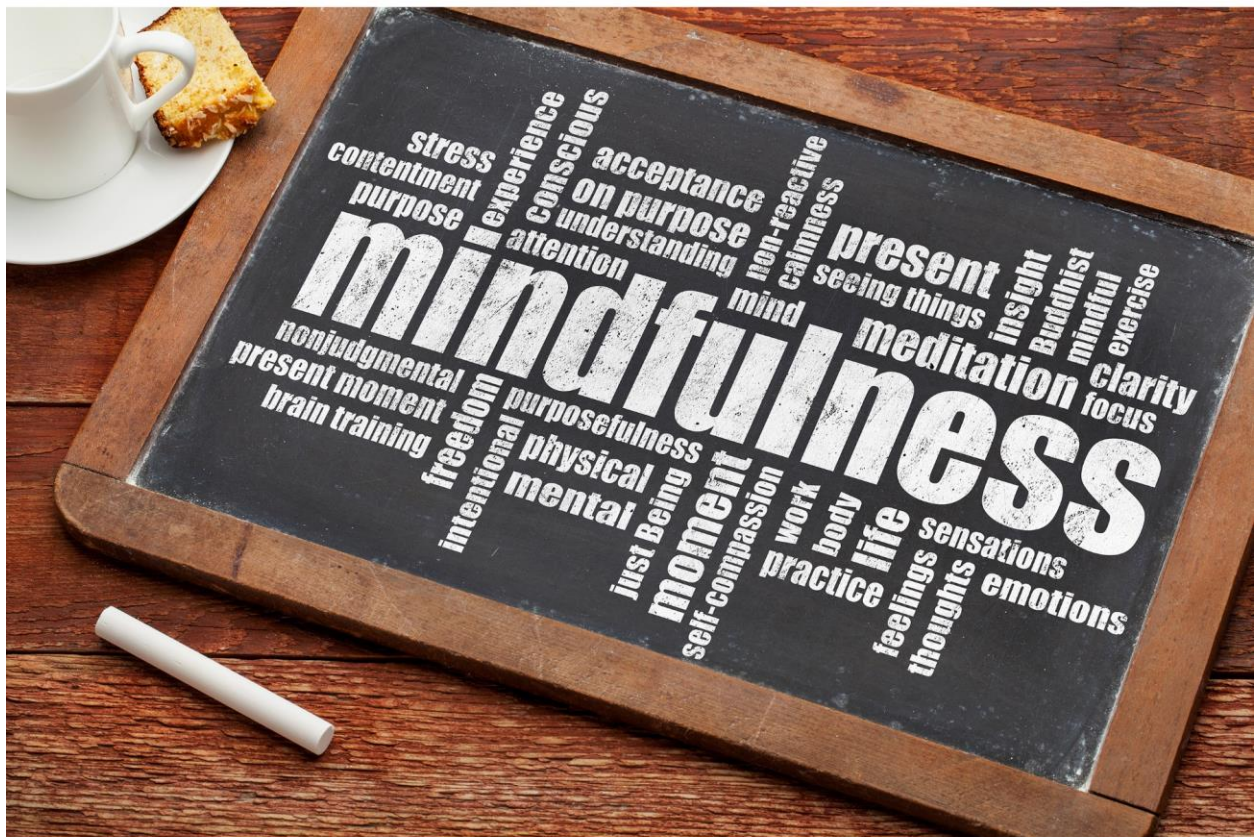


5 WHYS TO GIVE MINDFULNESS A TRY



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MINDFULNESS IS ABOUT LIVING IN THE MOMENT. PAYING ATTENTION TO THAT MOMENT AND NOT WORRYING ABOUT THE PAST OR THE FUTURE. PRACTICING THIS CAN HAVE A MAJOR IMPACT ON YOUR LIFE IN SO MANY POSITIVE WAYS.

5. Attending to the Present means you can't worry about the past or the future. Being in the moment means there is no room for the past or the future-thus not spending time worrying. Instead of one day at a time it becomes one moment at a time. This is a very small window of time. Jon Kabat-Zinn (The leader in mindfulness) says it is presence of heart. Try to be there.

#4. Less worry means less stress and that means less anxiety. If you are concentrating on the present, then you begin to realize you are not your thoughts and unless it is a life or death situation, you are not going to suddenly need to fight or fly off somewhere. **The whole idea of acknowledging the feelings you may have as just feelings instead of making them you, is powerful.** Even small amounts of time in a quiet meditative state has been shown to help alleviate anxiety. Oprah and Deepak Chopra periodically offer free meditations that help guide you out of yourself in order to be the best you possible. They are short, sweet and to the point. Sounds counterintuitive but the benefits of quiet time **WILL** quiet your mind. The center of our universe is the Sun, not you or me.

#3. *Increased attention to detail.* Watching the world with fresh eyes is what Ellen Langer (dubbed the "mother of mindfulness" of Harvard University) **says "mindfulness keeps us from becoming mindlessly numb to our surroundings."** We don't really notice that we are not noticing much. One of my favorite connections of this concept comes from Rachel Carson's book, *The Sense of Wonder*. The very last sentence in the book

goes like this " The lasting pleasures of contact with the natural world are not reserved for scientists but are available to anyone who will place himself under the influence of earth, sea and sky and their amazing life." Power FULL stuff!

#2. Increased of creativity and feeling of

compassion. Becoming aware of our surroundings can lead us to seeing things in a whole different light. Once we see new possibilities we begin to feel a sense of "oh yeah! That might work here or I saw this here and I think with a few changes it might just...be awesome this way. Who knows? You might find yourself in a state of FLOW which Mihaly Csikszentmihalyi explains as a meditative state where all time seems to disappear as you are immersed in a project you love/enjoy doing. I love that feeling of being lost in the journey of joy and creativity- not the arts and craft kind. The kind of creativity here is about expanding your life with the highest expression of yourself.

Allowing ourselves the freedom to live moment by moment opens that creative space to enjoy and love ourselves and leads to another potential outcome in this sacred space and that is the idea of compassion. Who does not enjoy it when someone shows compassion

towards us? No one. So learning to see how others might be experiencing the world is about being empathetic and sympathetic=compassionate. The world needs more nice humans like you!

#1. More acceptance of yourself, an increase in resilience and ultimately a more fulfilling life. Come on, we only get to do this thing called life once so we might as well make the best of it. We are our own worst critics so accepting ourselves for who and what we are is the ultimate in loving ourselves. Dan Pink puts this nicely in his book *A Whole New Mind*. Empathy is one of the six senses needed in our new society. But empathy as he defines it, is the ability to imagine yourself in someone else's position and really get a sense of what that person is feeling. You try to stand in their shoes, see with their eyes and feel with their hearts. Empathy makes us human and brings us joy. I definitely agree with this! I would venture to say we need to acknowledge our position as well. REALLY look at ourselves and what path we're walking, what we're seeing and what we're feeling. Searching for meaning or purpose in our lives is a really big deal. Finding meaning or purpose may very well mean we need to begin walking a path, opening our eyes and hearts to a more spiritual and happier way of

being. Living on purpose, with purpose. That is why mindfulness is so helpful. It puts you in a moment by moment state of mind and opens your eyes and heart to lots of possibilities.

I do hope that these 5 whys to give mindfulness a try have opened your eyes and heart enough to take a stroll down the path towards a more mindful way of living.

I am not an expert. I am just like you. Seeking more meaning in life, a more mindful life.

One of my favorite quotes from Deepak Chopra

“Walk with those seeking truth, run from those who think they have found it”

Come back and visit the website

<http://transcendingthedailymuck.com/> and let me know how I can help you transcend the daily muck.

Dagny Davidson 😊