

Mindfulness for Beginners.

Practicing mindfulness can help you feel more present in your body and mind. Here are some tips for those who are interested in exploring mindfulness.

Focus on developing concentration

Concentration is the constant partner to mindfulness. Think of it as the active force and mindfulness as the passive. When you consciously decide to focus on your breath and work to keep your focus on it, this is your concentration.

In the beginning, you'll want to put all of your focus on developing your concentration. At the beginning of your practice, your mind will literally be all over the place. You'll seem to have a new thought or some other distraction every few seconds. This is perfectly normal.

Pick simple objects

At the beginning, you're going to want to pick an easy object of meditation. Then once your skill improves you can pick more difficult objects. At first, practice mindful breathing for a couple of weeks. To practice mindful breathing, all you have to do is stop and be mindful of your breath. Whether you're at your desk, at a stoplight, or in between places or sitting down for an extended meditation session. Just stop what you're doing and follow your breath with mindfulness.

Sit often

Sitting meditation really is the cornerstone of all meditative practice. Adopting a daily practice of sitting meditation is very important. If you try to start practicing mindfulness without making sitting meditation a part of your daily practice then it will be much more difficult to get to a point where your mind becomes quiet. And later, sitting meditation will aid in your efforts to obtain a clear mind.





Go easy on yourself

Mindfulness is an open acceptance of everything, so those thoughts, feelings, and sensations that keep popping into your mind shouldn't be labeled a bad thing. In fact, they aren't a good thing or a bad thing. Remember, mindfulness is just an observer. You shouldn't be passing judgment, good or bad, on anything including disruptions to your concentration.

These distractions are normal. They'll subside naturally, your mind will quiet over time, and it will bring you a great sense of peace. Don't worry about that. You'll know your practice is really successful not when these distractions subside but when you start becoming mindful of these distractions. No matter how many of them you have.

Prioritize mindfulness

You won't get far in your practice of mindfulness if you don't prioritize it. This goes for anything in life. This is because right from the beginning you'll be clashing with old habits. The more often we do something the more energy or "pull" it has. This is our habit energy. We all have this habit energy. What differs from one person to another is where we place this energy.

When you begin practicing mindfulness you'll naturally be "pulled" in other directions constantly. This is your old habit energy attempting to pull you back to your old ways. But remember how energy works, the more time and effort you place into something the more pull it will have. Stick with it and gradually it will become easier until the point in which it takes almost no effort at all.

Be patient

Mindfulness takes time and patience to develop. At first, it will be subtle. But with practice, you'll notice your ability improve. You'll feel more present and more alive. Remember, mindfulness works like a muscle. The more you work it out, the stronger it gets. Make mindfulness a way of life so as to develop it into a powerful force for peace and happiness in your life.

Don't accept the excuses you give yourself as to why mindfulness

isn't for you. If you can't sit still, you need mindfulness the most

We often have to learn from experience in order to really appreciate something. If you experienced a chaotic mind then you'll truly appreciate what your mind is like once you've found even a sliver of the peace you can feel from adopting the practice of mindfulness in your daily life.

