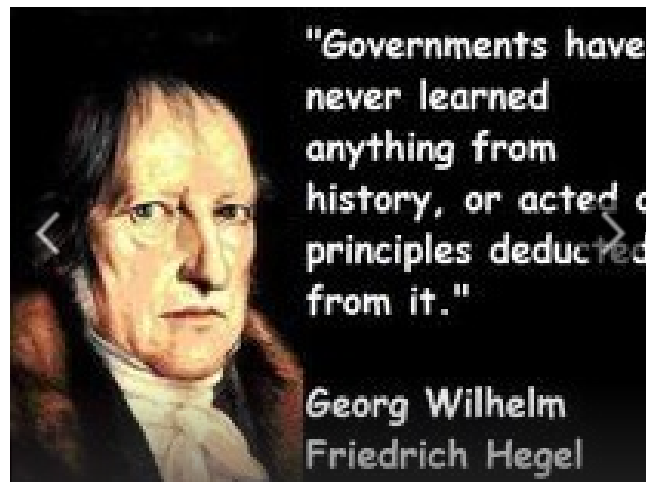


'Fear Of Missing Out & Other Crimes & Misdemeanours'



In The Beginning

"I—You—Intentionality" *Georg Wilhem Friedrick Hegel*

Amongst other things this eBook is a manifesto for how to *build back better*.

But first a question, 'Do you suffer from **F.O.M.O?**' If you do, you're far from alone.

The acronym which stands for *fear of missing out* was added to the **Oxford English Dictionary** in 2013. It's defined as an, "Anxiety that an exciting or interesting event may currently be happening elsewhere" and it's one of legions of micro-anxieties precipitated by the advent of Facebook, Twitter et al.

Very Much A First World Problem

It's a very First World problem on one level isn't it, but more generally do you feel that there is a gap between what you *should* or *could* be doing and what you're actually doing?

And If yes, what do you think lies behind this dis-junction?

Was it a false premise, the wrong starting point, or an ill-thought-out plan to begin with?

Was it **Hegel's** 'Hidden Hand' at play, or simply stuff and life happening and getting in the way?

A Crossroads

Well to paraphrase **Kolostov's** poem, 'The Crossroads' you haven't arrived at that point where you are doomed to stay put.

Nor will you be missing out if you start to take control of **all** areas of your life from today, perhaps using some of the many exercises, tools and techniques I've been sharing through my Book, '[Uncovering Mindfulness](#)' available on Amazon.

Or, through **the one million plus words** I've had published over the past couple of years that have been featured on a number of global platforms including *Medium; Thoughts & Ideas, India; Sivana East; Mindfully Mad, Australia; The Huffington Post; & Thrive Global*, amongst others.

And now also through a dedicated 'Coronavirus – What Next' resources page on the Mudd Partnership [website](#), featuring new videos, downloadable pdf handouts, featured articles and eBooks, all created since the end of March 2020 and new materials are being added all the time.

These are all free and provide practical, accessible, bitesize, insightful and very relevant support to help you make sense of things whether you're an employee, an employer, leader, policy maker, or just Joe or Josephine on the Clapham Omnibus.

Six Questions

In this eBook however, I want to start with the *six questions* you should be asking yourself every day.

Because if we start asking ourselves the right questions, we are surely more likely to get the right answers, **ne's pas?**

So,

- *Did I work towards my goals today?*
- *What bad habits do I need to stop today?*
- *What motivated me today?*
- *Have I been the kind of person I want to be today?*
- *What mistakes did I make today and what can I learn from them?*
- *What am I grateful for today?*

This daily practice will augment and strengthen *awareness, presence, positive self-regard* and the overall *sense of self*—And remember, life isn't an audition, so we shouldn't be afraid to experiment, let go of stuff, and embrace change.

Be **Lampedusa's 'Leopard'**, **mai si**

I started this eBook with a quote from the German Philosopher, **Hegel**.

That quote is also to be found at the start of my [book](#), whilst a **Van Morrison** lyric (from '*Madam George*' a track to be found on *Astral Weeks*) comes at the end.



Sixty Iron Doors & Sixty Golden Palaces

Of course, *Uncovering Mindfulness* goes much further than from **Hegel** to **Van Morrison** in both time and space, and so could you if you jump on board this train... *"This is a train... This is a train... This is a train of thought..." (Madam George, Astral Weeks).*

Every minute of every day consists of **sixty iron doors** and **sixty golden palaces** — that's what the **18th** Century Poet, Painter and Print-maker **William Blake** thought, and I tend to agree!

Accept That Evolution Is Cleverer Than You Are...

The Biochemist, **Leslie Orgel**, tells us that "*evolution is cleverer than we are*", and the advances in Neuroscience and Psychology over the past thirty years have rather turned things on their head, so to speak, regarding what we now understand about the Brain, how it works and its relationship with emotions such as Happiness.

Meanwhile Compassion, Caring and Pro-social behaviour have all been elevated to centre stage in the development of **Wellbeing**, promoting good mental health and our capacity to foster harmonious relationships with each other & the world in which we live.

And with *kindness and caring* being central themes of this years Mental Health Awareness Week, we must hold on even tighter to these as we move through the current pandemic crisis and out the other side. These behaviours will gain even greater currency as we embrace and work with the *newnormal*.

Be Compassionate To Yourself, Starting Now...

And compassion for oneself — Yes, **self-compassion** — is now widely recognised as an important predictor of Psychological Health and Wellbeing.

Our Brains are basically *wired* to experience empathy and compassion, and do you know what, the practice of *Mindfulness* activates and strengthen the very areas of the Brain associated with these feelings.

However, left to our own devices, we pay Attention to what we think makes us happy, rather than what does.

Happiness isn't some grand overall life goal and employers, leaders, policy makers, teachers, philosophers and **You** too my reader, please take note.

True Happiness Is To Be Found In The Subjective Everyday Experience...

In fact, day-to-day happiness should be at the heart of every policy decision and the practice of *Mindfulness* let's us be more aware of and pay sufficient Attention to those things that really matter, moment-by-moment.

Don't just think positive to be positive either...



Set Yourself Some Challenges...

When the poet **John Keats** was starting off in the junior ranks of 'Want to be poets', he set himself the task of writing an epic poem of some 4000 lines in length, &, gave himself just a couple of weeks to complete the task.

The poem was based on all he had read about the poets of antiquity and the real challenge at the heart of this endeavour was in real time to learn and become the best poet he could possibly be.

The resulting poem became known as *Endymion* and **John Keats Esq knocked it out of the park!**

A Happy Life Consists Of The Mastery Of Hardships...

This type of challenge is part of what **Robert Greene** in his book, '*Mastery*' calls *resistance practice*, which he defines as "*tackling the hardest option*".

And as **Helen Keller** (born without sight, hearing or the power of speech) recounted in her later years,

"A happy life consists not in the absence, but the mastery of hardships"

& given all her challenges if she felt minded to feel that was the case, **then I think we should all take note!**

Things in our life don't always need to be in full focus to make us happy, we just need to be aware, compassionate to ourselves and pay Attention in the present moment.



So, Try Taking The Artists' Perspective...

As you walk into the room in Madrid's Prado museum where Velazquez's epic painting, *Las Meninas* hangs, just pause for a moment. It dominates the wall and the space it occupies, and from a distance it looks just as if you've walked right into the Spanish royal court circa 1656.

However, take a few steps closer and this amazing verisimilitude begins to breakdown. The lustrous hair of the Princess dissolves into a mirage of brush strokes. The face of the female dwarf becomes inchoate.

In fact, the nearer you get to the painting the more the semblance of reality dissolves, like paint in the rain.

John Lennon wrote and sung the words in *Strawberry Fields*, "Nothing is real and nothing to get hung about" and we assume we know and understand the world that surrounds us. But that is just an illusion.



Be Aware and Be Prepared...

We only process though a *smidgen of a smidgen of a smidgen* of the multitude of stimuli that surrounds us at any one time and this all adds up to a rather limited picture of the world.

But one that we mistake for reality!

It's an honest mistake, we don't know any better, but coupled with the fact that we never give anything our full Attention anyway, **then you'll see that we don't see, really, do we?**

And Be Present And Be Happy...

Add to this that the past has already happened and is what it is. Whilst the future is just a concept. Then our actual reality is contained only in the lived experience of **Moments** — *present moments*.

In fact, **That's where Happiness** is found & *Mindfulness* can provide all of us with a window onto each of these moments, together with a lens of clarity to view them as they are.

"Happiness doesn't lay in happiness, but in the achievement of it", wrote the great Russian novelist **Fyodor Dostoevsky**.

Happiness as I've said is to be found in our subjective everyday experience. It's not something mythic, or unattainable. It is found in the mundane. In the small things. The routine and everyday things.

And each moment is all that you need to be happy.

So be Mindful and **Be, Here, Now!**

Because Gratitude Precedes Happiness...

Also try to be Grateful too, because gratitude precedes Happiness, and you can read more about this in my book '[Uncovering Mindfulness: In Search Of A Life More Meaningful](#)'.

Being grateful helps promote a slower, more deliberate consciousness that engages the *prefrontal cortex* of the brain i.e. that part of the most complex organisation of matter in the known universe sitting right on top of your neck and shoulders, that regulates emotions and the ability to think clearly.

Science Fact

Hugo Gernsback, also known as the *Father of Science Fiction*, along with **HG Wells** and **Jules Verne**, purportedly invented the term *Science Fiction* back in the 1920's, and in 1929 used it to pose the *Grandfather Paradox*.

Basically, if you could go back in time and kill your grandfather, would you be able to do it, since you would have already eliminated yourself?

And that's not a half-bad pitch for a film is it? **Perhaps with the working title, *Son of Terminator?***

Paradoxes aside though the big thing to remember about *Mindfulness* is it is not *Science Fiction* – It's **Science Fact!**

The evidence is very real and together with the exposition of the many benefits that regular practice and observance can make to all areas of our life, already constitutes a mighty tome that is growing bigger every day — Just Google it – **Or, better still just start doing it!!**

Afterall, you have everything you need and more available free through the Mudd Partnership's new 'Coronavirus – What next?' resources page which is just a [click away](#).

Paul Adam Mudd May 2020

I am all about making the complex less complex, the tough stuff not so tough and putting the unreachable within reach of everyone. I am author of '[Uncovering Mindfulness: In Search Of A Life More Meaningful](#)' (All new updated 2nd Edition now available) on Amazon and www.bookboon.com; the '*Coffee & A Cup of Mindfulness*' and the '*Mindful Hacks For Mindful Living & Mindful Working*' series. I am also a Contributing Author to [The Huffington Post](#) and a Contributing Writer to [Thrive Global](#). You can follow the continuing journey Uncovering Mindfulness on Twitter [@TheMindfulBook](#) and at [@Paul_Mudd](#)

