



# *Mindfulness Matters: Free on Demand Series*

Session 6: Awareness



*With  
Lily Parkinson*



# Mindfulness – Awareness

- Awareness
- Guided practice
- Summary



## About me

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



# Awareness

## So far we have explored:

- What awareness and mindfulness is
  - How we can become more aware and mindful in our life
  - Identifying where we are unmindful
  - How our thoughts distract us
  - Practices to bring awareness to ourselves, our bodies our senses
  - How to not become attached to thoughts or our stream of thinking
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# Exploration



## Questioning

- Helps us become curious and explorative
  - Makes us more open and flexible
  - Helps us reveal something that has been holding us back or keeping us stuck
  - We find our power
  - Creates space in the mind
  - We find a deeper sense of peace and joy within
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# Questioning





## Questioning Examples:

### Non-mindful questioning:

- Who am I?
- What do I want?
- What do I need?

### Mindful questioning:

- What is this?
  - What can I feel?
  - What is happening around me?
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## When we feel empowered:

- Unravelling of layers
- Removal of preconceptions
- Ability to learn and grow
- Our entire experience changes



# Take 5 and observe nature...



## Awareness and mindfulness ultimately can be said to be:

- Getting out of our own way
  - Meeting our experience from a state of flow
  - Learning how to flow with the changes that occur in our life better
  - Approach this change and fear that occurs through adversity and challenge from an empowered state
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# Guided Practice

What is this?



**Thank you for joining me!**

Remember mindfulness is a practice and you can practice anywhere, any time, any place, we just have to remember to practice it!

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# Let's connect!



**Lily Parkinson**

*-Founder of Umiani*

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