



# Mindful Awareness

Living Minutes Academy

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[LivingMinutes.com](http://LivingMinutes.com)

LM!



# Awareness of the External

- ▶ Use the five basic senses to center you in your surroundings
  - ▶ Do not judge any of these sensations, just register and accept them.
  - ▶ What do you see?
    - ▶ Colors, shapes, darkness/lightness, depth, hues, etc.
  - ▶ What do you hear?
    - ▶ Close your eyes and focus on the sounds around you.
  - ▶ What do you smell?
    - ▶ Take a deep breath and register the different scents that surround you.
  - ▶ What do you physically feel?
    - ▶ Are you hot/cold? Do your feet hurt from standing? Is there a breeze/draft?
  - ▶ What can you taste?
    - ▶ If eating, focus on the different flavors, textures, etc. of the food. Pay attention to the process of chewing and swallowing.

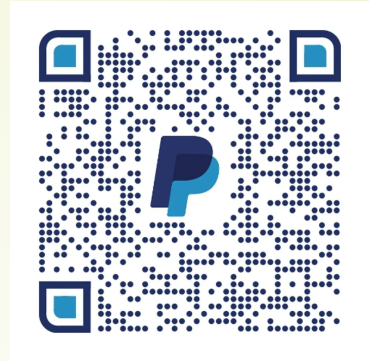


# Awareness of the Internal

- ▶ Do not judge any of these internal sensations – just register them and accept them
- ▶ How do you feel emotionally?
  - ▶ Are the surroundings causing any kind of emotional response?
    - ▶ Fear, excitement, joy, anxiety, nervousness, boredom, etc.
- ▶ How do you feel physically related to the emotional response?
  - ▶ Do you feel sleepy or nauseated from the surroundings?
  - ▶ Do you have a racing heart? Have you started sweating? Are you shaking? Are you smiling or frowning unconsciously?
- ▶ Is there anything else about you, physically or emotionally, that is happening?
  - ▶ Are your emotions changing or shifting? Are the physical sensations increasing or subsiding? Are there new symptoms or emotions boiling up? Is Awareness helping stabilize and ground you? Etc.



# 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

## ➡ *Become aware of your emotions?*

- ➡ You're going to make a short list of movies, TV shows, and/or books. You want an example of something that will invoke a specific emotion within you. When that emotion begins, let it flow and take note on how it makes you feel, especially physical sensations. What about the surroundings/narrative induce or reinforce the emotion (e.g., dark woods on a moonless night may instill fear – why is this? What about dark woods at night makes it so intimidating?) You will want to watch/read something that will invoke the following, specific emotions: Fear, Laughter, Sadness, Grief, Pure Joy, Love. In particular, compare and contrast Fear with Laughter, Grief with Sadness, Joy with Love. For example, grief includes sadness, but sadness doesn't necessarily include grief – how does that make sadness differ from grief? Record your notes in your Officer's Log.