving
- Mindful Cleaning
- Mindful Speech
- Mindful Breathing
- Mindful Body Scan
- Mindful Strolling
- Mindful Journaling
- Mindful Smiling
- Mindful Shopping
- Etc.



Example: Mindful Stroll

- Start with a minute of breath work to clear the mind.
- Smile
 - It's healthy and helps keep you in an elevated state
- Begin your stroll and pay attention to your sensations.
 - The force of your step as it hits the ground
 - The smell of the air around you
 - The colors that bathe your environment
 - The feeling of wind, sun, cool, etc. on your skin, in your hair
- If your mind wanders, bring your attention back to the present moment by tuning in on your senses.
 - It's OK for your mind to wander – practice self-love and forgiveness
- What emotions are you feeling?
 - Has this stroll brought up any emotions, from joy to anger or sorrow?
 - Just experience the emotions. Don't focus on where they come from or why you're feeling them – just explore the sensation as fully as you can.
- Give gratitude for the self-care you have just given yourself at the end of the stroll.

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- 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



Eat a Mindful Meal

- ▶ Take time to eat a Mindful Meal today. This is usually done alone, but it's not a requirement if everyone is eating mindfully. Set the mood, make it special. Music, candles, nice plate setting, a good wine, etc. As you eat the meal, take particular note of the taste, smell, look, and texture of the food. How does the food make you feel? How does it make your body feel? What elements can you taste/smell/sense within the food? How do your surroundings add (or detract) from the experience? If your mind wanders to anything but the experience of the meal, bring your thoughts back to the present moment. Record your experiences in your Officer's Log.