

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



Exploration





Questioning

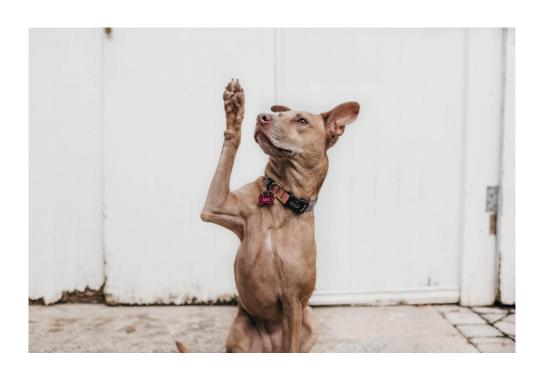
- Helps us become curious and explorative
- Makes us more open and flexible
- Helps us reveal something that has been holding us back or keeping us stuck

We find our power

- Creates space in the mind
- We find a deeper sense of peace and joy within



Questioning





Questioning Examples:

Non-mindful questioning:

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

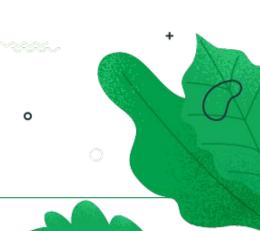
Mindful questioning:

- What is this?
- What can I feel?
- What is happening around me?



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
- Learning how to flow with the changes that occur in our life better

- Meeting our experience from a state of flow
- Approach this change and fear that occurs through adversity and challenge from an empowered state



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!

Let's connect!



Lily Parkinson-Founder of Umiani

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