

# Mindfulness, Meditation, Visualisation

with Linda Dowie





# Today

- What is Mindfulness?
- The mindful breath
- How your mind works
- What is visualisation?
- Creating your sanctuary
- What is meditation?
- Let's practice!





# What is mindfulness?



Mindfulness

Visualisation

Meditation



# Why practice mindfulness?

- Mindfulness      vs      Mindlessness
- In control      vs      On autopilot
- Calm body      vs      Stressed body
- Happy gut      vs      Stressed gut



# What is mindfulness?

- Being present in the NOW
- Passive observation
- No judgement





# Facts – mindfulness to avoid burnout

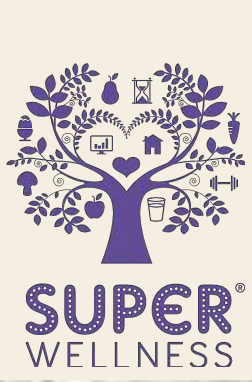
**Mindfulness** is a state of mind, an alert relaxedness allowing whatever sensations, feelings, or thoughts experienced at that present moment to flow through your mental space, merely witnessed, noted, then allowed to move on.

*Learned Mindfulness* is education preventing and improving the burnout syndrome. Once learned, mindfulness exists as a baseline awareness.



*Intelligence Perspective, Frank John Ninivaggi MD, in Learned Mindfulness, 2020*





The mindful breath



# What is visualisation?

- Creating images, feelings, colours, smells, sounds to harness the power of your subconscious mind
- Controlling your thoughts to influence your body's response

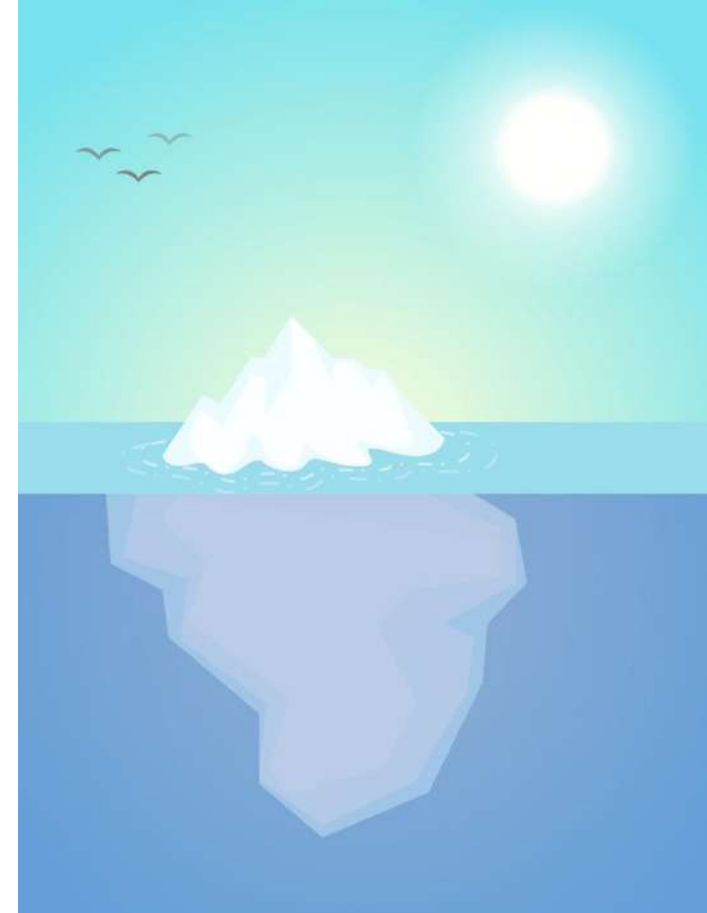


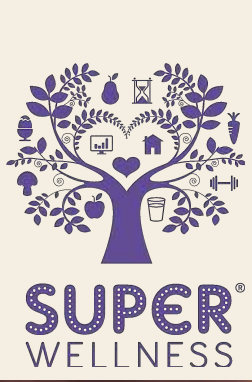




# Observing the language of your subconscious mind

- Stores everything that has happened to you in life
- It is unable to distinguish between fact or fiction
- Uses imagery and symbolism
- Uses feelings and emotions
- It is your inner guidance system and survival mechanism





# Power of Visualisation

Creating your own sanctuary



# What is meditation?

- Quietening the mind
- Focusing on an object or sound
- Connecting with your inner self







**SUPER**  
WELLNESS

