

“There is mindful meditation practice, and there is mindful awareness in everyday life. Life is unfolding here and now—there is little time for practice!

Mindfulness is not something you do, it's about being mindful rather than doing mindfulness!”

www.everydaymindfulness.com

or call
01730 267299
to speak to Colin

Everyday Mindfulness

**Group Meetings
Winton House
Petersfield**

**7.00-9.00
Last Tuesday
every month**

About the Group

These monthly meetings are about being mindful in ordinary everyday life. We've been meeting in Petersfield for 2.5 years now and many people have come.

We're interested in being alive to the present moment, and understanding everything the mind gets up to when it adds to an already hectic and stressful life, more stress than we need. We want to know our own minds and be able to take care of them. One way of doing that is to meditate.

But before you think, "*I can't meditate or do all that sitting practice stuff—I haven't got time for that!*", let me reassure you, that's not what it's all about.

To meditate means to be **Aware**. To pay attention with all your senses, wherever you are and whatever you're doing. You don't need to be able to meditate as a formal practice—although you can, if like many others, you find it helpful.

We see formal practice as '**Doing**' meditation and we want to go beyond that to '**Being**' mindfully aware in everyday life.

We don't do therapy or religion either. It's not a sharing group to help with personal problems, or to learn to be a Buddhist. We're there to encourage and help one another to be mindful. The bonus is that personal problems may become less of an issue when we're mindful. But that's not the goal. We acknowledge the roots of mindfulness, but we don't go into Buddhist religious practice.

You don't need to know anything about meditation or mindfulness.

You don't need to have been on a course or read anything about mindfulness.

You don't need to be particularly outgoing—or anything really.

When you come to a monthly meeting, you don't have to know anything, know anyone, bring anything or be prepared in any way. The structure and content of each meeting comes from whatever interests and questions that we may have about being mindful—we can say a little more about this next.

What we do on the evening

We take two hours out of our busy lives to be quiet and share with others. We take time to pause and reflect on the meaning of things concerned with being mindful in everyday life. Time that maybe we wouldn't normally use in this mindful way.

We Share Understandings and Experience

Sometimes based on ideas, themes or questions people have asked or raised in the group—to promote discussion and understanding—we listen to and watch recordings of documentaries about the latest thinking and developments in mindfulness. Or well-known mindfulness teachers who have much to say about being mindful—we can learn a lot from them. Sometimes we read bits of books or papers we've come across that are about being mindful, and sometimes we lend those to each other and recommend different authors, or websites. And mostly we talk to each other about our direct experience of being mindful in ordinary everyday life. And if we don't feel like talking, it's OK just to be quiet with our own thoughts. We break for tea, coffee, biscuits and a chat, and sometimes we experience this mindfully too—without the chat.

Being Mindful is about taking moments to be aware of all there is to be aware of. On a good day in real life, we might be able to focus mindfully and pay attention to all our thoughts, feelings, and sensations—everything the mind does to help us make sense of our world. We notice the tendency of the mind to judge, analyse, tell stories and make comparisons—everything it gets up to—so that, when we have problems, we don't need to make them worse. In the present moment, we **N**otice, **O**bserve, and **W**itness what's going on with the mind—in particular seeing how it gets stuck in the past and the future, adding to our suffering.

We are ordinary people who just have a sincere intention to be more mindful—to be more Patient, Open-Minded, Trusting, Non-Striving, Accepting, Letting Go and Non-Judging—in everyday life. We're learning to face the realities of life with acceptance and compassion, and letting go of unnecessary stress. By being mindful, we find we can be more at peace with ourselves and others.

*Come along to a monthly meeting—you're very welcome!
Last Tuesday every month 7-9pm Winton House. Free
except for a small donation for room hire/tea/biscuits.
Hope to see you soon.*