

# MINDFULNESS



## a meditation on mindfulness

by paleo **BOSS** lady

Being mindful sits at the core of conscious living. Mindfulness stretches the gamut from being communally present and uber aware, to being removed and self-present to the extreme. Incorporating mindfulness techniques into your day is easy, and can become part of daily life in no time.

You would be surprised how a little goes a long way regarding a mindfulness journey. The more you practice with short concentrated effort, the larger

the rewards. In addition, most mindfulness work is accessible to everyone, can cost virtually nothing, and be done anywhere. No science of healing offers more for so little.

### **Good Morning Life!**

Lets start with the basics regarding mindfulness, and talk about our bodies.

*Can we for one minute think about the last time we had a conversation with our body?*

Lets start right there and begin to wake up and say "hello body" by moving each part with intention, purpose and gratitude. Start at either your head or your toes taking a few minutes and say good morning to each part with love.

*Maybe allow yourself some time to just sit and lay.*

Fluff up your pillow; take a few deep breaths, & relish in gratitude for the birth of the day and the opportunity to participate in the song of rising.

# adding mindfulness to your life happens one small step at a time

## Get Hydrated with **Intention!**

Whatever your morning beverage of choice, it's time to grab that and enjoy. For many of us starting with warm water and lemon is the 1<sup>st</sup> choice, offering optimal health benefits, followed by coffee, tea or Kombucha.

Enjoy this time to become aware of the air, weather and stillness in the world.

## Take a few Minutes, **Damn it!**

Whether you do this a few days a week or one day, consider it time to begin a meditation practice following your delicious beverage. This time offers an optimal opportunity to have a focused meditation practice. Although awake, you hopefully have not allowed yourself to waken to the in and out of normal life yet, if following the steps above. Your energy source is still a virgin to the day, beyond gratitude, setting the stage for a

powerful meditation practice when you start the day similar to how I have outlined above. I strongly encourage you all to consider this, and find an optimal time to incorporate meditation and a gratitude practice in your life.

**“All that we are is the result of what we have thought. The mind is everything. What we think, we become.”**

Buddha

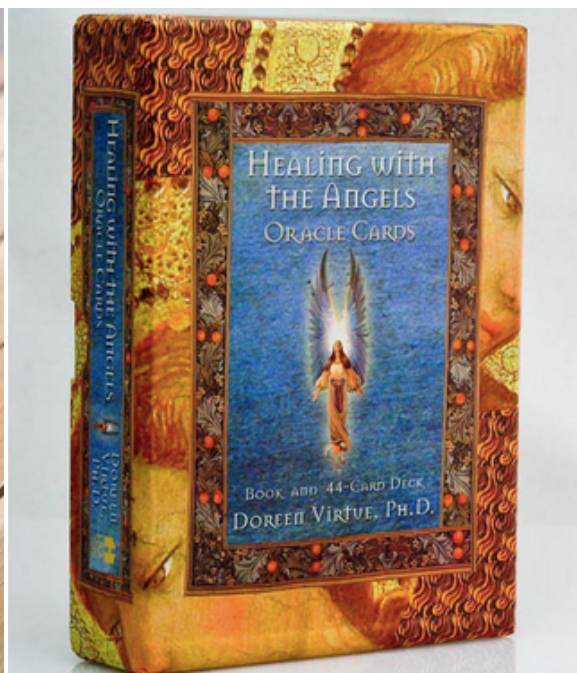
## Sacred Space:

I love nothing more during the cooler weather to be down on the floor, legs up on the sofa, body covered in the softest blanket and head resting on my favorite aromatherapy pillow for my meditation practice. In the summer months I like to walk along the beach to meditate.

### mindfulness tools:

*left:* Aromatherapy has been a longtime staple in my personal “Bag of Tricks”. Their healing properties are part of my wellness rituals, as well as my mindfulness moments.

*right:* Hay House has an amazing assortment of meditation tools, like these Angel Oracle Cards, and mindfulness publications.



## Mindfulness sacred space (cont.)

Just 5 to 20 minutes a few days a week and my body purrs like a well-oiled machine. I am nicer, feel better and have a lens that really feels like it fits my person. All is free and accessible to every one, which makes me do a happy dance inside.

I wrote a wonderful blog about how to meditate that I hope you will find helpful. It's located below and offers tried and true tips & tricks to create space for mediation in your life. <http://paleobosslady.com/how-to-meditate-in-5-easy-steps/>

A great tool for helping to set an intention for your practice comes from a company I admire and respect: **Hay House**.

Angel cards are a huge mindfulness tool in my life and have been for decades. When your mind tends to freely wander and struggles to focus for more than a few minutes, tools are often necessary. This deck of cards allows me to engage, pick a card that defines my daily focus. When my mind wanders all I do is re-read the card. It has proven a very useful tool in my mindfulness life.

[Click here](#) to check out all that Hay House has to offer.



“... Through movement, we remember. We remember our essence is wise, wild and free. Imagine if you knew the pathways into yourself to access your inner wisdom, creativity, sensuality and soul so that you could fully embody and express your intuition, do your sacred work, receive life’s blessings and commune with the divine.

**Rochelle Schieck**

### Go Wild!

Next up is dancing, moving, shaking, and opening your heart: an act of conscious movement focused on the connection between you and your body. Each move is an indication about the day ahead and what your body may need. Almost subconsciously communicating with each dance move to your person, both mentally and physically, what the tone of the day will be.

Very seldom if we are dancing are we mad, angry and unhappy. So get dancing folks. Barefoot is best. While brushing your teeth, blow-drying your hair or in the car in traffic start dancing and don't stop.

Go wild with reckless abandon and feel! From your head to your toe honoring every itch, pain, crack and flaw you feel while acknowledging to respect your body throughout the day. Simple mindful acts like conscious dancing allow for healing to manifest from the supportive energy you just made space for.

If you have kids have them join in. Grab your partner, husband, wife, roommate or do the solo tour but without a doubt dance as if no one is watching and FEEL your body with each gyration.

One of my favorite dances and dancers can be found here: **Shaking with Rochelle Schieck** <https://vimeo.com/136979198>



## And the Beat Goes on! mid-day mindfulness

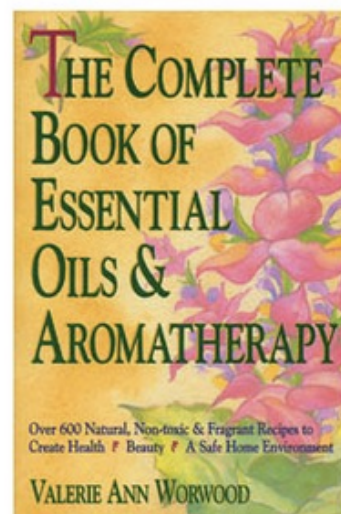
Now your day is in full gear with no time to meditate or sit and do nothing. This does not mean that mindfulness cannot happen. Not only can you add mindfulness to your mid-day, it can have a profound effect on your day and its outcome.

*Beyond commitment, what I am going to suggest are simple tips that take very little effort.*

### **Purest Shit Only:**

If you work at a desk, cubicle, station, home or enclosed space of any kind I recommend diffusing essential oils. In addition to the amazing smell, science has shown that many oils and blends offer huge medicinal benefits. From stress reduction to pain reducing and anti-viral properties, diffusing oils is a medicine chest at your workspace that smells amaze balls. The end.

Many wonder about areas where others may be close by, and how this would affect allergies etc. The trick is to use *100% therapeutic grade pure*



*essential oils* to ensure the maximum comfort of everyone around you. When used properly the effect is similar to wearing perfume. Fake stuff is not a good look. Do *not* skimp here people.

*Some of my favorite items can be found here from our good friends at Amazon:*

### **The Complete Book of Essential Oils:**

<http://amzn.to/1Ne9y3d>

### **Aromatherapy Starter Kit:**

<http://amzn.to/1Ne9SPA>

### **Aromatherapy Diffuser:**

<http://amzn.to/1Ne9SPA>  
(candle)

<http://amzn.to/1UCSEfp>  
(electric)

<http://amzn.to/1K381vV>  
(passive)

### **Blends:**

Personal Defense: <http://amzn.to/1K38pL6>

Love Blend: <http://amzn.to/1K38pL6>

Revitalizing Blend: <http://amzn.to/1PXLYqJ>



## the way you make me **FEEL**

Having photos of a loved one, fond memories, and/or life accomplishments are also a great source of mindfulness energy to bring into your space.

Placing items whose energy source comes from a loving and supportive lens offers that energetic field to the space in which they reside. Taking a few minutes break each day to honor those items actively creates space for your life to incorporate that energy source into daily living.



**Breathe in & Breathe out!**

My all time favorite and one of the 1<sup>st</sup> items to enter my personal “Bag of Tricks” is this little number right here and it has to do with the breath... and takes less than 15 freaking seconds! Oh it’s a BAM!

**Here you go:**

Stop what you are doing and feel your feet on the ground and get upright with good posture and intention. Take a deep slow breath in ...thinking the word gratitude in your mind (sometimes I softly say it)... hold the breath as long as it is comfortable, exhaling with a huge smile. Do this 3 times and resume whatever it was you were doing.

This time spent connecting with your breath will offer rewards that will forever astound you. I have been experiencing the personal power of this mantra since 1996 and continue to believe it has helped me more in life than I can ever express. Jump on this people.

**Grand Finale!!**

Acts of mindfulness create the space for higher purpose. If you think for one minute you will live a life driven by higher purpose without having a conscious mindfulness practice you are lying to yourself. Sorry not sorry. It will not happen and don’t waste your time.

I am someone who finds it almost impossible to go to a movie, has no television and struggles to sit for even a few minutes yet mindfulness is in my daily life. No matter who or what your person is there is a way to get mindful that will support your conscious efforts. I hope some of the above resonates with you. If not become better friends with Google and get your mind-full game on. I believe in you 100%.

Namaste,  
V & Gidget

