



Turning Living Minutes into Mindful Moments

Living Minutes Academy

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LivingMinutes.com

LM!



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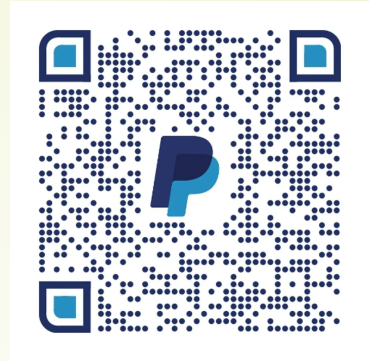
- ▶ You've already practiced with the first kind of Mindful Moment, a mindfulness exercise
- ▶ Now, it's time to look at the second type of Mindful Moment that you can incorporate into your day – an augmented, “super” Living Minute
 - ▶ Some Minutes are gateways to Mindful Moments
 - ▶ Learning a language
 - ▶ Minutes are great for learning vocab
 - ▶ Moments are needed to practice grammar, etc.
 - ▶ Exercising
 - ▶ Minutes are great to keep your body limber throughout the day
 - ▶ Moments are needed to get the full benefit of exercising
 - ▶ Meditation
 - ▶ Minutes are great to get the mind accustomed to meditation and to give it a tiny recharge throughout the day
 - ▶ Moments are needed to truly achieve a meditative state



These must be MINDFUL!

- ▶ The key to a Mindful Moment is that it practices mindfulness
 - ▶ The central concept of mindful living is fully living in the moment and accepting it as is without judgement
 - ▶ As you take a Living Minute and turn it into a Mindful Moment, you need to keep this in mind, using the basic elements of a mindfulness exercise that we discussed yesterday
- ▶ How to incorporate mindfulness into a Moment?
 - ▶ Set the ambiance
 - ▶ If possible, add candles/lighting, incense/essential oils, background music, comfortable clothes and location, or tasty treats to the activity
 - ▶ If not doing a cerebral activity, keep your mind focused on the present using mindfulness techniques and/or meditation
 - ▶ Take note of your senses throughout the activity
 - ▶ If your mind wanders from the present, bring it back
 - ▶ Accept what you think/feel; Be non-judgmental

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



Turn Minutes into Moments

- Take three of your Living Minutes (1 from each category) and turn them into Mindful Moments. You will do each of these Mindful Moments at least once a week for at least 10 minutes (though, a 20-minute minimum would be ideal if possible).