

Mindfulness Monday Message #36 – 30 January 2017

Mention Mindfulness to some people-especially some very busy people- and their eyes glaze over. So many times I have heard things like “I know it helps some people, but it just doesn’t work for me” and “I have tried to meditate and I just can’t”.

It’s true. Sitting still does seem to be such a hard task for some people. But it’s important to remember that meditation and mindfulness are not the same thing. Nor does mindfulness ask you to sit cross-legged and *ohhhm*. Mindfulness is about being in the present moment. It does get easier with practice. Mindfulness is about being in the present moment and *choosing* to focus on anything other than your internal monologue.

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