



Mindfulness

Most of us spend our days living inside our thoughts — worrying about the future, replaying the past, or judging ourselves for what we think we should be doing. The mind can become a very noisy place, and after a while, we start to believe that noise is who we are.

Mindfulness is the practice of stepping back and remembering that you are not your thoughts — you are the one observing them.

It's like sitting on the riverbank, watching your thoughts and emotions flow by on the surface of the water, instead of being swept away by the current.

Mindfulness isn't about forcing the mind to be quiet or empty. It's about noticing what's happening — thoughts, feelings, sensations — with curiosity and kindness, instead of judgment. The more you practice, the more space you create between yourself and your thoughts. In that space, peace begins to grow naturally.

Over time, this simple awareness changes everything. You begin to respond to life, rather than react to it. You find moments of stillness even in chaos.

You remember that you are not lost in the storm — you are the sky that holds it.

A Simple Daily Practice

1. Pause.

Stop what you're doing. Take a slow, deep breath.

2. Notice.

What's happening right now — in your body, your mind, your surroundings? No need to change

anything. Just observe.

3. Name It.

Silently name what you notice: "Thinking." "Worrying." "Judging." "Tightness in my chest."

This

gentle labelling helps you step back from identification with it.

4. Anchor.

enough.

Bring your attention to your breath, or the feeling of your feet on the floor. Let this moment be

5. Return.

When the mind wanders (and it will), simply notice it and come back — again and again — with

kindness.

Further Reading

- The Power of Now — Eckhart Tolle
- Wherever You Go, There You Are — Jon Kabat-Zinn
- Radical Acceptance — Tara Brach
- The Miracle of Mindfulness — Thich Nhat Hanh
- Mindfulness: Finding Peace in a Frantic World — Mark Williams & Danny Penman
- Ruby Wax does some great books on Mindfulness too