

Mindfulness (Plus)

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Mindfulness

- Paying attention, on purpose, in the moment.
- ‘Becoming more aware of the present moment can help us enjoy the world around us more and understand ourselves better’
Professor Mark Williams.

Mindfulness 'Basics' - Jon Kabat-Zinn

1. Non Judging. Notice if you are describing yourself as being 'good at' or 'no good at' being Mindful (or anything else).
2. Patience. Notice if you are impatient with yourself.
3. Beginners Mind. A mind that is willing to see everything as if we are seeing for the first time.
4. Non Striving. During a Mindful 'meditation' we are not 'trying to get somewhere'. Try less and be more.
5. Acceptance. Accept what/who/where you are before we can be Mindful.
6. Letting go. Letting go of what was, what we would ideally like and accepting things as they are.

Dr Rick Hanson

“Let go a little, you’ll have a little happiness. Let go completely, you’ll be completely happy.”



You could 'let go' of:

- Painful feelings
- Resisting facts you don't like but which can't be changed.
 - Here, it can be especially helpful to think in terms of *healthy surrender*, of *healthy giving up*, eg: I surrender to being 56 . . . I surrender to having been put up for adoption as a child . . . (in my case) I surrender to having to move house
- Desires that lead to suffering
- Approaches, styles, plans, strategies, etc. that just aren't working
- Holding onto things staying the same that are inevitably changing