

## *Mindfulness is seeing things for what they are...*

It is being open to what is going on around you, without attachment and without 'reaction', moment to moment. It is developing the 'watcher' or the 'observer' within. Our minds are perpetual motion machines that create thought after thought. Mindfulness is recognising that these thoughts are transient – they are not *us*. By observing our thoughts and emotions, and by developing the watcher within, we can see that our thoughts are not us. There is something deeper than that. We know this simply because we can become mindful, we can 'watch' our thoughts and emotions arise, so we know they are things that happen and are in fact things that we 'do', so they cannot therefore be 'us'. Developing mindfulness is essential to maximise our enjoyment and appreciation of time. If we are not fully in each breaking moment, how can we hope to enjoy it? It is also essential for realising what is important for our deepest happiness and, on the other hand, what we are doing or trying to possess merely to boost our ego.

## THE 'ONE MINUTE MEDITATION CHALLENGE'

When I ask clients if they meditate, the most common answer I get is "No...but I know I *should*".

Firstly, 'should' is bullshit. Either do or don't, there ain't no 'should' around here...

People do recognise that meditation is valuable, they just struggle to apply it and to create the habit of *doing it* each and every day. Many people don't feel that they have enough time, and yet find themselves procrastinating, watching YouTube vids, and scrolling the news for far longer than the time it would take to just DO a meditation. To break this time barrier, I typically ask my clients if they have just one minute to devote to meditation tomorrow. One minute? *One minute?!* They say...

Yes, just one minute.

When we start with one minute and build minute-by-minute over consecutive days, we are training our 'meditation muscle' just as we'd train our biceps by increasing the repetitions and load that we use over time.

*So, start with one minute of mindfulness of breath tomorrow, then increase your meditation by one minute each day until you are doing ten minutes. Aim for at least 30 unbroken days of meditation.*

## MINDFULNESS OF BREATH

- Find a quiet, comfortable place to sit
- Sit with your back straight and upright, not rigidly but with good posture. You may like to use a traditional posture such as a lotus or half-lotus position or sit on your heels with your knees folded under you. These postures were developed for meditation and are very effective. You can also sit in a comfortable chair with your heels flat on the floor and your back upright, supported by the back of the chair.
- Place your hands together comfortably in your lap.
- Close your eyes – but not tightly.
- Begin breathing in and out through your nose. Do not ‘try’ to breathe deeply or in any fashion; simply breathe comfortably and without effort.
- Begin to notice the sensation of the air passing in and out of your nose. There will be a point or area in your nostrils or on the outside rim where you will feel the breath as it moves in and out. Gently bring your attention to this area.

*Note: You may find that it helps to count the breaths initially. Count each in and out breath as one breath and count your breaths up to 10 if you find that this helps you get into the meditation.*

- Keep ‘watching’ the breath; when your mind wanders, simply bring it back gently to the point where you can feel the breath. It’s that simple...

I use the *Mindfulness* app to time my meditations.

iTunes: <https://itunes.apple.com/nz/app/the-mindfulness-app-meditate/id417071430?mt=8>

Android: <https://play.google.com/store/apps/details?id=se.lichtenstein.mind.en&hl=en>

## SUMMARY

**Start with a one-minute meditation first-thing tomorrow morning**

**Add one minute each day until you reach 10 minutes**

**Meditate each day for 30 days straight. Don’t break the chain!**

## EXTRAS

After your meditation, you might want to set a positive intention for the day or do a short gratitude exercise.

I like the *5-Minute Journal* – available in hard copy and as an app, because it combines a place to jot down your gratitude, morning and night, along with powerful intentions.

Check it out in hardcopy: <https://www.intelligentchange.com/products/the-five-minute-journal>

iTunes: <https://itunes.apple.com/nz/app/five-minute-journal/id1062945251?mt=8>

Android:

<https://play.google.com/store/apps/details?id=com.intelligentchange.fiveminutejournal&hl=en>