



How can we be the change we want to see in the World? You can be the change with simple but powerful mindfulness exercises reduce reactivity and release potential. Befriending you own mind helps you to nurture yourself, those around you and the planet.

Steps

เขียนโดย Administrator

วันอังคารที่ 17 มีนาคม 2015 เวลา 05:32 น. - แก้ไขล่าสุด วันอังคารที่ 17 มีนาคม 2015 เวลา 06:43 น.



1 Start a daily mindfulness practice maybe just five or ten minutes. Take the time for yourself to sit and pay attention to the sensations in your body and breath. Just notice the patterns of your mind; be curios!

2 So learn to pay attention to how it feels in your body from moment to moment whatever you are doing, listen to your innate wisdom, trust your intuition, learn from your mistakes.

3 Listen to your body when you talking to people you meet. Feel what's going on, be present. The more you're aware of how your body feels when you're with others the more you'll be aware of how to respond in ways that make things work out better.



4 **Trust your feelings!** Come back to how it feels in your body for a few moments before you rush into doing something or react to what's happening.

5 Notice when you're in your own world of thoughts, daydreams, worrying, planning etc and just come back to the sensations on your face, on the seat of your pants, on the soles of your feet and the sensations of breath moving through your body.

Tips

- When you take a shower, just really take notice of the sensations on your skin. Are you at work already? Just notice where your mind goes and come back to the present moment of what's going on.



- When standing in a queue, just notice the sensations on the soles of

your feet. Do you start wondering if you've joined the right queue? Just noticing where your mind goes bring the focus of attention back to the soles of your feet.

- Maybe just feel the sensations on your hands when you hold a warm cup of tea, smell the tea, take a sip. Is your mind somewhere else? Are you missing out on this lovely cup

of tea?

Warnings

- Don't

always believe what
you think! Unless you
think that what
you're thinking isn't
always the best thing
to believe.

- Don't

worry, most of your
problems never
happen. Thinking
about them too
much is most of the

problem!

Source from

Website : [http://w
ww.wikihow.com/](http://www.wikihow.com/)

{jcomments on}