

Who is Mindfulness for?

Mindfulness is for everyone from all walks of life, young or old. If you are just feeling a little overwhelmed with life it will help you to find space. If you feel that your thoughts seem to be affecting your daily life, preventing you from doing the things you want to do, or creating worry and anxiety for you. Then mindfulness can bring about an awareness that will help you to step back from unhelpful internal dialogue. If all you want is to feel a little more connected to the world around you, to not feel alone, then Mindfulness can help to reconnect with others and see the beauty in nature and life itself.

Mindfulness is not a religion and there is no necessary religious component to mindfulness - anyone, with any belief system, can enjoy the benefits of mindfulness.

How does Mindfulness work?

Daily practice of bringing our attention back to the object of our attention, whether this be breath or body sensations, builds our ability to focus our attention on any object of our choosing. While this skill is practiced sitting it has far-reaching benefits in every-day life.

Emotions

This attention skill, helps us to simply notice the arising and passing of emotions, enabling us to become more skilled at being able to discern what our emotions are telling us and what story-lines they originate from. By practicing non-reactivity (just noticing emotions without acting on them) we become increasingly liberated from the compulsion to act. Over time this strengthens our capacity to consciously choose how to respond to emotionally charged situations. The difference between "reacting" and "responding" is incredibly liberating and empowering.

Thoughts

Much of our distress can come from repeatedly identifying with critical thoughts, this can then create mental habits and belief patterns. By practicing meditation and simply non-reactively watching the on-going stream of mental stories and bodily sensations as they arise and fall away, we start to begin to experience an empowering dissociation from critical thoughts and judgements. Through this shift, we find ourselves having a more relaxed and responsive relationship to present-time experiences, pleasant or unpleasant.

Body Sensations

Over time and practice we start to tune into our physical responses to emotions, thoughts, external experiences and how this can affect our behaviour. As with the thoughts and emotions we simply notice their arising and make the choice as to whether to brace and contract around them, or breathe be with them. Over time this can allow us the ability to manage such feelings of anxiety, upset, tension, anger and frustration.

