



Allanah Bahnsen

Let us reduce stress levels by:

Mindfulness.....

Do you ever find yourself wondering where the day went? Have you found that you feel detached from what you are trying to do? Do you feel like you are pushing too hard?

If so, bring your focus to what you are doing.

The act of mindfulness means is to master your attention into the present. To bring your attention to the present when sitting still, or in any other task, mission, accomplishment such as cooking, driving, working, talking...turn off the TV and stereo and just allow your attention to be on one thing at a time.

Practice periods of silence and stillness helps to develop you mind to unclog the clutter of unwanted thoughts and emotions. This is the beginning of meditation.

Bring your attention fully to whatever it is that you are doing.

Mindfulness is a way of reducing your stress and allowing the body to be fully immersed in the present or the now. Whether you are on the freeway or in nature, really bring your attention to what you are doing, now and how you are doing.

It is not 'what' you are doing that is important; it is in the 'How' you are doing it that is more important.

Give your fullest attention, to whatever the moment presents.

The more mindful you become the more calmer you will be and your body mind will be in sync together, resulting in better decision making, reduced stress levels in the body and most importantly, being present with those we love.

*Australian Collins Thesaurus: **Mindful** adjective = aware, alert, alive to, attentive, careful, conscious, thoughtful and watchful.*

Attributes of Mindfulness: PEACE

⌚ Present moment	⌚ Equanimity	⌚ Acceptance
⌚ Connection	⌚ Effortlessness	⌚ Objectivity
⌚ Cognitions	⌚ Unattached	⌚ Silence

Four mindfulness skills specified:

⌚ Observing, describing, acting with awareness, accepting without judgment

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