

Mindfulness Introduction

Sati

Mindfulness Intro



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Mindfulness Groups & Mens Groups

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Introduction

Thank you for downloading The Mindfulness Get Started Guide! This is a very simple but also very useful introduction to get you started. Even if you know Mindfulness in advance you will get a few so called secrets in this Mindfulness manual.

Mindfulness and Meditation is spreading all over the world. People seems to be more interested in Mindfulness, self development and quality of life than ever before. The intention of this manual is to introduce you to Mindfulness and hopefully, a life with less stress and more awareness.

Mindfulness is a way to get more in control by being more attentive and aware what is going on. In your body, in your mind and in your daily life.

Mindfulness is a great tool to improve relationships and develop love, by being more aware of what you are doing subconsciously to destroy them!

In The Advanced Mindfulness Manual, you will learn specific meditations for healing your self and become more aware of your emotions and how to handle them in another way than you are used to. This second edition of The Mindfulness Get Started Guide, has a section on the Heart and in [The Advanced Mindfulness Manual](#) we will go even deeper into the matters of the Heart, showing you why your Heart is your most valuable guide.

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If you are on any kind of medication consult your doctor before using the contents of this manual.

In short: Use your common sense and your brain.
You are encouraged to print this book for easy reading.

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Mindfulness

The mind is distracted. It is always doing something even when we sleep. If you examine your mind you will discover that a huge part of your thoughts are repetitive and circling around the same things over and over again. This is a waste of energy.

In this introduction to Mindfulness you will learn:

- How to nurture your relationship with your thoughts
- How to relax from thinking
- How to be more yourself
- How to find your energy
- How to be more free from negative thoughts and patterns

Maybe you FEEL free, but you are not free. No one is. But your spirit is free. Don't keep locking it up in the prison we call ME!

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The Sky is The Limit!

The Sky is the Limit, somebody says.... I really don't know about that.

I started experimenting with meditation and mindfulness twenty years ago. One of the first things that happened was both shocking and exciting. I was sitting in my couch and slowly I discovered that I was sitting in an auditorium all alone, and a professor with his black square hat came in and stood behind the rostrum and he said with a very soft but very clear and distinct voice: Here I am. Your Identity!

This statement did not fit into what I thought was my identity so I opened my eyes in a state of total surprise and discovered that I still was sitting in my couch and the professor was gone! All I was left with, was a feeling of a future reunion, a feeling that he would be back one day in the future.

So I started some serious meditation. I searched a few years and found a genuine, honest and very skilled teacher, who taught me a lot of stuff. He revealed something to me that was so simple that no humans will never think about it. Ever! We have to be told! He was told this secret by his teacher.

The Sky is the Limit, somebody says....

Humans are not able to BE free. We can FEEL free or FEEL freedom, but we are NOT free. We can experience economic freedom, but we are not free. We can experience emotional freedom, but we are not free. We can feel free to choose whatever we want, but we don't even know the price on our choices, so how can we truly be free?

We are not free until we are free from ourselves! This sounds like a paradox and in a way it is, in another way it is not.

One day I was meditating with some friends and my teacher was there too. Sometimes when I am sitting there, I subtly expect something to happen and of

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course nothing happens because the expectation prevents that. But this day I forgot why I was sitting there and I also kind of forgot that it was me that was sitting there.

Then it happened. As if the sky opened and the limitation of the sky disappeared. For two seconds I was free from myself. Free, free, free.... And then suddenly the sky closed and I was thrown back into an Ego structure that suddenly was way too small for me. This is where I discovered that I have lived my entire life in a prison and that this prison was me!

It was kind of sad to re-enter my prison remembering that huge freedom I just came from. My teacher noticed that something had happened and we talked about it. He said that the freedom I just experienced was almost nothing compared to what really can be obtained!! So freedom is to be developed. It's a process.

My name is David and I am going to lead you through this program.

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What is Mindfulness?

Mindfulness is a way of living your life. It is another way of being in the world. Being more present, more aware and more awake.

Are there any benefits in practicing Mindfulness?

People report a lot of things and studies also reports a lot of benefits. Personally I haven't noticed much myself. My health is and has always been extremely good and it is almost impossible to improve that. It could be a result of practicing Mindfulness and I would like to think so, but I can't prove it!

A lot of people report that they become better at handling stress. I tend to believe that this is true because thought is a level of inner stress. A lot of thought often equals a lot of stress or maybe vice versa. Mindfulness is discovering your relationship with thought and thus stress.

Maybe I have noticed a few things. I feel very young and alive, but then again - Honestly I can't say if this is a result of being Mindful. I also feel very capable and competent in living my own life. Many people do this without Mindfulness, but in my case I believe that this is a result of Mindfulness. I am also pretty sure that Mindfulness has helped me grow as a human being.

I have definitely learned a lot about the mind. My mind in particular and this has helped me to a deeper understanding of other humans. Much deeper. I have learned a lot about my needs, what they really mean and why needs and emotions are linked. I have also learned that when I look at other people I see a part of myself in them.

Being awake and aware is a natural skill, we all have. Just as we have a body or just as we breathe. Just as our heart beat. If you look at a new born baby, you can feel a vast openness. Most of us forget this when we grow up and we replace this openness with opinions, teachings and beliefs.

It is a change of attitude towards thoughts, feelings and everything else that is passing through the mind. A change to all inclusiveness.

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Mindfulness is openness, non attachment, freedom, compassion, dealing with things as emotional conflicts when they arise, responsible communication and being aware. To be aware from moment to moment. Without evaluating anything, no judgements, no categorizing, no self explaining. Be aware and see all things for what they are. No more. No less. No matter what.



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The Big Secret

The very first day I met my teacher - that was in 1994, he told me this secret, which is totally obvious when you hear it. Most people can understand what this is all about and if you have been practicing Mindfulness with compassion for just a few months, it is certain that you will get it.

When you are Mindful or when you are meditating, you will almost for certain notice that there are a lot of thought going on in the mind. Maybe you feel something or see colors, light or other things. Or maybe the mind is calm and quiet. The big secret is simply: Who or what is watching what is going on in the mind? Or if the mind is silent: Who or what is watching the silence? If you are watching what is going on in the mind, you also have to watch the watcher!

Who is it, that is aware what is going on in the mind?

When he told me that, something just clicked immediately. I understood exactly what he meant and this was a major turning point for me. From then my training changed completely from watching (or participating in!) my inner dialogue to be more and more aware of: What is it in me that know I am thinking while I am thinking. What is it in me that know I am feeling. This 'observation point' is also called The Witness.

The Witness is neutral. The Witness does not comment and it does not judge. The Witness inside is only observing. And The Witness can do this while you are doing other things, but normally we are not aware of this. Mindfulness is being more and more aware.

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Self Images

We all have self images and many of us beat ourselves when we are not doing what we expect from ourselves. Our inner images of ourselves are often an idealized version of ME and it is not always in tune with reality, even if we want it to. Not being able to live up to our own expectations, create a certain kind of disharmony and the result is that we are unsatisfied with ourselves. For some of us the self image is so glorious, that we can never do anything right.

Some people might think of themselves as failures. Even if they do the right things, they still criticize themselves and continues to believe that they are wrong somehow.

It is as if the self image has become ME. As if we cannot distinguish between what REALLY is me and what is the self image. The key here is to be aware that there is an image and.... there is one who created it and maintains it. And those two are not the same!

Some programs may teach you how to program yourself to feel better and I think it is perfectly OK if that is what you need. Neuro Linguistic Programming (NLP) is a well known tool for changing a bad self image for a better.

In this program we will try to look behind all of your self images and see if we can find the taste of who you really are. Who is the programmer that tries to change a bad self image to a better one? Who is the creator of all your self images?

Every human being on earth use a lot of energy maintaining a self image and we all want other people to see this self image because this is the best version of ME! Even though it isn't real! In this program we will try to relax a little and let go of some parts of these images, to uncover what is behind them. We can't do this in half an hour or a few days... It will take a long time, think about it... It took us half a life to get programmed. It will take some weeks to get behind them.

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The Now

Everybody is talking about being in the now without realizing what it really means. If you knew what the Now would do to you if you really were able to be in it, you would most likely run and never come back! This short chapter is only to put things in perspective so you don't run around bragging about being in the Now without knowing what the Now really is.

You see... You can't be in the now. It is impossible. You can approach The Now slowly and get closer and closer and it is a loooooong way that you would have to commit totally to for the rest of your life. And when you finally arrive, there is no you and no Now any more. You have to leave your Ego at the door so to speak. You have to leave YOU at the door so to speak. You have to leave YOU at the door and therefore YOU will never get there. Either time does not exist in The Now or all time exists in The Now.

The mind has huge problems being in The Now. Either we are mentally projected into the future where we are planning our next activities or we are emotionally drawn back in time to past events that did not happen as we wanted them to or gave us great pleasure.

Mindfulness is not to be in the past or the future. Mindfulness is to be in the present. More and more.

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Honesty

Being honest will bring you closer to yourself, to the now and reduce your stress level.

One of the things many people experience somewhere along the road is that being totally honest will help you being much more present and aware. Some people are dishonest and a lot of energy and awareness are disappearing into the self image that is maintained by not telling the truth.

When you are telling the truth, you will notice that when your communication, thoughts, emotions, creativity and sub communication are congruent and in harmony with reality – when your communication is getting more and more precise, you will save a lot of energy and thus reduce your stress level.

When you are communicating what is really in your heart and on your mind, your subconscious mind does not have to go into stress mode. When you are using words that does not express your inner state, words that does not match your sub communication, you got disharmony. Two waves in phase are added and the total energy is doubled. Two waves in disharmony cancel each other out and the result is much lower or even zero.

The thing about being honest and precise in your communication and behavior, is that you set a lot of energy free. So make sure that all communicative layers in you are communicating the same thing. I know you are honest, most people are, but honesty can be developed to higher and higher levels of precision. You will gain a lot of power.

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Heart

Trusting your heart will be very beneficial, not only in Mindfulness, but in all other areas of your life. In [The Advanced Mindfulness Manual](#) we will look into the fundamentals of why this is so important. But it is important to start training your heart as soon as possible, so here we will go through how you get started.

If you look at the world, it should be obvious that the most heartless deeds are performed by people who somehow live in an extreme belief.

It is absolutely possible for anyone to develop heart based feelings such as compassion, kindness and devotion.

If you are living in an extreme, you will experience more stress than if you are living a balanced life. It is not easy to know what is intuition, gut feeling, unconscious needs and heart, but it is essential to know, what is true heart based feelings and what is not.

On a very deep level all humans live in some kind of unbalance. We are living deeply buried in the perception of who we are, completely rejecting what we believe we are not. But most of what we believe we are not, we are anyway! This is our dark Shadow and as long as this is unconscious, we are living unbalanced lives and most of our thought are circling around who or what we are and who or what we are not! Views on ourselves that has to be maintained all the time. This moves the focus from the Heart to Solar Plexus and most of our Heart feelings are in reality from Solar Plexus. The Ego.

A certain level of stress is introduced and Mindfulness is the tool to uncover this.

If you are busy all day, your focus moves out of your body towards the things you are busy with. This is unbalanced. Trying to keep yourself included in your conscious focus, makes it easier to notice stress and anxiety and maintain a certain level of balance.

Your Heart (compassion, trust, gratitude and devotion) is your precise guide. This

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process generates kindness. Try to find balance in everything and keep an eye on those four feelings. They should grow over time.

In [The Advanced Mindfulness Manual](#) we will look into exercises that make your heart more free.

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Practicing Mindfulness

Being Mindful is being aware while you are doing something else and it is very helpful NOT to multitask. Doing only one thing at a time helps you being aware what you are doing while you are doing it.

If you are cleaning your house, then you should not be planning what to do next. The mind is always ahead of you planning what to do next, so when you are cleaning, know you are cleaning and don't think. Do not even think: 'I'm cleaning'! Be open and aware of the sounds, your movements, your mood, the mess, your body etc...

The hard thing about Mindfulness is REMEMBERING to be mindful. We tend to forget this very fast. What I did was inventing small things during the day that was supposed to remind me of being Mindful. A note on the fridge. A reminder from the calendar in my phone and on my computer that would pop up periodically. It went so far that every time I saw a person in the street, that reminded me of my teacher, I remembered what I was supposed to do. My computer passwords and user names got designed to help me remember. After some time I got my brain programmed really well with lots of associations and I would get 40-60 reminders during just one day.

It is important to remember not to beat yourself up every time you remember that you forgot to be Mindful. Beating yourself up is not being Mindful. But of course if you are Being Mindful while beating yourself....

No seriously, when you get your reminder just be Mindful without any words or emotions, maybe except for being grateful for being reminded!

I made myself a computer program that popped up an animation of a Monk on my computer monitor every single minute during the day for three seconds, and when he popped up he was my reminder. I forgot so fast that a reminder every single minute was necessary!

So be creative and find reminders that work for you.

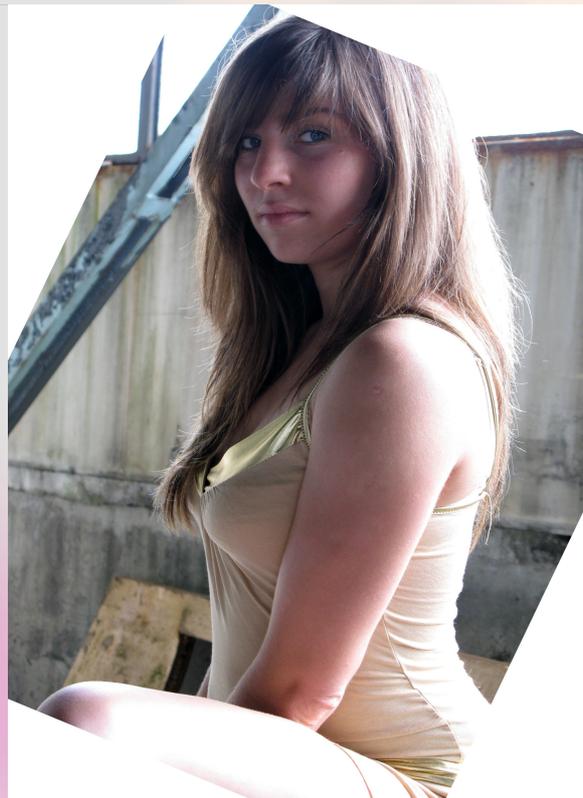
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Mindfulness Backbone

Meditation Practice

Another way to remember being Mindful is to establish a Mindfulness Backbone.

To help yourself in the process of being mindful it is VERY beneficial to use a period of time every day, practicing deeper than you can do in daily life. Use 10 or 20 minutes every day. It is far better to use 10 minutes every day than 1 hour every Sunday. Find some time you can and will invest in this every day. Make a deal with yourself to do this periodically. Do not re-negotiate this deal 10 minutes before starting!



Find a way to sit down uninterrupted, either on the floor or a chair whatever suits you best, and be sure to sit straight up without bending over. As if there was a string

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attached to the top of your head and someone pulled this string to straighten your back.

Take a deep breath or three and try to relax. If your mind is producing thoughts, just let the thoughts come and go. Relax more and more. Don't fight the thoughts. Just let them be.

1. Arrival.

Use a few minutes to 'arrive' to where you are sitting. Relax and breathe – be aware of your breath. In through your nose and out through your mouth. Listen to the sound, and feel the air flowing in and out your body. Listen to your heart, feel your body, listen to all the sounds around you and if you have your eyes open – look defocused on all there is to see. Just 'look' and do no inner commenting.

2. Focus.

Every time you breathe you can count. Breathe in = 1, breathe out = 2, breathe in = 3, breathe out = 4 and so on. Decide if you will count to 10 and start over from 1 or you will count from 1 to 100! Every time you 'wake up' and discover... oooops, I forgot to count, start over from 1.

You can find a mantra or even a short heart prayer and recite it for some time, or you can use the HUM or AUM sound when you breathe out. It has a very relaxing effect on the body sending small vibrations to the neck, shoulders and the head.

After doing some initial work it is time to try not to do anything.

3. Relax and be Mindful.

Use 5 or 10 minutes just to be aware. Be aware of everything that happens. In the beginning it can be hard not to follow your thought streams. Do not judge yourself!!! It is not easy, but it will be better later on. Just go back to being aware. 'Look' at the thoughts, where do they come from?

Try not to engage in self talk. Well you can't and this is perfectly ok. In the moment you discover that you are engaged in thinking or planning or feeling anyway - let it go and go back to: Who is it that just noticed that I was fallen 'a sleep' in thinking and lost awareness? Who is aware now?

In fact it doesn't matter what is or is not going on in the mind as long as you are

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aware. Just let everything be as it is. Watch what is going on in the mind and don't interfere. Be aware. Be Mindful!

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The End

So go ahead now. Try it and see if it works for you. If you have any questions or if you think that something in this manual is not clear, you can contact me here: Info@MindfulnessAndMeditation.com.

If you are ready for some more mindfulness, check this out:
www.MindfulnessAndMeditation.com

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Good Luck!