



# *Mindfulness Matters: Free on Demand Series*

Session 5: Non-Attachment



*With  
Lily Parkinson*

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# **Mindfulness – Non-Attachment**

- Non attachment and non-judgement
- Fear based thinking and our attachment to it
- Examples of what it looks like in day to day
- Guided practice
- Takeaway practices



# About me

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



# Recap

- Breath
- Connection to the body and body sensations
- Tuning in to mindfulness through our senses
- Our thoughts and what type of thoughts we are forming



# Non-Attachment

- We release the need to achieve something fixed and specific
- We let the journey unfold
- We release control
- We begin to see things for how they really are



## Attachment to thoughts and Fear

- Fear is a natural human response, and sometimes necessary
- It can also be highly detrimental to our mental and physical wellbeing



# Thinking Cycle



## In Practice

- Don't simply replace negative thoughts for positive thoughts
- We let go of the attachment
- We become more accepting and approving of our experience



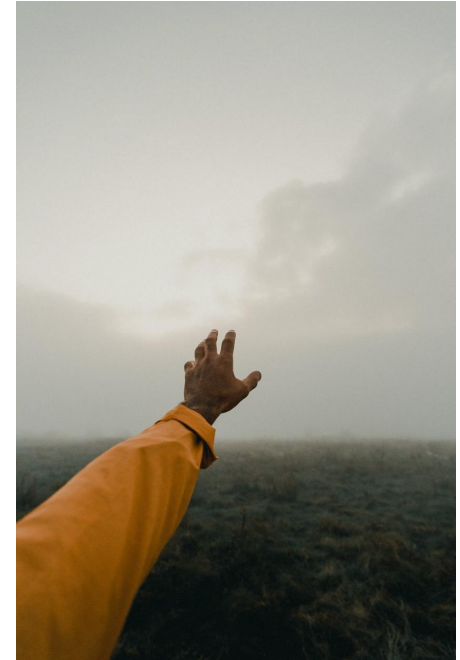
## In Practice

- Find joy and peace despite challenge and adversity
- Instead of feeling the emotional charge, we are able to just reside in intense awareness of the present moment
- We transmute the emotion, the fear, the grief....to awareness



## Let's ask ourselves:

- What am I grasping?
- What attachment do I have to particular thoughts and emotions?  
Consciously and unconsciously.
- How are these thoughts and emotions holding me back



Let's reframe...



# Guided Practice

Equanimity



# Home practice

1. Use your anchor in times of adversity and challenge
2. Practice Equanimity
3. Journaling



# Let's connect!



***Lily Parkinson***

***-Founder of Umiani***

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