

WTF IS MINDFULNESS?

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3 A's of Mindfulness

being AWARE of

Acknowledging

Accepting

your current thoughts, feelings, and sensations.

Mindfulness is when you are completely in tune with your mind, body, and soul in the present moment. It is connecting the brain and the body back to each other to recognize the magic of this earthly life. Mindfulness is NOT the absence of thoughts or feelings.

I remember hearing about mindfulness for the first time in high school and literally thinking to myself how TF am I supposed to stop thinking? The more I tried to be present in the moment, the more I couldn't stop thinking about the most wildest and ridiculous things.

I instantly determined I'd never be able to be mindful or free of anxiety and completely gave up hope for over 15 years. It wasn't until I was 33 that I re-discovered mindfulness and realized that I must have just had a bad teacher because what I was trying to practice actually was not mindfulness at all and I decided to give it another shot.

There are 6 principles to mindfulness that truly helped me on my mindfulness journey and I believe are the most important aspect of practicing mindfulness (and of this resource).



Our society is very much go, go, go and many people forget the simplicity and beauty of life in the hustle and bustle. Mindfulness is the basic human ability to come back to the present moment within the mind, body, and soul.

PRINCIPLES OF MINDFULNESS

NO JUDGING

In practicing mindfulness you are going to become more aware of your thoughts, patterns of thought, habits Etc. One thing you're going to become more aware of is the part of your brain that constantly judges your experiences and labels them either good or bad. In the judging your brain will want to hold on to the the good, reject the bad, or lose interest in the neutral. Through mindfulness we learn to understand how we think and relate to our experiences instead of judging them. You can do this by noticing your mind has wandered and simply getting back into the practice without any negative self talk. Don't judge yourself.

BE OPEN TO POSSIBILITIES

Go into mindfulness without any expectations, preconceived notions, or past experiences. Have curiosity towards the practice of mindfulness as something new and be open and eager to learn and progress your skill. Look for different opportunities or experiences to help you get to where you'd like to be. You can never know too much or practice too much in mindfulness.

LETTING GO

When we accept things as they are and let them be without judgement we are able to let go of negative connotations attached to said things which allows us to let each experience pass and allow us to feel more grateful for our breath, body, and our lives.

HAVE PATIENCE

Mindfulness takes time and it takes some people longer than others to reach it. You cannot rush the process or skip a step. Don't rush yourself. With practice and lots of repetition your brain creates new habits. Be patient with yourself. They say mindfulness is a practice of forgetting and remembering. Every time you realize you forgot to be present in your breath just remember that you are strengthening the skill of being present in the moment and start again.

TRUST THE PROCESS

In practicing mindfulness you have to trust the practice and learn to trust yourself. Listen to your inner voice and have faith in the validity of your thoughts, feelings, and intuition.

ACCEPTANCE

We are so used to spending our time trying to achieve specific goals that we are not truly in the present moment because we're judging where we are based on the possibility of progress towards the ideal future. In mindfulness it's important that we are not trying to get anywhere in a specific amount of time or to fix a specific problem. Mindfulness is being accepting of our current situation and letting things be, without wishing for them to be different. If we're trying to change something or wishing for something to be different we are comparing the present to the past or the future and we are not truly in the present moment. The only goal of mindfulness is to be aware of the current existing experience.