



Mindfulness for Self-Care, Stress Management, & Immune Support

What Is Mindfulness?

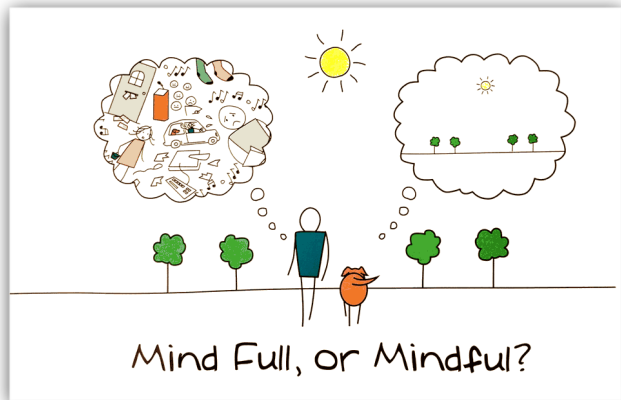
Mindfulness means paying attention to the *present* moment in a particular way with:

1. *Compassion* (Kindness)
2. *Neutrality* (Non-Judgment)
3. *Acceptance* (Openness)

Why Mindfulness?

- Respond vs. react to life events
- Treats health concerns: Depression, Addiction, Anxiety, Chronic Pain, ADHD, PTSD, etc.
- Improves memory & concentration
- *Boosts our immune system*
- Improves quality of life

MRI scanning of participants who engaged in the 8-weeks of meditation there were visible changes in the brain structure.



Mindfulness in the Workplace:

- Improved productivity
- Increased innovation and creativity
- Reduced health care costs
- Reduced office conflict

Mindfulness in Life:

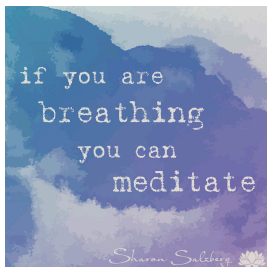
- Reduced stress
- Improved physical well being
- Increased memory and attention
- Pain-management

Formal Mindfulness Practices

- Mindfulness of Breath
- Body Scan Meditation
- Loving Kindness Meditation
- Mindfulness of Sound

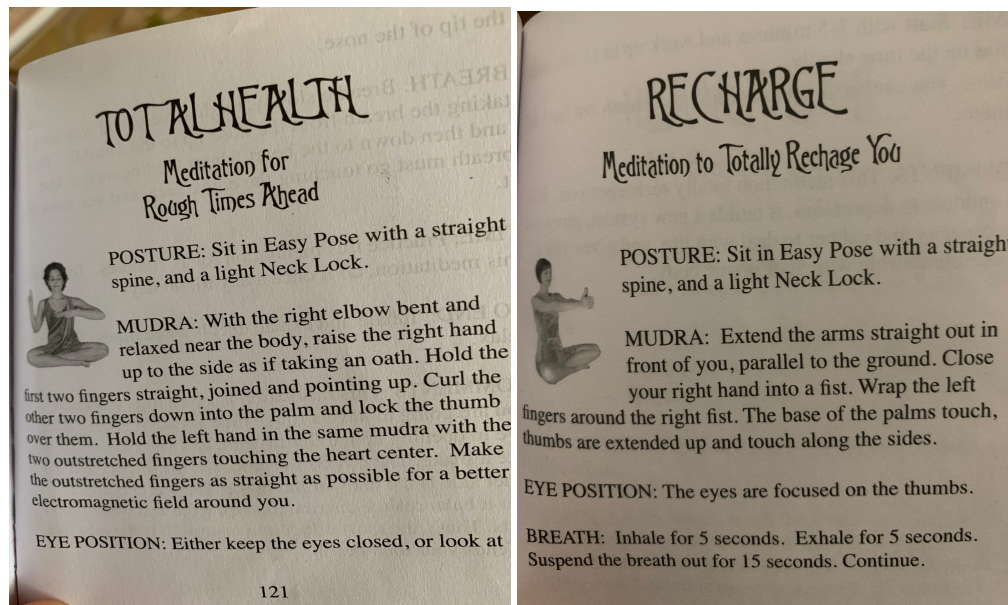
Informal Mindfulness Practices

- Eating
- Driving
- Walking Meditation
- Washing Dishes and other chores



The pure practice of mindfulness is to bring your attention to exactly what is — whether that is pain, bliss, peace or torment — each moment, as it arises. Mindfulness does not try to talk you out of anything nor to judge what you feel. It's not a prescription for happiness. Mindfulness is meant to help you acknowledge the truth of the moment you are experiencing.

Mindfulness Practice



Total Health meditation helps balance red and white blood cells which is the bodies defense system for preventing disease. Practice with long deep breathing moving the breath from nostrils to middle brow point. *Practice Time: 11 minutes.*

Recharge meditation improves mood when feeling depressed or depleted. It gives you a relationship to the pranic body and caliber to deal with life. *Practice Time: 3-11 minutes*

Length of Time to Practice (Mindful Moments)

- *TUNE UP - 1-3 minutes*
 - Affects the electromagnetic field, the circulation, and stability of blood –
- *STRESS NEUTRALIZER - 11 minutes*
 - Changes the nerves & glandular system
- *ACCESSING YOUR INNER GURU - 22 minutes*
 - Balances 3 minds and they begin to work together (positive, negative, & neutral mind)
- *HARMONY - 31 minutes*
 - Allows glands, breath and concentration to affect all the cells and rhythms of the body
- *REINVENTED - 62 minutes*
 - Changes gray matter in the brain, shadow and outer projection are integrated
- *A WHOLE NEW WORLD - 2.5 hours*
 - Changes psyche in its co-relation with the surrounding magnetic field so the subconscious mind is held firmly in the new pattern by the surrounding universal or unconscious mind.

Continued Practice/Resources

[Telehealth Therapy - 6 Week Mindfulness Course - Mindful Mondays Meditation Group - Self-Care Support Group – Mindful Recovery Peer Support Group – Mindful MaMa's Support Group](#)