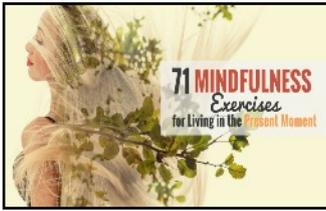


Conscious spirituality in search of truth...



AN EXTRACT FROM 71 MINDFULNESS EXERCISES

A basic definition of mindfulness as this applies in everyday life is being fully aware of having a purpose, being in the 'present moment' [not just living in the past or future] and most importantly, not being judgemental with yourself.

Mindfulness Hamilton is an online resource website which displays seventy-one useful mindfulness exercises which can be easily assimilated into a regular practice. The benefits to mental, emotional, spiritual and physical well being far out weigh the effort of learning various mindfulness techniques. These suggested exercises don't require hours in a sweaty gym, pounding a pavement, enrolling in programs-courses or buying expansive books, its simply a matter of practicing.

Featured mindfulness exercises displayed on this website can be carried out easily, it's only a matter of choice in what you might need right now. Of the seventy one suggested Mindfulness Hamilton exercises I've selected five which I regularly apply in life. These are, #26 Mindful Driving, #34 Outcome Directed Thinking, #47 Music Break, #48 Cultivate Humility, and #58 Walking Meditation.

—Philip Crouch, Tasmania, 2020

SELECTED EXTRACTS: MINDFULNESS EXERCISES FOR DAILY LIVING

EXERCISE #26: PRACTICE MINDFUL DRIVING

*'If your morning routine involves driving to work, running errands, or taking your children to school, you know how "mindless" people can be in morning rush-hour traffic and how stressful driving in your car can be. If you know that driving causes you to feel anger, stress, and anxiety, then you can change your viewpoint of this task by practicing mindfulness. **When you get into your car, take a few deep breaths.***

Don't turn on the radio or create other distractions while in the car. Turn your phone on silent. As you begin to drive, make an extra effort to notice your surroundings. If you get stuck in traffic or someone cuts you off, notice the feelings that arise (anger, frustration, anxiety, competitiveness), and simply identify them.

***Use traffic stops or other necessary stops to practice a few deep, calming breaths.** Once you arrive at your destination after you've turned off the engine, sit for a moment and take three deep breaths, really letting go on the exhalation. Do you have a long and stress filled commute to work? Get some ideas to make it better with some mindful commuting practices.'*



EXERCISE #34: PRACTICE OUTCOME-DIRECTED THINKING

‘Often we delve into our work with a “Just get it done” mind-set. We plow through the tasks mindlessly, just so we can check the item off the to-do list and move on. Rather than beginning a task in this state of numbed-out unconsciousness, take a few minutes to think about what you’d like to accomplish by practicing what’s called “outcome-directed thinking.” **When you focus your attention on a desired outcome** rather than on perceived problems, you’ll see opportunities where others don’t and get through obstacles that may impede other people.’

EXERCISE #47: TAKE A MUSIC BREAK

Listening to music is a powerful mindfulness habit that can reduce stress, elevate your mood, raise your IQ, and offer many other mental and physical health benefits. Taking a break to actively listen to music for a few minutes during your day can help you return to your work in a more positive, peaceful, and productive frame of mind. In fact, listening to music—especially classical music—can change your brain in ways that improve memory and learning.

EXERCISE #48: CULTIVATE HUMILITY

When you are humble, you are grounded in yourself with enough self-assurance and poise that you don’t need to show off, act defensive, or toot your own horn. When you practice humility, you intentionally let go of self-aggrandizing behaviors and thoughts that put you in a “me first” frame of mind. Working toward humility is a growth experience in which you no longer need to see yourself above others—nor do you put yourself below them. You have a sense of confident neutrality about who you are as compared to others. You view your own strengths and weaknesses accurately, and you recognize that everyone has intrinsic value, even those who appear “beneath” you in some way.

EXERCISE #58: PRACTICE WALKING MEDITATION ¹

A walking meditation requires engaging all your senses. **You are intentionally aware of your feet hitting the ground, your eyes taking in the sights around you, your lungs breathing the air in and out, and your ears hearing every sound.** It’s a practice that allows you to be more connected with the environment, which is an essential part of who we are. Being in nature releases you from the ongoing internal dialogue of your mind and makes you more aware of the beauty of the outdoors. By combining walking with mindfulness, you are practicing an excellent habit for releasing the stress of the day so you can transition to your evening activities in a more harmonious frame of mind.

¹ This exercise is a regular practice for me





Suggested resources:

Mindfulness Hamilton – '71 Mindfulness Exercises for Living in the Present Moment.'

<https://mindfulnesshamilton.ca/resources/online>

<https://www.developgoodhabits.com/mindfulness-exercises/>

<https://www.mindfulnesscds.com/>

https://youtu.be/3nwwKbM_vJc

<https://www.bookdepository.com/Full-Catastrophe-Living-Jon-Kabat-Zinn-Thich-Nhat-Hanh/9780345536938?ref=grid-view>

