MINDFULNESS

UNDERSTANDING OUR NEEDS AND DESIRES

BY ELZA BENIAMNOVA \ TRUTHFUL LIVING CONSULTANT \ 718-496-0461

Mindfulness is a way of observing your experience so that we can create a set of new methods to change for a more fulfilling truthful existence. Are you living the life you want right now? Is your life focused on what is most meaningful to you? Getting in touch with the life you want to live and learning how to bring your dreams to life in the present isn't easy because your mind, like all humans, will spring to negativity and throw barrier after barrier. Let's learn how to free ourselves from those traps and dissolve those barriers.

This starts with an inventory of the feelings and thoughts that arise. Let's complete the exercise below to inventory our wants and desires and identify what is holding us back.

BOX BREATHING PRACTICE: Find a comfortable seat.

Take a deep breath in for 4 seconds, hold for 4 seconds Release the breath for 4 seconds, hold for 4 seconds, deep breath for 4 seconds

Do this for a few moments and then dive into the exercise!

What makes you stay connected to yourself?	What are you letting go? What are things you no longer want in your life?
What do I value?	What will I not tolerate? Not settle for?