



Deeper Mindfulness

10 Top Tips For Deeper Mindfulness

1 - Begin with your body

Don't imagine that deeper mindfulness is about letting go of the body. Your body is the instrument on which you play out your life. Love your body. Take care of your body. Diet and exercise are a core part of your practice. (Details on my deeper mindfulness courses)

2 - Breathe the breath of life

(My course is very strongly focused on breathing.) Here are the deepest secrets I can impart to you that will change your life. Learn to breathe slowly and deeply from the base of your spine to the place between your eyes. You probably do not breathe deeply yet.

3 - Kundalini

Waiting for your attention, a wonderful serpent is coiled around the base of your spine. When you awaken it, this serpent energy rises through the Chakras to transform your life. There are many ways to awaken Kundalini. It can happen spontaneously, but I recommend you find a teacher. (I may be able to help you.)

4 - Meditation

The aim is to concentrate your mind. Some people can concentrate on video games for hours on end. A heron stands in the water motionless for ages, concentrating on fish. The difference between these things and real meditation is the focus. There are many names for this focus: God, the Self, the Atman, Shiva, are but a few. If you wish to be deeply mindful in your life you will need to learn to meditate. The best time for meditation is upon waking before the demands of ordinary life intrude. However, you can take time out of your day at any moment to become centred and rediscover deeper mindfulness for your work.

5 - Posture

Everyone has seen the yogi sitting in the lotus position deep in mindful meditation. A small child can easily sit this way. An adult westerner will struggle. An older person will not be able to reach and hold the position. However, you do not even have to sit with your back straight, though this is a good thing to do. A chair helps in this if you are not comfortable in the lotus, the half lotus or cross legged. Older people may find that wonderful things are possible lying flat on a mattress in corpse pose. I recommend this to people of a certain age.

6 - Deeper Mindfulness in walking

There are many ways of being you can experience in the course of a walk. Walking with a deeper mindfulness can take you to beautiful inner places as well as into the beauty of nature. Even a city landscape can become a place of deeper mindfulness.

7 - Deeper Mindfulness in vision

Some choose an outer point of light like a candle flame to concentrate upon for meditation. The goal is to become centred within. The still focus on the outer object leads you inwards to a deeper stillness of mind. As you go deeper into meditation visions will come. But you can also deepen your vision by creating art and photography in the outside world. You can learn to bring your deeper mindfulness into the world through creative work. (Check out my Mindful photographer course)

8 - Mantra. "So Ham" means "I am That, That I am."

If you practice saying "So" on the in-breath and "Ham" on the out-breath in your practice you will begin to discover your deeper being, your higher Self. You will be truly surprised what changes this mantra will bring to your life. (See the section on Mantra in my Deeper Mindfulness course). Playing on a singing bowl may be helpful in attuning you for meditation and peace of mind.

9- Follow the left hand pathway for a change

Many people learn a few lessons from ancient India or Buddhist practice and apply them to daily western life, calling it mindfulness. It is certainly better than being mindless, the way of habitual repetition. But following the right handed path is introverted and leads to a deep withdrawal from the entanglements of living in the world, which few are able to follow. There is a left handed path which is also worthy of your consideration. This path leads to spiritual connection with the other and a deeper human relatedness. Try sitting with your partner and meditating on the connection between you. (Much more on this in my Deeper Mindfulness courses)

10 - Respect and Compassion

All Mindfulness courses focus on helping you live your daily life in a more mindful way. The foundation of any such way of living flows from a profound respect and compassion for the world you live in. Each person you meet has a divine spark within them. Respect that spark and honour it in the way you interact with the other. Compassion is natural to some, less so to others. You can open up your compassion for the suffering of the world and its beings by focusing on the heart chakra in your meditations, seeing the light of love emanating from your heart out into the world. You can also meditate on achieving power with people rather than power over people through the will centre chakra.