

MINDFULNESS

A Way of Living



STACEY RICHARDS-POWELL

INTRODUCTION
TO
MINDFULNESS

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Definition of Mindfulness

“...the awareness that arises by paying attention on purpose,

in the present moment,
and non-judgementally.”

Jon Kabat- Zin *Full Catastrophe Living*

www.srpmindfulness.co.uk

MEDITATION 1

BODY SCAN



What is a body scan?

Taking time to scan through your body, exploring sensations that might come up during the process. The key here is to start the process of awareness, of being in the now with our bodies.

Body Scan Quick How To:

- Few moments to be still, comfortable and lying down
- Allow awareness of the body, with no goal
- Notice points of body touching ground
- Notice breath in and out
- Focusing attention on left feet/toes
- Expand up the left foot, calf, knee, thigh then to right side
- Hold both legs awareness for a few moments
- Then let go and move to pelvis
- Awareness move's up to climbing the spine
- Continue checking into each part of the body as above
- Expand awareness to entire body from head to toe
- As you come to the end know you took the time to be present

Key Learning:

- Direct experiential knowing of physical sensations
- Becoming intentional about how we pay attention
- Noticing the mind wandering
- Allowing things to be as they are, no goals or judgment
- Breath as a means to direct awareness
- Repeated practice of noticing, acknowledging and returning
- Bringing friendly awareness to the experience

MEDITATION 1

HOME PRACTICE



Informal Practice:

- Pick an everyday activity (e.g. having a shower, cleaning your teeth etc.) and bring mindful awareness to the whole activity as best you can.

example 1: focusing on the sensation of the water hitting the body, noticing sensations.

example 2: paying attention to the sensation of cleaning each tooth, the taste of the toothpaste in the mouth.

Formal Practice:

- Have another 6 goes with the body scan meditation and, if it's comfortable for you, writing down your experiences from them; especially what you felt in the body and reflecting with kindness on this.

Link for Body Scan Practice:

https://youtu.be/_DTmGtznab4

Jon Kabat Zin - Bodyscan

WHAT NOW?



I hope this short taster into Mindfulness has made you curious.

You may well be wondering “What can I do next?” If it’s right for you, consider the full 8-week course of MBSR.

Take some time to look over the below recommendations and see what else Mindfulness can do for you.

Useful Websites:

<http://www.soundstrue.com/store/weeklywisdom/?search=mindfulness&category=ALL&page=search>

<https://onbeing.org/series/podcast/>

<https://www.bangor.ac.uk/mindfulness/audio/index.php.en>

Useful Books:

Full Catastrophe Living - Jon Kabat-Zinn

A Mindfulness-Based Stress Reduction Workbook - Bob Stahl, Elisha Goldstein

Looking At Mindfulness - Christophe André



THANK YOU
FOR TAKING PART

ANY FURTHER QUESTIONS
PLEASE EMAIL ME ON:

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“It’s not what happens to you, but how you react to
it, that matters.”

- Epictetus

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