

The art of practising mindfulness.

Paying attention. On purpose.



Be kind to yourself

It's like learning to ride a bike

Like learning to ride a bike, mindfulness comes more naturally the more you practice. So, start by being gracious to yourself and finding satisfaction in the journey and not just the end destination.



Purposely find time

It only take a few minutes to get started

Choose a few moments in your day to have to yourself, where no interruptions can disturb you.



Be comfortable and relaxed

Try finding a favourite place and posture

Your setting and posture are important in helping you remain uninterrupted and relaxed and may change when you come back to practice the next time. Rather than judge or compare this to something you've experienced earlier, simply welcome and accept a fresh experience each time you practice.



Naturally close or gaze with your eyes

Where your eyes focus can effect how you feel

Feel an ease with either closing your eyes or having a gentle gaze into the distance, not focusing on anything in particular.



Become aware of your senses

What can see, hear, taste, touch and smell?

Concentrate on what your senses are picking up on while you remain still and at ease. Rather than judge, try to describe what you're experiencing. For example, "I can feel the cool night air on my face" or "I hear a bird chirping outdoors."



Focus on your breath

Let your breath naturally flow. Try not to control it

Focusing on your breathing is another way to anchor yourself in the present moment. Sense the air moving in and out of your nose, and notice where the breath travels to - does your chest rise and fall or your rib cage expand and contract ?



Refocus The Mind When It Wanders

The mind naturally wanders. It's completely normal and ok

The mind is naturally active, so inevitably at some point your mind may wander. When this happens, remind yourself that this is normal and gently bring your focus back to your senses and the present moment.

When starting, practice for just a few minutes each time. Gradually you'll get the hang of it, like learning to ride a bike. When ready, try being mindful at different times of the day - on waking, standing in a queue, before bed.