

Mindfulness based Therapies

Mindfulness is an experience and a concept of awareness, that has been shown to bring about a change in many peoples lives. It involves mostly an acceptance of ones experience and a certain degree of healthy detachment, without denial of what is occurring.

It has been most recently linked to CBT (Cognitive Behavioural Therapy) having been found to help with stress reduction, and pain relief. It is highly effective in prevention of relapse in recovering sufferers of depression.

Mindfulness is a Buddhist based practice and centres on a meditative, attitudinal approach, if not a direct approach through Mindful meditation itself, e.g., The Mindfulness of Breathing meditation practice. Other practices that can enhance Mindfulness are yoga or Tai Chi. It takes time and some guidance to develop the required balanced effort that lies in its success. Mindfulness can bring about an enhanced sense of life and integration of mind and body, therefore avoiding an over identification with thoughts, particular feelings (sensations) or emotions.

What is Mindfulness?

Mindfulness is to pay attention, with an intention of being aware of the present moment, in a judgement-free way.

So Being Mindful of what ?

- Being Mindful of the body
-
- Being Mindful of feelings or sensations
-
- Being Mindful of our minds; often our thinking and mental processes
-
- Being Mindful of strategies, practices and contemplations that lead to a more positive, truthful understanding of ourselves, things, situations, life, and Reality itself

Mindfulness Based Therapies aspires to bring together the old and the new, to make a positive difference in our day to day lives, our work ,if not the world we live in and share.