



My Holistic Self Counselling

Heal. Grow. Expand.



Mindfulness Meditation

“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies growth and our freedom.” -Victor Frankl

Mindfulness
Meditation,
honouring the
space between.

Mindfulness is our ability to harness our awareness, remaining fully present, without judgement, open to experience.

Meditation is a practice (not a fixed destination) where we learn to be present with our thoughts, emotions, and sensations.

People often think that meditation is about chasing fleeting thoughts, trying to avoid thinking, achieving a state of blankness, the void. This misconception often leads people to believe they are not good at meditating, or that mediation is not for them.

On the contrary, mindfulness meditation practices bring the mind into a focused state of concentration that promotes self-connection. When we begin to practice the art of mindfulness meditation, we learn to suspend self-judgement and begin to experience self-compassion, curiosity and acceptance. This practice helps us to bring a state of balance and grounding into their daily activities.