

Practice of the week: Mindfulness - A Workout for Our Brain

What	<ul style="list-style-type: none"> • Deepen the ability to focus - Take an existing daily activity and bring a new level of attention to what you are doing, when you are doing it.
When	<ul style="list-style-type: none"> • Daily, whenever works • Choose a daily, existing activity for example, brushing your teeth, washing dishes, eating your lunch, taking a walk, etc
How	<ul style="list-style-type: none"> • Step 1. Begin the activity and bring your focus fully to the act of doing the activity while you are doing it. Focus on your five senses — how the activity feels to do, how it smells, how it tastes, how it looks, how it sounds. • Step 2. Your mind will wander off into thinking. • Step 3. Simply say to yourself “I’m thinking” without judgement and bring your focus back to what you are doing. <p>• <i>We are training our brain to return our attention to what we are doing when we are doing it.</i></p> <p>• <i>Our breath can be an anchor. Focusing on our breath brings us directly into the present moment.</i></p> <p>• Use the three C’s: Courage to try it in the first place; Curiosity to learn about the nature of our thoughts; Compassion to be kind to ourselves no matter what we discover.</p>
Duration	<ul style="list-style-type: none"> • 2 minutes (minimum)
Why	The most important connection we make is the one we cultivate with our own innerforce . Make time to connect with yourself every day

What is Mindfulness -
“paying attention in a particular way, on purpose, in the present moment, non-judgmentally.”
 - Jon Kabat-Zinn

innerforce: our deepest, most authentic self and the source of our vitality.

*The most important connection we make is the one we cultivate with our own **innerforce**. Take time to connect with yourself every day.*

