

# MINDFULNESS PRACTICE

## LION'S MIND

Before you begin make sure to sit up straight, feet flat on the floor.....no slouching . Chair is better than a couch. Posture is important. You are about to TRAIN YOUR BRAIN !

### STEP 1:

**4 POINT BREATH:** to relax and prep the body for Mindfulness ( warm up )

Imagine an empty balloon 🎈 in your belly which you are going to fill through your 👃 nose ( strong breath) and empty through your nose too ( strong breath from back of throat )

LIKE THIS

Breath in for 4, Hold for 4, Breath out for 4, Hold out for 4. 🧊 This will help you become calmer. Do this 4 times. ( you can do any number as long as all the same eg 5 , 5 , 5 and 5 )

### STEP 2:

**BODY SCAN** : involves bringing your awareness or imagine a soft torchlight 🔦 shining on the top of your head, tip of nose, right ear, left ear, all the way down your body landing on different parts to the soles of your feet OR start at feet and move up IE SCAN YOUR BODY noticing feelings sensations etc. Don't spend too long on any part. AIM is to get you very present in your body. 🦶

Finally bring your awareness to the point of contact between your seating bones..BUM! and the chair you are sitting on.

THE POINT is to get you really focused on the present moment, HERE and NOW.

### STEP 3 : *THE GAME / MINDFULNESS..... CULTIVATING YOUR LION' MIND*



With eyes closed please bring your awareness to your breathing 😊

Notice the delicate movement of air at your nostrils as your breath in normally ( no controlling)



Notice the delicate movement of the air on your upper lip as you breath out

Please begin to count this breath.

Inhale is 1

Exhale is 2

Inhale is 3

and so on until 10 . Then, Start all over again for a pre set time

**OR** you can use phrases like IN..OUT in rhythm with your breath

**OR** You can alternatively focus on your breath by noting the rise and fall of the chest / tummy area using the phrase( silently) Rising, Falling with the movement.

I recommend the Chest/ Tummy if you are feeling very overwhelmed and anxious. However it often settles on what feels right for you

The timer is set AFTER body scan.

20 mins before breakfast and 20 mins before dinner is ideal and **will** show results with continued practice eg less anxiety, more resilience, calmness, greater focus.

However, start small perhaps 5mins twice a day for a week or so and build up.

**DISTRACTIONS ( BONES ) AND WHAT TO DO:**

There are only 3 kinds of distractions and you become the witness/ watcher of them all.

\* **1.THOUGHTS:**

If you find yourself distracted by thoughts/ daydreaming/ fantasy etc  
eg

This is not working!

I think this is a waste of time!

I need to look at my phone!

You simply

**Note it** 🤔 ,

**Label it** THINKING

**Return** to counting your breath or Rising, Falling phrase depending on which you chose to use.

**\*2. FEELINGS:** ❤️

Feelings handled as above ... **Note** 🤔 and **Label** but this time it works better if you can **NAME** the feeling eg restless, bored, anxious

Then Return to your counting/ phrase. But dont get too distracted by trying to figure that out. Noting it is what is important.

**\*3. OUTER DISTRACTIONS :** 🐕 🚗 📺

Eg dog barking, car alarm, TV, loud voices are **Noted** 🤔 and **Labeled** as what they are ie dog barking! and return to your counting/ phrase.

You will be distracted.... **A LOT** 🤔 This is actually normal/ good as it allows you to practice a lot of **Noting** ( witnessing) , **Labeling** and **Returning** to your counting of breath or phrase ...Rising, Falling of chest tummy.

***THIS IS THE WORK....the Practice of Mindfulness. .***

Just like in a gym you must practice regularly to build strong muscles💪 It's the same with Mindfulness.You must practise regularly/daily to build a strong, resilient brain muscle ie **A LIONS MIND** 🦁 🧠.

**Good luck and stick with it!**

Ms. Carty 😊.

any Q's just connect on my school email [vivienncarty@cpckilcullen.com](mailto:vivienncarty@cpckilcullen.com)

