

Mindful Monday Message #18 – 05 September 2016

One of the things that the Mindful Monday Message has focused on is breath. Paying attention to your breathing is an excellent way of achieving the primary goal of mindfulness-that is focusing your attention. A breath meditation draws your mind's attention to inhaling and exhaling in turn.

Setting a time to do regular breath meditations each day is an important way of introducing a mindful discipline into your life. As you build your resilience through this practice, you will notice that you have a really useful and portable tool to deal with times of anxiety and stress. You can do a breath meditation standing, although it is probably more comfortable to be seated with your feet firmly planted on the ground. Closing your eyes may also help you be less distracted and more focused.

Breath meditations are a beautiful way of celebrating your own life force. Remember to breathe!

Dr Annmaree Wilson