

MINDFULNESS & MEDITATION TRAINING

WHAT IS "MINDFULNESS"?

Also known as "**Thoughtless-awareness**", "**Presence**", "**Groundedness**", "**Aware-living**", "**Awakened-living**", "**Living in the Here & Now!**".

MINDFULNESS is a way of paying attention, on purpose and non-judgementally, to what is going on in the present moment in your body, mind, emotions and the world around you. Mindfulness enables you to be MORE AWARE of what is going on in your inner and outer worlds. You can then see life and yourself differently and begin to undo some of the mental and physical knots, blocks, frustrations, irritations, stresses and tensions of modern living in a very complex and demanding society.

Mindfulness training is NOT "Chilling-Out" or "A Relaxation Class", because such classes only produce temporary benefits, whereas mindfulness is a group of transferable lifeskills focussed on creating SUSTAINABLE improvements in your Health, Wellbeing & Peace of Mind.

WHAT WILL "LIVING MORE MINDFULLY" COST ME?

Good question! - There are no 'free lunches' (worth having) in this universe!

Mindfulness works by bringing into awareness your SELF-SABOTAGING or SELF-LIMITING lifestyle habits [AUTOPILOT HABITS], then assists you to find and implement new and better "lifestyle habit" ** options. This requires a courageous willingness to face uncomfortable truths about our current lifestyle and a determination put in some sustained, but gentle, encouraged and supported, effort to turn around a troubled or 'stuck' area of our life, plus generally enrich our everyday experience of living.

**** Lifestyle Habits** = *patterns of thinking, perceiving, believing, feeling, breathing, moving, 'being', relating, eating & 'doing'*.

In mindfulness training we don't try to change habits by "giving prescriptive advice", because this rarely works for long. We help people to change self-defeating habits by...

a) inviting you, through experiential training exercises, to become AWARE of an unskilful LIFESTYLE habit and AWARE of how a different habit can FEEL much better AND ALSO produce better results in everyday living.

b) giving you practical tools to empower and enrich your everyday living.

HOW DOES MINDFULNESS WORK?

Your **AWARENESS** is a limited resource – living mindfully means not wasting your attention on inner-world or outer-world things (or people) that don't benefit from receiving it.

Your **AWARENESS** is like a torch beam shining into your inner and outer worlds. Mindfulness training can widen and brighten your torch beam of "**illuminated living**". It also increases your conscious control of where the torch beam is being aimed.

Mindful living is living with the quality of **DISCERNMENT** which means being aware of our choices and being able to make the best choices from moment to moment.

Mindful living is **EMPOWERED** living – knowing how to break out of vicious cycles of self-sabotage, helplessness, victimhood, giving away our power etc. Knowing how to find and nourish our courage, adventure, self-confidence, sense of purpose, value and appreciation of the gift of life!

WHY/HOW DID YOU BECOME MIND-LESS?

You became **MINDLESS** in order shut down suffering or demands or perceived distractions which you couldn't immediately deal with, or which threatened to cripple your daily life, or otherwise distracting you from what you perceived was more important. Also sometimes to simply 'take a break' from the effort or 'dull routine' of your daily life.

MINDLESSNESS is not wrong – we all need to use it from time to time. It only becomes a problem because of the "While the cat's away the mice will play" phenomenon. If we are mindless too often, or too long, a key aspect of our "survive and thrive" may be on a downhill slope!

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Mindfulness Resources Online: www.fullyalive.me.uk/index.htm

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DYNAMIC MINDFULNESS CERTIFICATE

Content of PART 1 [5 evenings]

- Week 1: **Mindful Techniques to Relax, Self-centre & Self-empower**
- Week 2: **Shift Stuck Moods, Low-Energy or Wound-up Energy**
- Week 3: **Mindful Communication + Control of Worries & Inflexibility**
- Week 4: **Simple Pleasures - Get More out of Life!**
- Week 5: **Mindfulness-Based Stress-Reduction [MBSR]**

More info here: www.sunflower-health.com/workshops.htm

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HEALING, LIFESKILLS & WELLBEING - Events in Cambridgeshire

Join our **FREE** online news group to stay informed of coming events, plus a discussion forum and lets you inform us of the events you are planning to attend, which helps our content planning...

"Holistic Health, Healing & Wellbeing - Cambridgeshire"

We would love to have you join our 500 members! If you are already a Meetup Network member, you can access the group through keyword and area searching of www.meetup.com as usual, but if you want to access it directly to join, go to: <http://www.meetup.com/Holistic-Cambs/> If you are not yet a Meetup member, you will have to join Meetup, before you can join our group - but both memberships are free! Just go to: www.meetup.com

Our Facebook page: www.facebook.com/CHEALGROUP

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WELLBEING DRUMMING & TRIBAL CIRCLE DANCE

ACTIVATE YOUR WILD MAN/WILD WOMAN DNA!!

Rekindle Your Spontaneous Creativity & Zest For Life!!

No skill, experience or partner required!

For coming events see: www.fullyalive.me.uk/drum.htm

Led by Mike Meredith & Keith Barrett



Sunflower



Health



www.sunflower-health.com