



Mindfulness 101

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1. **Meaning of Mindfulness**

Mindfulness is the practice of being fully present and engaged in the current moment, aware of your thoughts, feelings, and sensations without judgment. It involves paying attention to what is happening around you and within you in a non-reactive and non-judgmental way. This practice can help reduce stress, improve mental clarity, and enhance overall well-being.

2. **The Goal of Mindfulness**

The goal of mindfulness is to cultivate a state of heightened awareness and acceptance, leading to greater emotional regulation, improved concentration, and a deeper sense of calm and contentment.

3. **Definition of Mindfulness**

Mindfulness refers to the state of connection between your mind and body. The body contains all of the organs, types of energy (tension, tiredness, weakness, pain, strength, light, etc.), and information (knowledge, thoughts, emotions, memories, desires, preconceptions, etc.). The mind, on the other hand, is an awareness that exists independently and has certain characteristics:

- a. It carries energy.
- b. It has the power to operate the body's systems.
- c. It follows the strongest stimulation or attraction.
- d. It moves outward by believing that everything is external, living through the five senses, and moves inward by believing that everything is internal, living by feeling.

4. **Mindfulness vs. Mindlessness**

When you act based on feelings, you are in a mindful state. When you act based on thoughts, you are in a mindless state.

5. **Mindfulness Level**

Your level of mindfulness is determined by the depth of your connection with your body. This means that you can improve your life depending on how deeply you connect with your body.

6. **A 5-Minute Mindfulness Practice (Recording Provided)**

Suggestions for practicing mindfulness for five minutes:

- a. Before eating
- b. Before starting work
- c. Before going to sleep

Recording:

https://us02web.zoom.us/rec/share/ZKDH36wBS97wiKNPF_AV3Lnvzeze8jUM6oibqpmAAvgPAvpbbLHFr9SsMZRdhQoq.R5sxQ0PIKge4uHP7