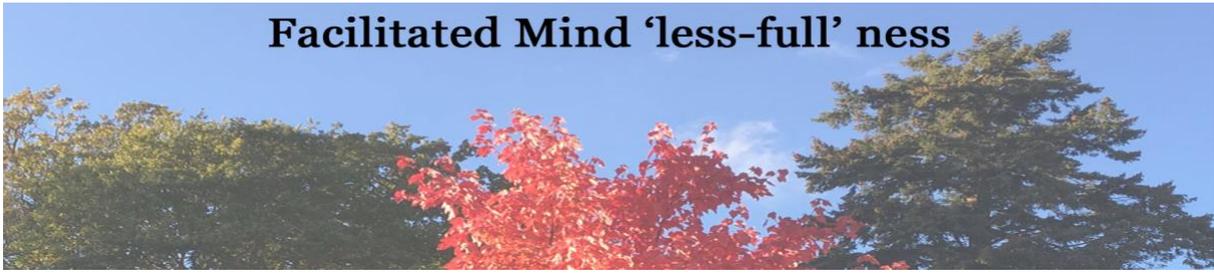


Facilitated Mind 'less-full' ness



Mindfulness is the practice of having your attention in the present moment with a clearer mind and the many [benefits that provides](#) for our mental and physical health. Although mind 'full' ness is the opposite of what we need. Our minds are commonly full of thoughts about work, home, holidays, food, bills etc. whereas what we can greatly benefit from is the opposite, a mind that is less full. Mind 'less-full' ness. How much would you appreciate greater peace of mind and better health?

I run facilitated mind 'less-full' sessions in nature, and you're welcome to come along. There are exercises to help with our 'full' minds that can be practiced at any time, the catch is, when our lives are so busy, it's very easy to be distracted or just not take the time. Taking the time to go out in nature for this purpose, shutting off from the many distractions of life and being guided through the process, is of immeasurable benefit. You will also come away with skills and tips for use in everyday life. How would that be better for you? and who else would benefit?

The cunning plan –

When we (3-6 people) meet there will be a short introduction to our two hour session, followed by a [breathing exercise](#) to help slow our minds and bodies down to a more natural pace.

The session takes place on a 1½ mile stroll and begins by tuning in to our visual, hearing and feeling senses, leading to how to tune in to the [Head, Heart and Gut intelligence](#), a great benefit for making decisions in life when you can sense what is right or wrong.

Around halfway we will stop and be sitting on the ground or nearest tree stump! for a 10-15min break. Bring along drinks or anything else that you need.

After the break there will be a quick thought awareness practice, followed by a listening exercise. Listening is a true skill that is so much more than just not talking – which some people can struggle with!

There will be time towards the end of our walk for a period of quietness and finishing with breathing and [Grounding](#), of which there are spiritual views about connecting with Mother earth, scientific views about free-radicals and electrons, Schumann Resonance and I also like that being barefoot just feels good!

This is your time, for you to explore your mind and state of being.
I look forward to sharing quality time with you,
and wish you the courage to follow your heart.

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