

Mindfulness Monday Message #25 – 24 October 2016

About 2500 years ago Lao Tzu created the *Tao Te Ching*, a book of wisdom. He talked about Mindfulness in the following way:

“Simply notice the natural order of things. Work with it rather than against it. For to try to change what is only sets up resistance.”

Simply noticing is the core of a Mindful way of life. By simply noticing we suspend the critical thinking that creates worry and stress. We stop analysing everything, stop ruminating about the past and stop trying to anticipate the future. An attitude of curiosity takes over when we choose to simply notice.

You could try it right now! Choose to relax your body. Notice your breath and notice what you are reading. If you find yourself critically judging the text, or getting distracted, relax and breathe and read again.

Dr Annmaree Wilson