

Introduction to Mindfulness

We live in a world in which we are surrounded in stimuli. We are truly sponges absorbing this information. From the ages of 0 to 7, we absorb all that is around us. Creating the foundation for our beliefs, are morals and our personalities. From seven till about 13, we are really cementing in those beliefs. We are learning through experiences. From 13 On we are further cementing absorbing and projecting those beliefs, All of that information that we have absorbed. On top of that, we have constant stimuli from social media, the internet, and more. With all of that stuff, it is no wonder why our minds and bodies feel like they are circulating with thoughts feeling, and STUFF!

Everything we take in and send out is a frequency. In most cases when we start out in this world, our frequency is a resonance, strong and clear. As we pick up things such as limiting beliefs about ourselves in the world around us that resonance goes into a state of dis-ease Otherwise known as dissonance.

One of the most powerful ways to our dissonance back into resonance is mindfulness or as I like to call it heartfulness. This is a practice of intention, awareness, acceptance, and choice.

We make the intention to be mindful and present. When we are mindful and present, our actions can be more intentional. When our minds and our bodies are not clouded with so much static, clarity and confidence can really show through. Guiding us to receive and understand the messages are mines and bodies are sending us.

How does it work? When intrusive thoughts come into our minds it creates certain neuropathway and allows particular chemicals to be released. We have these intrusive thoughts and allow ourselves to latch on the pattern. The more we reinforce this neuropathway. We need to create a disruption in this cycle to shift from a state of dis-ease, back into a state of harmony.

How do we do it? Whenever you notice you have latched onto an intrusive thought, That is the first step(and the hardest). You now have awareness, awareness is power. From there, we accept that we are having the thought. Not only except but get curious without judgment. Where is this thought coming from? Is the root of this thought true? Does this thought or belief come from me and my beliefs or did I pick it up from someone else or another situation? We asked these questions to get to the root! Now we have a choice. If we want to continue with this thought, pattern, or belief we can. Or we can choose to make a shift. We can go back to our bodies and the sensations we are feeling, We can go back to our breath and focus on the inhale and exhale. We can focus on how our bodies feel touching the surfaces around us. We can even do a quick body scan to really bring us back to the present if we have the time. Mindfulness is a true practice and what you practice grows stronger. It could take a little bit to break the neuropath that we have been

reinforcing. But the good news is, we can always create new neuropathways. We can always change.

Now this can sound like it's a lot of work and how am I supposed to do it when I have so many thoughts circling through my brain?!?! Well, once we get into this practice, we start to realize the thoughts that are coming into our mind are typically linked to a couple of core limiting beliefs or unmet needs. You might find that a lot of the different thoughts you experience are the same belief showing up in different ways.

When you do identify a root cause, I encourage you to journal about it further bringing awareness. You may find that the thoughts you are experiencing our truly messages trying to show you the things that are keeping you in a state of dis-ease. This is giving us pinpointed things to work on. This is power.

Remember, mindfulness is a practice. Give yourself grace as you start this practice and the whole way through your journey. There is still moments in time where I am halfway through the day and I realize wow I have really been sucked into this pattern of latching onto thoughts. Every time you come to awareness of this, that is a win! You are doing it!!

When we free up space. No longer been taken up by these intrusive thoughts, we allow our intuition and the innate wisdom of our bodies to come through. We begin to learn the difference between an intrusive thought, and our intuition guiding us. We begin to notice the sensations our bodies are sending us and what they mean. View yourself as a detective. Get curious! You have the power to change your reality.

I am here to support you on this journey. Please do not hesitate to reach out to me via phone number at any time. Community is one of our biggest core needs. You are a valuable member of the Blooming Community, we would love to support you in any way we can.

Lydia Dawn - Founder of Blooming Energy, Certified Master SVT Practitioner, MSOMS Team Member

218-688-2073