

Minding My Soul Meditation

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Living Mindfully Everyday

Training these mindsets within yourself will help you to have these mindsets present when you are facing stressful situations- this is what it means to be mindfully present

The practice of:

1. Being present- notice what you are experiencing in the present moment
2. Recentering- focusing your awareness in one place and bringing yourself back when the mind drifts
3. Non-judgement- experience people, moments, things, thoughts, without labeling them good or bad
4. Solid object- being balanced in difficult situations
5. Beginner's mind- have an eagerness to learn and understand
6. Trust the practice- don't have an end goal in mind, don't cling to outcomes
7. Letting go- consider your attachments to things or people or experiences, don't hold onto anything that does not serve or support your peace

Always say “my peace is more important” when you find yourself reacting to something that doesn't deserve your energy. Prioritize your inner wellness and cultivate an active mindset of peace by consciously deciding that you'll elevate higher than any situation that arises.