
5 EASY STEPS TO MINDFULNESS

RICK PURSELL

Contents

Introduction.....	3
Step 1 – The Sense of Sight.....	4
Step 2 – The Sense of Touch.....	5
Step 3 – The Sense of Hearing.....	6
Step 4 – The Sense of Smelling.....	7
Step 5 – The Sense of Tasting.....	8
Sixth Sense – Intuition.....	9
Conclusion.....	10

Introduction: Mindfulness – what is it?

In a way, mindfulness can sound like a bit of a misnomer.

In essence, the more we empty our minds, the more we can tap into a vast pool of potential, ideas and imagination.

Ask any meditator and I am sure they will agree.

“Mindfulness is the basic human ability to be fully present, aware of where we are and what we’re doing, and not overly reactive or overwhelmed by what’s going on around us.”

Mind-full-ness, is a mind full of random thoughts, ideas and images that will keep you awake at night, but worse still, it keeps you out of present time. You see, there is a part of our mind called the ego and the ego only operates in the past or future, so when you are under its influence, you are no longer present in this moment of time.



The most effective way I know to come into present time and become truly mindful, is through our 5 senses with a little 6th sense thrown in.

These exercises involves being totally focused on one sense at a time and noticing everything about what you are observing, I mean really noticing, not just glancing and looking away, but to really observe what is there, without judgement.

Judgement does not necessarily mean the negative; it also encompasses the positive, like good. “Good” and “bad” are judgments, so we want to avoid placing a label of judgement on what ever we are observing and just seeing what is there.

Step 1 - The Sense of Sight



Focus your full attention by looking at and deeply observing an object, person, or something in nature and notice everything about it.

Study the texture, colours, shape, size, movement, etc., and do this without any judgement (easier said than done, so just persist and practice).

The mind will want to comment, as this is its nature, *"Oh, what a pretty flower,"* or *"Wow, look how the sun shines through those leaves."*

Your role is to just observe and notice everything about what you are looking at. Notice how when the mind quiets down, you start to see more of what is there and you come into present time.

This is mindfulness.

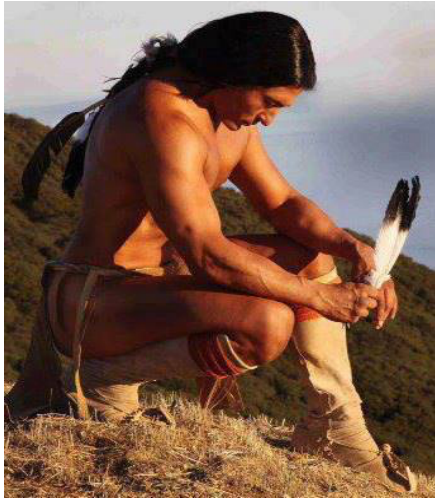
Do this exercise for about 3 - 5 minutes with each item and then select something else to observe, or finish off and notice how you feel.

Ask yourself these questions:

- *Do I feel more present?*
- *Do I feel more alive?*
- *Did I "see" or "feel" something about the observed item, object or person that was not present to my eyes, but felt real?*

This could be what your 6th sense of intuition may have been picking up, which goes beyond your normal perceptions. Don't invalidate this and negate it, as this is what true mindfulness provides, a full spectrum of what is there, plus a sense of what is unseen.

Step 2 – The Sense of Touch



Seek out something to touch and feel deeply with your hands or any part of your body, such as feet or arms. Our hands have about 200,000 neurons and are excellent conductors of information, so if you are starting off with this process, your hands are the best to give you a heightened experience

Notice fully, the texture, temperature, hardness or softness etc., again without judgment.

To shut off the other senses, which will automatically want to be involved, you may want to close your eyes for this exercise.

Feel deeply what you are touching, going deeper and deeper into it, breathing into it and registering the sense of touch and the “messages” you may be receiving back from the object.

Don’t allow the mind to take over (as it will want to) and make up stories around your sensations of touch, but effortlessly observe closely what you are experiencing.

Do this exercise for about 3 - 5 minutes with each item and then select something else to observe, or finish off and notice how you feel.

Ask yourself these questions:

Do I feel more present?

Do I feel more alive?

Did I “see” or “feel” something about the observed item, object or person that was not present to my sense of touch, but that felt real at an energetic or intuitive level?

Do not be concerned if you didn’t have any experience at an intuitive level, it will come with more practice.

Step 3 - The Sense of Hearing

Put on some of your favorite relaxing music or better still, go out into nature, sit down and listen intently to what sounds that are emerging.

Pick out one sound and put all your focus on it, absorbing deeply the sound and listen carefully without judgement.



Listen for the pitch, level of sound, tone, rhythm and clarity, noticing the variations as they occur.

Once again, this is a good exercise to close your eyes, so your sight does not distract your attention away from your listening process.

Going deeper and deeper into the sound as you breath into it, listening with your whole body.

Do this exercise for about 3-5 minutes with each item and then select something else to observe, or finish off and notice how you feel.

Ask yourself these questions:

Do I feel more present?

Do I feel more alive?

Did I "see" or "feel" something about the observed item, object or person that was not present to my sense of hearing, but that felt real at an energetic or intuitive level?

Step 4 - The Sense of Smell



Have you ever walked past a bakery or coffee shop and stopped for a moment just to take in the rich, delicious aroma wafting out onto the footpath?

If you have had that sensation, it probably bought you into present time, if only for a moment

In this exercise, stop everything else that you are doing and focus 100% on the aroma that you are experiencing, going deeper and deeper into the smell as you breath into it, taking in each and every element of what you are smelling.

Your receptor cells called receptor neurons located in your nose, are capable of detecting thousands of different odours.

Once again, this is a good exercise to close your eyes, so your sense of smell becomes heightened.

Do this exercise for about 3-5 minutes with each item and then select something else to observe, or finish off and notice how you feel.

Ask yourself these questions:

Do I feel more present?

Do I feel more alive?

Did I "see" or "feel" something about the observed item, object or person that was not present to my sense of smell, but that felt real at an energetic or intuitive level?

Step 5 - The Sense of Taste



This is the last of the physical senses we will explore and one we generally take for granted as we eat and drink, barely taking notice of the sensations on our taste buds and the after taste in our mouth.

What a shame!

For this exercise, it is best to start off with something you really enjoy, progressing later to some things you are not so fond of, where the mind is likely to judge like crazy!

Once again this sensation is best experienced with your eyes closed, as you want all your attention on what you are tasting.

Chew slowly, many times (experts suggest we should chew every mouthful of food at least 50 times), but with our busy lives, we sometimes have to make compromises). When you have finished swallowing, check for an after taste in your mouth.

Do this exercise for about 3-5 minutes with each item and then select something else to observe, or finish off and notice how you feel.

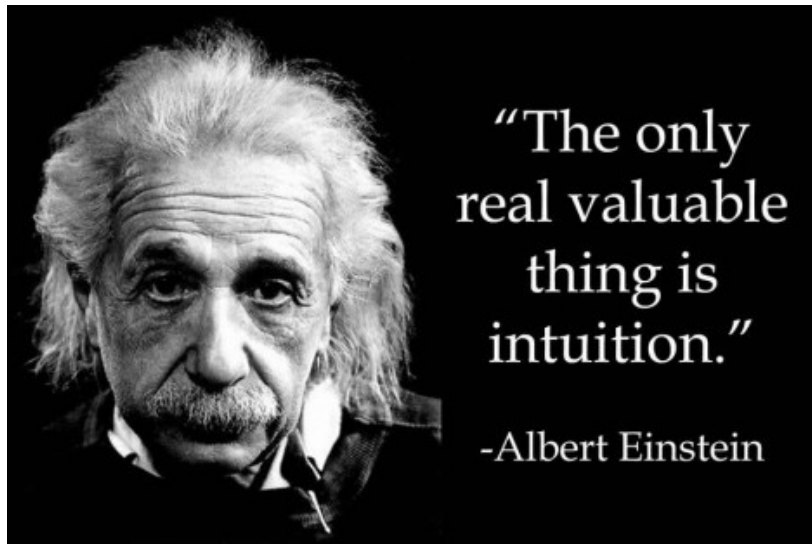
Ask yourself these questions:

Do I feel more present?

Do I feel more alive?

Did I "see" or "feel" something about the observed item, object or person that was not present to my sense of taste, but that felt real at an energetic or intuitive level?

The Sixth Sense - Intuition



Intuition: noun

The ability to understand something immediately, without the need for conscious reasoning.

A thing that one knows or considers likely from instinctive feeling rather than through conscious reasoning.

Intuition is an inbuilt capacity to KNOW things, without having to use the mind to analyse and figure it out. It can be as simple as “Knowing” who is on the phone before you even pick it up or look at it.

We all come “downloaded with this software”, but historically, women generally have a better sense of intuition than men, primarily because when they assume the role of motherhood, they have to know what their baby needs and wants, because they cannot express themselves through speech.

Whenever you happen to “know” something in advance, just quietly acknowledge it to yourself and your intuition will become more frequent and heightened.

Learn to listen to your intuition and trust it, for it will, in conjunction with your intelligent heart, guide you to where you need to be in life.

The left-hemisphere of the brain will always demand facts, proof and logic, but the intuition comes from your right hemisphere and sees the bigger picture.

You can't make intuition happen, it just spontaneously occurs, so enjoy it when it does.

Conclusion

Being mindful equals being in Present Time, the only true place from which creativity can flow.

Conclusion Just to be clear, to scan the past for memories, ideas, and experiences, is not a bad or unwanted thing. Neither is venturing into the future for a sharp and clear visualisation of what you want to create in your life.

However, when this impetus is coming from the ego, which only operates in past and future, then the challenges begin. Our ability to scan the past, present and future is a worthwhile tool, as long as we don't get stuck in any one of them.

Being mindful of what we are doing when we are doing it, brings us into present time where we can make conscious, more intelligent and responsible choices, while tapping into an endless field of potential and creativity.

Another huge benefit, is we start noticing more about us in our daily life. Things that were always there, but went unnoticed, now provide an avenue for a richly rewarding experience.

Your practice should also include the more "mundane" aspects of your life, like brushing your teeth, preparing a meal, taking a shower or driving your car. These present time activities then rise well above the mundane and can be spectacularly profound, but don't take my word for it, try it out for yourself.

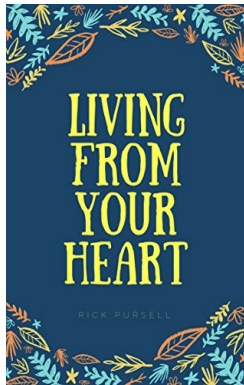
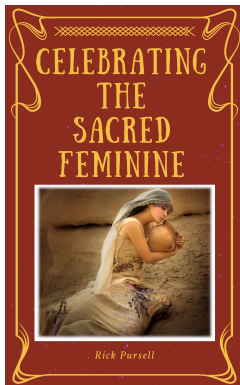
***"The present moment is filled with joy and happiness.
If you are attentive, you will see it."***

Thich That Hanh



TEDx Speaker & Author

Workshops. Retreats. Coaching.



If you would like to find out more about our books and services and how they can have a life-changing impact on your life and business, feel free to join us on

Website: www.rickpursell.com

5 Easy Steps to Mindfulness