

# Mindfulness – Helpful Attitudes

Below are some particularly helpful attitudes to help you get the most out of mindfulness practices:

## -CURIOSITY-

So many times we view the world through our negative spectacles, which means we only see half the picture and it is often distorted or obscured. When we pay attention to our experience with curiosity and as though seeing it for the first time, all kinds of possibilities take shape. Be open-minded and curious.



## -BE IN THE MOMENT-

One of the paradoxes of meditation is that if we do it with a specific expectation in mind, we are setting ourselves up for disappointment. As soon as we set ourselves goals, we assess how close we are to achieving it. It is more helpful to remind ourselves that the easiest way to get from A to B is simply to focus on being here, at A.

## -TRUST-

Trust the process of mindfulness and let it unfold. Let yourself be changed. Trust in yourself and your intuition; if something does not feel right for you, do not do it.

## -PATIENCE-

Mindfulness is not a quick fix. You may not notice a difference for a while and it takes time to unlearn bad habits. There is no rush and the learning is part of the process. Take your time.

## -KINDNESS-

When we begin to pay attention to our thoughts, the first thing we often notice is how judgemental we are, to ourselves and others. However this is unhelpful, so instead we acknowledge it with compassion, ask for forgiveness, and come back to the point of focus. Practicing kindness is as important as practicing mindfulness – they go hand in hand.

## -ACCEPTANCE-

Learn to see things as they really are, rather than how you would like them to be. Be honest with yourself.

## -LETTING GO-

Release the need to fix or change things. Allow them to be as they are

## REMEMBER!

You don't have to enjoy it! Mindfulness can make our experiences richer and more vivid, but greater self-awareness can also make us become more aware of difficulties in our lives. Letting ourselves off the hook in terms of enjoying our practice can make a difference.

View this as an experiment. What do you notice if you change things slightly? What works for you? What doesn't work for you? Your practice is a process of discovery and exploration rather than one of judgment and evaluation.

Remember if you feel you'd like to chat about anything, please see your form tutor or one of the Pastoral Support Team.

## -CLEANSING THE BODY WITH BREATH-

This simple practice is a form of body scan. The easiest way to do it is lying down, but you could also do it sitting or reclining. Here you are learning to focus on and direct the breath into and around the body, as well as deliberately tuning in to a wider awareness of your body.

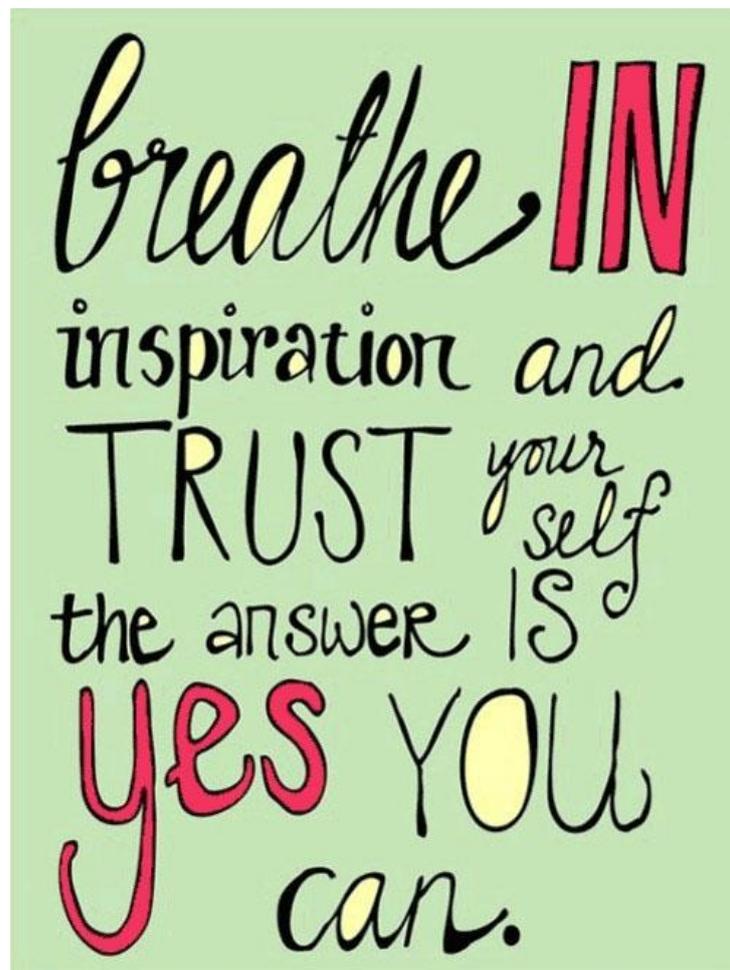
## -TRY THIS-

Take your attention to the breath and focus on the part of your body where you feel it most strongly – perhaps the belly, or the chest, or around the lips and nostrils...and stay with your experience of the breath...breathing in...and breathing out...feeling the sensations of breathing...allowing the breath to breathe itself...letting go of any need to direct or manipulate the breath in any way...breathing in...and breathing out...supported and held by the surface you are lying on...resting with the breath...breathing in...and breathing out...

Now, taking your attention to the breath, imagine it is sweeping through the body...breathing in through the crown of the head...filling the body with breath...and breathing out through the soles of the feet...

Then, breathing in through the soles of the feet...allowing the body to fill with breath...with life...with energy...and breathing out through the crown of the head...

Continue in this way, sweeping the body with breath, breathing in and breathing out from top to bottom.



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