# MINDFULNESS: PEAK EXPERIENCES of being FULLY ALIVE!

Yin and Yang = "Ebb & Flow" or "Expansion & Contraction" - apparently opposite forces in the natural world which are actually complementary, interconnected and interdependent components of a dualistic universe e.g. day & night, joy & sadness, gain & loss, activity & relaxation.

## YIN [PASSIVE] EXPERIENCES

**Simply Being [stillness in the presence of outer world]**
Enjoying [savouring!] watching the world [nature and creations] go by, acceptingly, without any anxiety, compulsion to join in, or guilt at being a passive observer.

**Simply Being [stillness in the presence of inner world]**
Enjoying [savouring!] the flow of our own breath, thoughts and emotions [human nature], acceptingly, without feeling any compulsion to control, cling to, or entangle with them.

**Oneness [passive]** - An 'at home' sense of **belonging** to the world/nature/people around us, even though we are not currently expressing or contributing.

**Meditation [sitting or other fixed postures]**
Joyfully, lovingly, acceptingly, peacefully & adventurously, opening up to, and embracing [integrating], your multi-layered world of 'self-experience'.

## YANG [ACTIVE] EXPERIENCES

**Meditation [moving]**
Joyfully, lovingly, acceptingly, peacefully, harmoniously & adventurously, opening up to, and embracing [integrating], your multi-layered world of active 'self-manifestation'.

**EASE [IN THE FLOW] - harmonious participation in outer world**
Taking part in life fully, committedly, co-creatively and appreciatively, without making undue demands on, or rejections of, the way life is, as in the "Serenity Prayer"...

*Grant me the serenity to accept the things I cannot change;*
*Courage to change the things I can and Wisdom to discern the difference!*

However, our "Here and Now", "present moment" experience of stress contains within it, the "wisdom" (insights, gut feelings, options and self-empowerment) that we need to change our present-moment experience, via either acceptance ("coming to terms") or by taking action.

The next line of the "Serenity Prayer" says...

*Living one day at a time! - Enjoying one moment at a time!*

Our "Here and Now", "present moment" experience of stress not only contains the pearl of wisdom we need, it ALSO contains within it vital opportunities for enhancing our "well-being". Negativity is energy! If we can harness this energy [WITHOUT ITS intelligence-deficient AGENDA!] and connect it up to our needs, goals, dreams, hopes and ambitions, we have POWER ["the power of now"] to move forward.

The Serenity Prayer also goes on to say..

*Accepting hardship as the pathway to peace.*
*Taking this sinful world as it is - not as I would have it.*

"No pain - No gain!" is a very challenging idea! Can "hardship" and "acceptance of imperfection" really be compatible with "enhanced well-being" and "self-empowerment"? Uncovering, facing and transforming uncomfortable truths (sometimes called "self-knowledge" or "self-realisation") is undoubtedly the path of courage, self-discipline and integrity!

Increased flexibility and resourcefulness lie at the heart of managing our thoughts and feelings. Sub-conscious "limiting beliefs" (what I can/cannot do, what others "should/should not" do) and "held-in sub-conscious feelings" will sabotage our well-being and massage our impotent negativity time and time again - unless we decide differently!

Underlying and feeding our miserable, impotent thoughts and feelings there is usually a belief which says "This should NOT be happening!" This adds an extra layer of anxiety and misery to our current state. If we accept what is happening

*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*
© Copyright 2016 M. J. Meredith www.fullyalive.me.uk
*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*

"NOW" as a KEY basis for moving forwards, we kill this belief stone dead and immediately change our mindset, feelings, attitude and agenda.

## YANG EXPERIENCES [continued]

**"INNER EASE" [enjoying *oneself* ] - harmonious participation in inner world**
Enjoying [savouring!] and engaging with, the flow of our own breath, thoughts and emotions [human nature], acceptingly, without feeling any compulsion to control, cling to, or entangle with them.

**ONENESS [active]** - An 'at home' sense of belonging to the world/nature/people around us as we 'do our thing' in the world – **expressing who we are** and **making our contribution** to the world.

**IN THE ZONE! –** having a peak experience of our own performance, without stress or strain.

**SPONTANEOUS, INTUITIVE & SITUATIONALLY APPROPRIATE SELF-EXPRESSION**

**FULLY ALIVE!** A lifestyle in which mind, heart and soul are engaged, nourished and fulfilled!

**-----oOo-----**

## Mindfulness Blocks: Toxic Emotions

The biggest single obstacle to your Peace of Mind, Wellbeing and 'Living each day more Mindfully', is the way you express [or deny, disconnect, distract or repress!] your **toxic feelings...**

**Anger, Bitterness, Depression, Frustration, Grief, Guilt, (Self-)Hatred**
**Insecurity, Jealousy, Rage, (Self-)Resentment, Revenge, Shame**

Toxic Emotions are the natural human biological response to the frustrations, pressure, demands and power-struggles of everyday living and working.

**Denial, Distraction or Mis-handling of these natural energetic reactions to life's stresses, creates...**

**Fatigue, Misery, Creative/Productive block, Irritability, Health problems, Relationship problems**
**(Self-)Punitive behaviour, Sleep Problems, Anxiety/Insecurity, Low self-confidence, Depression**

We can then find ourselves repeatedly moaning, complaining, constantly unhappy, constantly angry and frustrated

...OR...

**Constantly unfulfilled or Filling our inner emptiness with CRAVINGS, ADDICTIONS or DISTRACTIONS**

Our "**EMOTIONAL DETOX COURSE**" offers you a new lease of life...
a chance to clear out "old baggage" in order to make way for...

- Greater Peace of Mind
- Decisions & Actions driven by Love and Joy - rather than Fear, Guilt, Resignation or Resentment!
- The body language & tone of voice that convey the impression you really want to convey!
- Improved Quality of Sleep
- More harmonious relationships
- Less mood swings, less Stuck Moods
- Better Vitality and Health

This course raises awareness of the bottled-up self-sabotaging feelings that we all carry as a result of life's frustrations, disappointment & woundings, and then...

Goes on to teach new FUN ways of harnessing and transforming the powerful energies of what are commonly seen as NEGATIVE EMOTIONS - a perception that so often leads to them being bottled-up, denied or repressed - with a SERIOUS COST TO OUR ENERGY LEVEL, PEACE OF MIND & HEALTH [blood pressure, blood sugar level etc].

**Details are online at:**
**www.sunflower-health.com/courses/detox.htm**

**More on Mindfulness: www.fullyalive.me.uk**

**-----oOo-----**

*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*
© Copyright 2016 M. J. Meredith www.fullyalive.me.uk
*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*~*