

Mindfulness Monday #3 – 23 May 2016

One of the secrets of successfully introducing mindfulness into your daily life is learning to embrace silence. Silence gives you the opportunity to find stillness in a mad world, in a world where there is always something to do, people to talk to, places to be. Stillness lets you get to know your own mind and this is one of the reasons that lots of people avoid stillness at all costs. All our minds are busy all the time. Sometimes our mind can be full of negative thoughts, especially if we are under pressure. The problem with not allowing stillness to enter our minds is that we lose sight of the transience of any of our thinking. The negative thoughts can become “the truth”. Stillness allows us to see the transience of thinking.

So the message for today is to seek out moments of silence each day. Choose to be alone for a period of time. Choose not to turn the radio on in the car. Sit quietly and let silence in. Choose not to talk for a period of time if you are with another person.

What you learn about yourself in silent moments might surprise you.

Dr Annmaree Wilson