



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
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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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