

Mindfulness in the Wilds

Overview of Mindfulness ~ The Cultivation of Attention, Focus, Concentration, and the Reduction of Stress

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Mindfulness is the “attention that arises from paying attention on purpose, in the present moment, non-judgmentally”.

~ Jon Kabat-Zinn

Ellen Langer describes it as an active state of mind characterized by novel distinction- drawing that results in being (1) situated in the present; (2) sensitive to context and perspective; and (3) guided (but not governed) by rules and routines.

The present moment is filled with joy and happiness. If you are attentive you will see it. ~ Thich Nhat Hanh

One Minute Mindfulness Exercise

1. Sit in a chair with eyes lowered or closed. Uncross your legs and allow your hands to rest by your side or on your lap.
2. Allow your posture to be upright and stable, but not too taut not slouched.
3. Take a few breaths and bring awareness to your body, sitting in the chair.
4. As you breathe, pay attention to the movement of the breath as it enters and leaves your body, attending to the feel of air around your nostrils or mouth, or the rise and fall of your belly.
5. There is no need to control your breathing or to try to breathe in any particular way.
6. Maintain awareness on your breathing, noticing the breath as you might the coming and going of ocean waves against the shore.
7. When you notice your mind getting lost in distraction (and you will), gently bring awareness back to the breath.
8. When you are ready, bring awareness to the body. Gently lift your gaze or open your eyes. Carry a bit of the state of mind and body you have cultivated into the moments that follow.

Mindfulness Apps

Simple Habit
Insight Timer
Stop, Breathe & Think
Calm
Headspace
Find my guided meditation recordings on SoundCloud & Youtube ~ Joseph Croskey II

Quick Practice – SBNRR or STOP

Books & Magazines

Chade-Meng, T., “*Search Inside Yourself: The Unexpected Path to Achieving Success, Happiness (and World Peace)*” (2012).
Harris, D., *10% Happier* (2014).
Kabat-Zinn, J., “*Wherever You Go, There You Are: Mindfulness Meditation In Everyday Life*” (2010).
Mindful magazine www.mindful.org

Mindfulness websites

www.umassmed.edu/cfm Center for Mindfulness, UMass Medical School
www.marc.ucla.edu/ Mindful Awareness Research Center (MARC)
www.mindfulness.miami.edu UMindfulness Research & Practice Initiative
<http://www.investigatinghealthyminds.org/> Ctr Investigating Healthy Minds
<http://greatergood.berkeley.edu/topic/mindfulness/definition> The Greater Good Science Center
<http://ibme.info/> Inward Bound Mindfulness Education
<http://www.contemplativemind.org/programs/acmhe>

How & When to practice?

When? Decide on a specific time for formal & try informally anytime
How long? Decide on a length of time that will work for you, then cut the estimate in half to begin – try one mindful breath a day