

Mindfulness Monday Message #43 – 20 March 2017

The task of mindfulness is just to notice. Paying attention in a certain way allows you to be free of the constant thinking, that is often so critical, that goes on in your head. Any programme of mindfulness training divides focus into three realms: the body, the outside world, and the mind, and encourages you to be in the moment in the realm of your choice. In this way, a regular practice of mindfulness allows it to become a tool of choice. By being able to shift awareness in this way, you have control, create choice and maximise any given experience. While slowly breathing, gently focus attention from body, to the outside world and the mind and back again. This can be done once or a hundred times a day. Remember the choice is yours!

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