

Hello

What's going on?

You're likely to have heard of Mindfulness whether or not you've ever practised meditation. It's recently exploded in Western culture, especially among celebrities, and is growing in popularity within everyday life. Mindfulness, in general, is altering the state of consciousness and bringing focus to the 'present', with an interest in what is happening here and now rather than yesterday or tomorrow

Much in the same way breathing meditation keeps us focussed on ourselves, mindfulness meditation similarly helps us stay 'present' and not allow external influences to alter our thoughts. Mindfulness meditation is unique because instead of using techniques to take us to a particular place or achieve a desired outcome, it simply lets us 'be' as we already are. How often do you actually allow yourself to just 'be'? We are frequently concerned with a number of...