

Mindfulness Matters: Free on Demand Series

Session 4: Thoughts



With Lily Parkinson



Mindfulness - Thoughts



- Our thoughts
- How are thoughts distract us
- Guided practice
- Takeaway practices





About me

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



Our Thoughts

 Thoughts can become fixed mental habits that inhibit our flow state

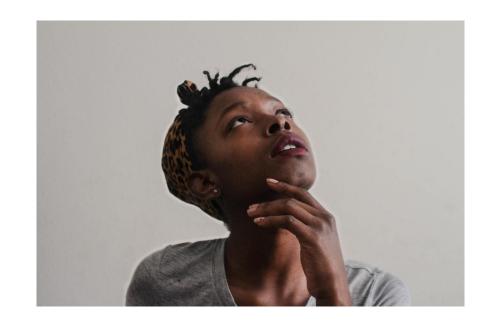
When we get fixed to particular thoughts, we become distracted

- They cause different emotions or sensations in the body such as stress or anxiety
- These thoughts occupy our minds and distract us, taking us out of our body, and out of the present moment



How many thoughts?

- We have between 60,000-80000 a day!
- 3,000 per hour
- 50 per minute
- That's just under one per second!





Thoughts

- Without awareness there is only the movement of our thoughts
- Thoughts form the narrative of how we speak to ourselves
- Without awareness, we identify with this narrative and stream of thinking
- We end up believing the stories that we create in our minds





Thoughts and awareness

- Cultivate awareness
- Become more acutely aware of our sense perceptions
- Become aware of the thinking mind





Then what?

- What sorts of thoughts is our mind producing?
 Fact or fiction?
- If it's predicating in to the future it's fiction
- If it's thinking about the past it's fiction
- Only NOW exists





In the present we find...

Energy and aliveness

Peace

Joy





Guided Practice

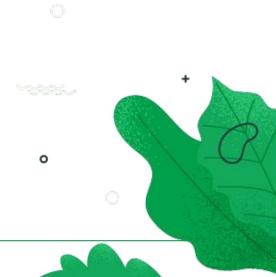
What thoughts...?





Home practice

- 1. Practice using our anchor from session 3 in times of adversity, stress, sadness
- 2. Journaling



Let's connect!



Lily Parkinson-Founder of Umiani

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