

~ THE POWER OF ~
MINDFULNESS



Mindfulness Cheat Sheet

This mindfulness cheat sheet is going to work a little differently from your typical cheat sheet.

Instead of giving you a glossary of terms (which you can find on the resource sheet), this cheat sheet will instead provide you with a full guided meditation that you can follow in order to enter a mindful state. Read through this and commit it to memory. You can even record yourself speaking it and play it back to yourself...

Let's go.

The Meditation

Start by sitting comfortably, with your hands on your lap and feet touching the floor. Keep your back straight but comfortable and close your eyes.

Now begin to breathe deeply. This should be loud enough that if someone were sitting next to you, they would be able to hear it.

As you breathe, try to count the breaths inward and outward, so that each takes three seconds.

1

2

3

Pause

1

2

3

Remember to breathe from your stomach first, filling your lungs from the bottom to the top. Do this for a few breaths...

[Pause]

Okay, now we're going to start bringing the attention inward by focussing on the senses. The objective here is not to actively seek out sounds and smells but instead to just let them come to you as you notice them.

Perhaps you can faintly hear the road outside, maybe you can hear distance birds. You might be able to hear the creaking of your building, or you might notice your own breath. It's funny how much we are normally oblivious too.

Now bring the attention in more. Now you're going to notice your whole body, starting from your head and working your way down your body. As you go from top to bottom, you're just going to notice how each part of you feels. Is it itchy? Achy? Can you feel the clothes touching your skin? Maybe you feel the pressure of your buttocks on the chair.

I'll give you a few moments to do that...

[Pause]

Once you've done this from top to bottom, I want you to return your concentration to your breath and just notice your chest as it rises and falls. Just count the breaths for a while. If you get distracted don't worry, just bring your attention right back.

[Pause]

Finally, you're now going to let go of your thoughts. There is no objective now: just allow your mind to go where it wants. If it wants to be quiet, let it. If your mind wants to wander, let it.

But what's important is that you don't engage with these thoughts. Let them pass by like clouds and you are just a passive observer. Make a note of those thoughts and be sure to notice them but do not chase them and do not allow them to change your calm state.

Do this for a while and when you've finished, you can just gently bring yourself back to full attention and wake back up. Don't do it with a start, just slowly allow yourself to come back around.