

Discover the Many Benefits of Mindfulness

It's a busy world out there. We live in a frantic world that has no peace and is not going to find peace soon. If you look at yourself, you find that there is little difference between you and those around you. Time is a great asset to have and enjoy. You plan your day while listening to the news, you eat while on the go, you fold the laundry while keeping one eye on your Facebook page and another one on your kids, and the list goes on.

Mindfulness

An Obscure Practice Becomes Mainstream

However, we can find a refuge from all daily worries and problems. This refuge or haven is called "mindfulness" and is one of the most popular terms of the decade.

Mindfulness has enjoyed a tremendous surge in fame over the last couple of years, both in literature and in the press. While this practice was considered by most westerners an obscure Buddhist concept, today it represents an extremely beneficial practice for both body and soul.

The practice of mindfulness involves focusing your attention on the present, without thinking of the past or worrying about the future. The whole idea is to be happy with who you are, with what you've become and with what you have realized. Thousands of scientific papers prove that this unique technique improves physical and mental wellbeing, reducing chronic pain and increasing self-esteem. Moreover, this practice can be used to enhance the body's natural healing system naturally.

The term "mindfulness" is similar in nature to the psychological state of awareness. In other words, mindfulness is a state, not a trait. You can cultivate mindfulness through several practices, such as qigong, yoga, centering prayer or tai chi. However, studies prove that the best way to reach mindfulness is through meditation.

Doctors have already begun to implement this powerful practice when treating patients. For instance, Jon Kabat-Zinn, Ph. D. from the University of Virginia, was inspired to apply the principles of mindfulness to patients suffering from depression,

anxiety and fear. Jon repeatedly clarifies that mindfulness, despite its Buddhist roots, could soon replace medication and therapy.

Research conducted on this concept has identified the following benefits:

Top Benefits of Mindfulness

- Relieve Anxiety and Stress: Regular sessions of meditation decrease stress, depression, anxiety, irritability and exhaustion. Scientists believe that mindfulness work by helping people accept their experiences, especially those painful experiences which hurt the most. By accepting their experiences, people learn to avoid the sting of negative emotions and hard feelings.

Many studies conducted in the past prove that practicing mindfulness on a regular basis reduce stress. All these studies are backed by the testimonies of tens of thousands of people who were able to overcome stress and enjoy a new type of freedom.

- Improves Working Memory: Mindfulness has been proven to enhance creativity, improve reaction speed and enhance memory. According to a study conducted in 2000 among a military group, after an 8-week training with daily sessions of meditation, 94% of participants were able to concentrate up to 24% more when in combat and 14% when out of combat. Moreover, they testified that they had an improved reaction speed and were more confident in their skills.

- Better Focus: If you practice mindfulness regularly, another huge benefit you will get to enjoy is an improved focus. You will be able to have an enhanced focus all throughout the day in order to know which activities come first. Additionally, you will be able to learn quicker and you will be able to remember things better.

Focus, attention and receptivity will all surge exponentially once you begin to master mindfulness. Mindfulness is great for students or people who want to learn an instrument, a new language or have to prepare for an important job promotion.

- Relationship Satisfaction: If you love to interact with other people, mindfulness could prove extremely useful. If you are mindful, you will be able to respond better to relationship stress, which helps you enjoy better relationships with

those around you.

Evidence suggests that people who practice mindfulness regularly are more protected against the negative effects of relationship conflict. For better relationships, become mindful – you won't regret it.

- Increased Self-Esteem: Probably one of the biggest benefits of mindfulness is an improved self-esteem. Mindfulness meditation is known to decrease emotional reactivity, enabling you to disengage from all emotional upsetting pictures and become comfortable with yourself.

Once you have enough confidence in yourself and you are happy with your position in society, you will begin to appreciate life more and be happier. In the end, what's the purpose of living your life if you can't enjoy it?

Life is meant to be enjoyed and cherished. Unfortunately, our society seeks money and fame more than happiness. Still, mindfulness brings us back to the roots of everything that means life.

- Reduce Addictive and Self-destructive Behavior: It has been proven that people who were addicted to drugs and alcohol were able to find freedom through mindfulness meditation. A good and well-structured mindfulness program, together with cognitive therapy, can do wonders for you, helping you overcome all your addictions.

Investing in Yourself

Mindfulness is all about investing in your well-being. You can practice meditation sessions all by yourself, from the comfort of your home, or you can choose to go to a class where you can learn to practice mindfulness together with other people.

Studies also show that people who practice mindfulness have more empathy, are more moral, have a healthier immune system, work faster, think faster and act faster.

The Right Place

Choosing the right place is very important. You need somewhere where you can concentrate as well as focus. The spot must be quiet, serene, and peaceful. In this process, focus your positive energy and release all the restless pressures and problems you have. When you are practicing such meditations, you are enabling your thoughts to pass right through you without judgment.

You should also consider environment and atmosphere, whether it is too light or too dark. Choose a place inside or outside your home. Any place where you feel comfortable. A place where you can find peace and you won't be distracted in any way.

There are so many different techniques and trying to do all of them at the same time is not recommended. It is better to choose one style in the beginning and then you can try the others as you go along.

The following are the most common positions in meditating:

Seated Position: For some of you who are practicing mindfulness meditation, the seated posture is the basic and most efficient way of calming the mind and relaxing the body. It enables the flow of your positive energy to be concentrated and easily managed.

Standing Position: This is one of the most difficult postures as this focuses on the length of time you are able to stand on your feet and still be able to focus. An upright position where you feel comfortable with the position of your hands.

This focuses on the energy flowing to your whole body.

When it comes to your eyes you need to decide whether to close them or just open them as normal.

The most common problem we have when our eyes are open is that we can easily be distracted by the movements around us, causing us to lose concentration while meditating. In terms of your hands, you can place them anywhere, just as long as you feel comfortable.

You can place them in your lap, or in your thighs, just be sure that you keep them there for the entire period. Your mouth should be closed but not tight, so that you can allow yourself to breathe through your nose, with your tongue lightly touching the roof of your mouth.

When you have decided what posture to use, you can start meditating.

You can now enjoy a stress-free life without having to worry about tomorrow and without being trapped somewhere in the past.

Remember, the past and the future can become your worst enemies in life. All you have is today.

Today you can enjoy life and you can make the most of each moment you have.

Live a free life now and reap all these amazing benefits of mindfulness.

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