**Compass Life Coaching Mindfulness Guide**:

Learn to go from Chaos to Calm in 60 Seconds!

www.TheCompassLifeCoach.com

**A basic definition of Mindfulness:**

“Paying attention in a particular way, on purpose, in the present moment, without judgement”

Paying attention—focus

On purpose—intentional, with a purpose

In particular way—a practice or strategy

In the present moment – fully awake and engaged in the here and now

Without judgement—not making a judgement about what is good or bad, but seeking to understand and accept who or what is in front of you.

**A basic definition of Christian Mindfulness:**

“The practice of paying prayerful attention in the present to God and his abundant life.”

(adapted from the book, *Right Here, Right Now. The Practice of Christian Mindfulness*. By Amy Oden)

The practice— the application of an idea, belief, or method which is performed regularly

Paying prayerful attention— being ourselves in God’s presence, attentive to God and expecting to discover something about God or what he is doing in the present moment

In the Present— the here and now, fully aware

To God—focusing our thoughts and heart on God and towards God

And his abundant life— the fullness of life that God desires for us and others, a life overflowing with his Shalom and unconditional love

****

**The Benefits of Mindfulness**

According to research, mindfulness can help you:

Retrain your brain and thought patterns

Have more focus and sustained attention

Think more positively

Feel more satisfied by being in the present moment

Relieve stress and anxiety and enhance mood

Improve the quality of your sleep

Reduce blood pressure

Recover more quickly from illness or surgery

Have deeper spiritual experiences

Connect more deeply with God

Hear God’s voice more clearly

Have more gratitude

Become less reactive

Manage your emotions

Have more compassion for others

Be more at peace with yourself, with God, and with others

**Simple Mindfulness Practices You Can Begin Today**

**Gratitude at the Rising and Setting of the Sun**

The daily practice of gratitude can help reduce stress, anxiety, and depression and improve you over all wellbeing. Try this simple practice (it will only take a few seconds):

1. In the morning when you first wake up, take a few seconds to think about 1-2 things you are grateful for in that moment. Reflect on the positive aspects of those things for a few seconds.
2. At night when you lie down to sleep, pause and think of 1-2 things you are grateful for or something positive that happened during your day. Reflect on these things as you fall asleep.

Research shows that the first few thoughts you think in the morning will affect your mood and mindset for the day, and the thoughts that you focus on as you fall asleep will affect your quality of sleep. This gratitude practice is a great way to begin and end your day. You can also write your thoughts in a journal. You may also want to offer a short prayer of thanks for those things you are grateful for.

**The Practice of Being in the Moment**

A foundational piece of mindfulness is learning to be fully present in the moment. Its important to tune into the here and now as well as letting go of thoughts that keep us from being in the moment. Being in the moment reduces stress. You cannot be in the future—you can only think about the future. You cannot be in the past—you can only think about the past. So, focus your thoughts on the present in order to fully experience the joys of the present and to let go of the burdens of the past or future.

Try this practice:

Focus step by step on being aware of the present moment through your senses. This practice works well in a quiet place in nature.

What do you see right now?

What do you hear?

What do you smell?

What sensations do you feel in your body?

Take a moment to be aware of your spirit. What sensations, images or words are welling up in your spirit?

Take a few moments to breath deeply and sit with an awareness of your senses and spirit.

**Speaking Affirmations, Scriptures, or Mantras**

Words are incredibly powerful—not only when we think on them, but also as we speak them. The spoken word creates energy that is positive or negative each time you speak. According to the book of Genesis, God spoke the natural world into existence. Consider what you are speaking into existence—are the words positive or negative? Make a list of positive affirmations about yourself, and scriptures or sayings that bring you peace, strength, energy, or positive thoughts. Keep each thing on the list limited to a sentence or two so you can memorize them. Whenever you begin to feel stressed, anxious, or overwhelmed start speaking the positive words and begin to feel your energy and the energy around you become more peaceful and positive.

**For more on mindfulness, ways to reduce stress or anxiety, and to improve your wellbeing**

**Contact me today!**

These simple practices are a great way to get started with mindfulness. I also teach my clients more in-depth practices such as various types of meditation, techniques to help process thoughts and emotions in a healthy way, and practices to deepen your spirituality and spiritual connection. My clients move forward with clarity, inner peace and confidence!

Visit my website or contact me today for a free consultation:

www.TheCompassLifeCoach.com

Below is a chart comparing Mindfulness from three perspectives: Buddhism, Psychology, and Christianity:

|  |  |  |
| --- | --- | --- |
| **Buddhist based Mindfulness** | **ACT (Acceptance and Commitment Therapy)** | **Christ Centered Mindfulness** |
| No self or individual soul | Self-focus | Focus on God and self |
| Use of the five senses | Use of five senses | Use of five senses |
| Focus on one thing | Focus on one thing | Focus on one thing, especially Christ |
| Acceptance, compassion | Acceptance and self-compassion | Acceptance, grace, and compassion |
| Emptying the Mind | Awareness of mind | Awareness of mind and God, and being filled with the Holy Spirit |
| Interconnection | Connection to our external and internal world | Connection to God, God’s creation, and self |
| Belief in reincarnation and awareness of present moment | Acceptance and awareness of present moment and living based on core values | Awareness of past, present, and future and belief in eternal life and resurrection |
| Surrender of desire | Willingness to change | Yielding our will to God |
| Aim: spiritual enlightenment | Aim: psychological flexibility | Aim: loving God and the people around us |
| Value: reducing suffering for self and world | Value: living a meaningful life | Value: Christlike transformation of self and the world  |