

**Thank you for downloading my class notes.
Enjoy the experience.**

JAtH



MINDFULNESS

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What is mindfulness?

- Intentionality living with **awareness** in the present moment.
- **Without judging** or rejecting the moment – letting go of evaluating, avoiding, suppressing or blocking the present moment.
- Attending to the **experience** of each new moment, rather than ignoring the present by clinging to the past or grabbing for the future.

What is Mindfulness Practice?

- Intentionally paying to the moment at any time, anywhere while doing anything.
- Meditation.
- Contemplative prayer is a spiritual mindful practice.
- Mindfulness movement – yoga, martial arts, hiking, walking.



Past

Now

Future

Mind full

Mindfulness

Mindlessness

Logic Mind

Wise mind

Emotional Mind



Mindfulness is...

Observing your life as it is happening



Accepting your current situation without
judgement or struggle



Allowing feelings to exist without letting them drive
your actions



Noticing thoughts as they arise without the need
to buy into them



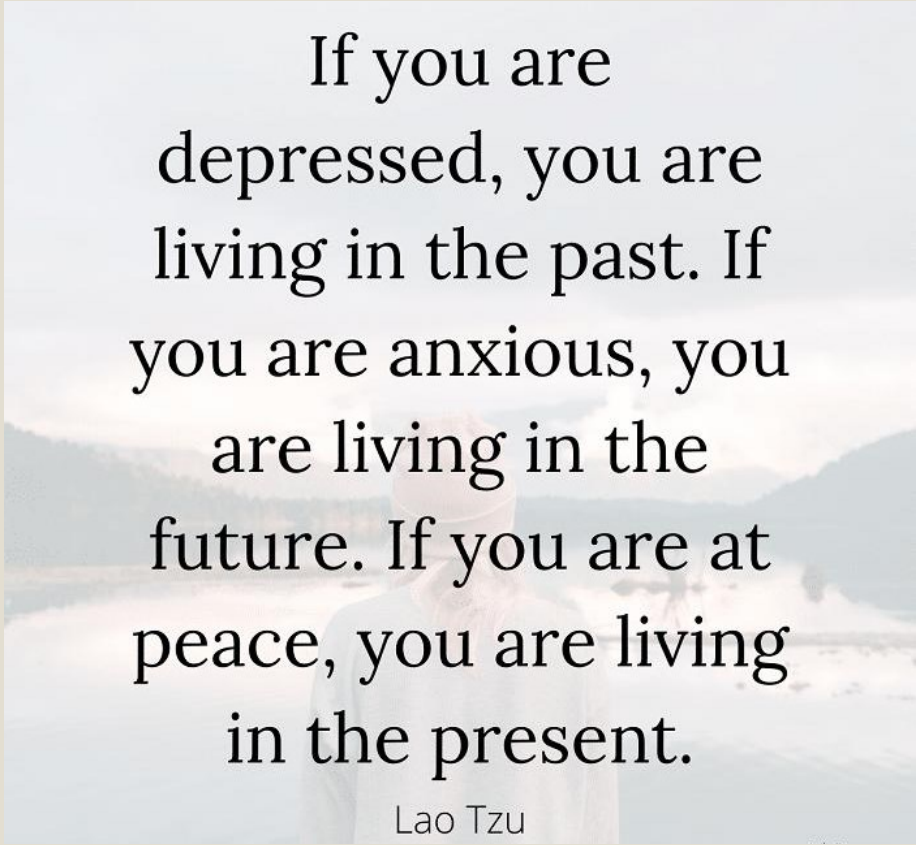
Taking action based on what you feel in your
heart rather than old habits or short term
convenience

"What day is it?"

Today - said Piglet

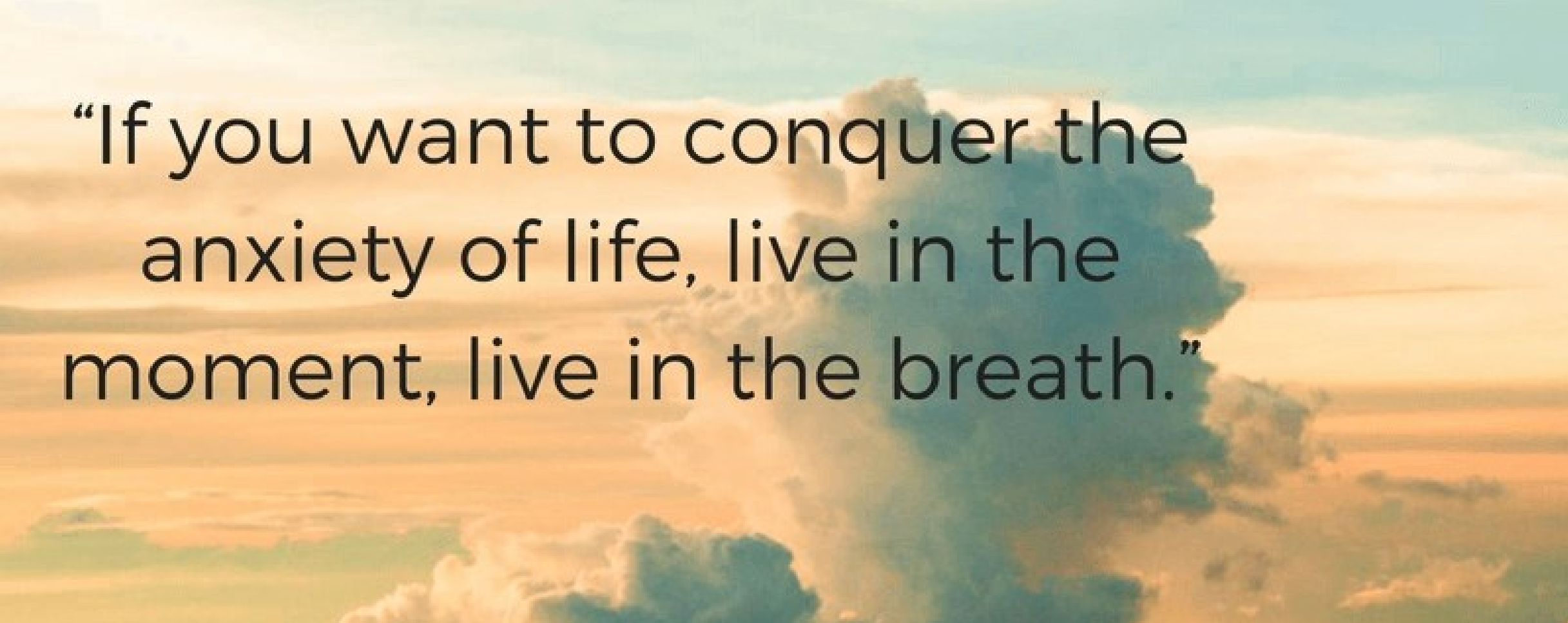
"Ah", said Pooh, "my
favorite day"



A person is standing in a misty, mountainous landscape, looking out over a body of water. The scene is serene and atmospheric, with soft light filtering through the mist. The person is wearing a light-colored shirt and dark pants. The background shows rolling hills and mountains under a cloudy sky.

If you are
depressed, you are
living in the past. If
you are anxious, you
are living in the
future. If you are at
peace, you are living
in the present.

Lao Tzu



“If you want to conquer the
anxiety of life, live in the
moment, live in the breath.”

**Almost
everything
will work
again if you
unplug it for a
few minutes.**

Including you.

Feeling anxiety?
Do a "grounding" tool.



Look around you. Find 5 things
you can see, 4 things you can touch,
3 things you can hear, 2 things you
can smell, and 1 thing you can taste.
This is called "grounding." It's helpful
to do whenever you feel anxious.



IDEAS FOR MINDFUL PRACTICE

Accessing your Wise Mind

Breathing “Wise” in , “Mind” out

- Breathing in, say to yourself, Wise,
- Breathing out, say to yourself Mind

Asking wise Mind a question

- Breathing out, listen for an answer
- Listen, but do not give yourself the answer.

Asking is this the wise mind?

- Breathing out, listen for the answer.
- Listen but do not give yourself the answer.

Attending to your breath

- Let your attention settle into your center, at the bottom of your breath

Types of mindfulness meditation

- Triangular breathing
- Body scan meditation
- Movement meditation
- Follow your breath meditation
- Expanding awareness meditation
- 478 breathing meditation
- Mandala Meditation
- Meditation Journal

The wise mind



**In the midst of movement
and chaos, keep stillness
inside of you.**

Deepak Chopra

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