



Mindfulness Matters: Free on Demand Series

Session 3: Senses



*With
Lily Parkinson*



Mindfulness – The 5 Senses

- Our Progress
- Anchoring
- Exploration of the 5 Senses
- Guided Practice
- Takeaway practices



About me

- Holistic and Intuitive Coach
- NLP & EFT Practitioner
- Diploma in Cognitive Behavioural Therapy
- Registered Nutritional Therapist
- Reiki Practitioner



Progress

- Breath
- Pulse
- Bodily Sensations



Anchoring

Anchoring can mean a number of different things

There are 3 different forms of Anchoring that we will discuss today that are used across different areas



Anchoring in Psychology

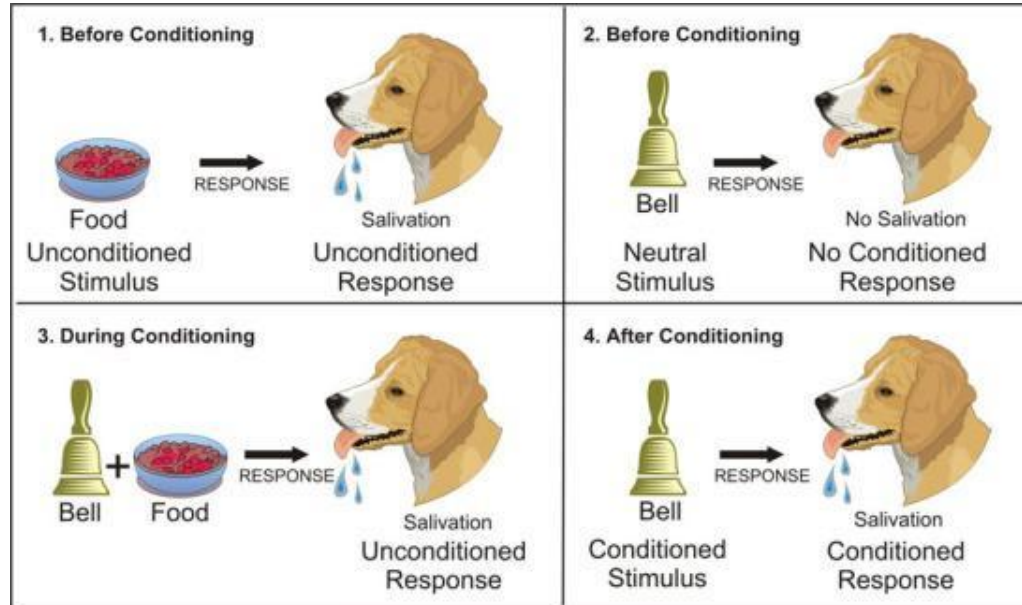
- We rely on an anchor, a specific trait or specific quality to help us make decisions and sense make
 - Can lead to automatic behaviours, thoughts and beliefs
 - It happens unconsciously
 - However, we can get fixated on comparison and judgement and fail to make sense of the true experience – what is happening right now
 - Not always bad in practice as sometimes it's good to benchmark
 - It provides a fixed point where we can make comparisons
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Anchoring in NLP (Neuro Linguistic Programming)

- The process of memory recall, behaviour or a mind state change or other response, that can become anchored to a particular stimulus
- Similar to classical conditioning - Pavlov's Dog



Pavlov's Dog Experiment



Classical Conditioning

Anchoring in Mindfulness

- Great tool to bring us back in to the present moment
- Allows us to regain control of our experience
- Helps us stay centred and grounded
- Enhances our decision making and sense making ability



The 5 Senses

- Vision, taste, touch, smell, hearing
 - We associate both negative and positive responses, thoughts or emotions to particular senses – we can be triggered by them
 - We experience life through our senses
 - When we drop in to our bodies and mindfulness using all five senses, it gives us a whole new level of experience and connection to ourselves
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The 5 Senses



Guided Practice

The 5 senses



Home practice

1. Find your anchor
2. Breath, pulse, sounds, nature....
3. As long as it serves as a reminder to return to the present moment
4. Have fun & be playful



Let's connect!



Lily Parkinson

-Founder of Umiani

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