



Simple  
MINDFULNESS

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How to  
Start Your  
Mindfulness  
Practice

# What Is Mindfulness?

Definitions from dictionaries include: awareness, attention, regard, heedfulness.

One that I especially liked from Wikipedia is: The practice whereby a person is intentionally aware of his or her thoughts and actions in the present moment, non-judgmentally.

Basically, it's slowing down enough to notice all the little things inside and around you without judgment. While this sounds simple, it can be difficult in the world today.

Mindfulness can help with:

- Stress reduction
- Chronic pain
- Coronary disease
- Anxiety
- Depression
- Sleep problems

Research demonstrates that mindfulness can:

- Improve your brain's ability to process information
- Reduce brain-related problems in old age
- Strengthen your immune system
- Lift your mood and reduce stress.

It's used in businesses, hospitals, prisons, courtrooms, schools and universities.

Mindfulness can be practiced by anyone at any time.

Mindfulness is for people who want to be more fully aware, improve their overall quality of life, be happier and live life to the fullest.

For more thorough descriptions, click [HERE](#) and [HERE](#).

## Your Body

If you decide that you want to lose weight, before making any changes, start to notice how you feel when you make the choice of what to put in your mouth throughout your day.

Why did you choose what you chose? Before you take the next bite, ask yourself if you really want it. How will it make you feel in an hour or the next day?

If you want to start a regular exercise program, start to notice how you feel when you wake up and at other times during the day. Could you motivate yourself to even the easiest of exercises? If not, why not? If you can, then do that exercise. Notice how you feel with either choice.

One of the keys to mindfulness is to notice things *without judging them*.

Don't beat yourself up for not being able to live up to what others think you should do. Or what you think others think you should do.

It's not going to work for everyone to get up early, exercise for an hour, eat a big, healthy breakfast and hit the day running.

Experiment to find what works for you, noticing how you feel after each experiment.

For more on this area, click [HERE](#).

## Your Mind

While the mind is capable of great things, much of the time it limits us.

Call it what you will: the monkey mind, the reptilian brain, the ego – they're all the same. You are not your mind. And as one of my mentors says: Your mind is not your friend.

When you're feeling fear openly or in one of its many guises (anger, stress, depression, anxiety, etc.), stop and have a little chat with your monkey mind. Remember that you are not your mind.

Ask your mind what the problem is. Have a conversation from an objective, non-judgmental point of view.

Whatever the issue is, follow it down the path of the worst possible scenario. What is the absolute worst thing that could happen? Don't stop or catch yourself on the way down. Make it as bad as you possibly can. As long as the worst possible scenario isn't your untimely death, it's really not that bad.

Next time your monkey mind jumps in to tell you how stupid you and your choices are, all the people and things you should fear and avoid, how inadequate you are because you don't meet up with some arbitrary standard, tell your monkey mind where he can go. As soon as you face him and non-judgmentally question his assertions, the faster he'll take a hike and you can go on having a happy day.

For more on this area, click [HERE](#).

## Your Spirit

If you look up the word “spirit” in the dictionary, you will find that it comes from the Latin, *spirare*, meaning “to breathe.” The inbreath is inspiration; the outbreath expiration.

From these come all the associations of spirit with the breath of life, vital energy, consciousness, the soul, often framed as divine gifts bestowed upon us, and therefore as aspect of the holy, the numinous, the ineffable.

In the deepest sense, the breath itself is the ultimate gift of spirit. But, as we have seen, the depth and range of its virtues can remain unknown to us as long as our attention is absorbed elsewhere.

The work of mindfulness is waking up to vitality in every moment that we have. In wakefulness, everything inspires. Nothing is excluded from the domain of spirit.

Jon Kabat-Zinn, *Wherever You Go There You Are*

## Simple Steps

Close your eyes and take three deep breaths.

Slowly perform a body scan from your head, down your neck, arms, fingers, back, hips, leg, and feet. What kind of sensations do you feel?

If you notice an area that’s sore or tense, don’t try to relieve it. Think of that area as something separate from you. Another being that has inhabited a part of your body. Ask it why it’s there and wait for an answer.

Be curious about the painful sensations you may be feeling. *Exactly* where are they in the specific muscles and joints?

When you focus on these areas in a curious and non-judgmental way, they frequently disappear.

Other times the dialogue you create with the painful area helps you to understand how you’ve buried your feelings about something or someone in your body. The process reminds you that the issue needs to be dealt with in order to relieve the pain.

For more on this area, click [HERE](#).

## Relationships

It's amazing that we humans are so programmed to be social creatures when all we ever think about is ourselves (usually).

We expect others to accept and appreciate us as we are and yet we expect them to be the way *we* want them to be. Not exactly fair.

Whenever we make decisions about how to spend our time, money or energy, we consciously or subconsciously answer the question: "What's in it for me?"

How happy are you in your relationships with friends, family and your significant other?

There's a huge correlation between your personal happiness and how much you focus on others.

## Simple Steps

- Tell those close to you what you love and appreciate about them.
- Take some time to examine aspects of your relationships you're not happy with. How can you see things from the other person's perspective? How do you contribute to the issues?
- Tell those close to you what you want in a loving way and how they can make you happy. Follow up by asking them what you can do to increase their happiness. Help them give you what you want.

You get what you give. What are you giving?

For more on this area, click [HERE](#).

# Finances

We all know the rules of money:

- Make a budget and stick to it
- Save 10% in a fund you don't touch
- Give or donate 10%
- Spend less than you make

These are the simple basics. So why do so few of us actually do these things?

## Simple Steps

Notice your thoughts and feelings about your daily financial habits. Consider your thoughts and feelings about your rules of money. What comes up when you slowly think about each rule?

What is the origin of those thoughts and feelings?

Did you choose them or are they part of the programming you received growing up?

Given the choice, would you freely choose them or something different?

You have that choice.

You can change your thoughts and feelings that create your actions that create your results.

For more on this area, click [HERE](#).



## Career

We tend to think that a career is something we go to college for or get some kind of special training. It's what we do to make money. And, generally, once we pick a career, we tend to stick with it for a very long time whether or not we like it.

Consider this definition: A path or course, as of the sun through the heavens.

## Simple Steps

- What do you love about your career?
  - Make a list. Maybe you have a long list or maybe "your paycheck" is the only thing on it. Think hard and get creative.
- What do you dislike about your career?
  - For each item, is it something you can change? How can you change it? When will you make the change?
  - If you can't change it, can you accept it? Without accepting things and people that you can't change, you're sentencing yourself to more unhappiness and suffering.
  - How are you resisting each item on this list? If you weren't resisting the item, if you fully accepted the person or situation the way it is, then it wouldn't stir up negative emotions for you.
- Can you see yourself doing what you're doing for the rest of your life?
  - If so, how can you do it in a way that makes you even happier?
  - If not, what career/passion/lifestyle could you choose that would lead to a positive answer?
    - Make a list of possibilities.
    - Take the first step toward this path by:
      - Contacting someone you know who is already doing what you're interested in.
      - Find forums on your passion/career and get involved.
      - Read books on the subject.
      - Just take a step – any step – to get the ball rolling.

Acknowledging your passions and giving them the breath of life will lead you to places you never could have planned or expected. And you'll be happier when you give yourself permission to explore.

For more on this area, click [HERE](#).





# About Simple Mindfulness

We need to find more effective ways of achieving our versions of success. The traditional methodologies are no longer working for us. In fact, they're making us more stressed and less happy by the day.

For more ways to implement mindfulness to transform your life...

[CLICK HERE](#)