



We have all heard it time and time again

“ Be mindful”

“ You need to meditate”

Have you ever wonder why? What does it mean to be mindful?

What does it mean to meditate?

Why a lot of us think and say, “ Oh, I haven’t got time”, I’m too busy” or “It is way too difficult” and fall back into old and familiar patterns....

It seems easy...or is it really?

Let’s explore both...mindfulness and meditation.

MINDFULNESS

What is Mindfulness?

Mindfulness is simply being present with what is happening right now. It is your ability for inner stillness. Noticing what's going on in that very moment of your waking life. Witnessing without judgement, without trying to change anything. It is about slowing down and experience the moment just as it is and just be as you are.

Why is mindfulness so powerful?

Because you start to notice more. You become so aware of yourself, your thoughts, feelings, and reactions. You become more understanding of what is going on. You don't just react. You are able to act. You begin to respond. You become more present, more open, and connected with your life as it's happening. Even the small moments start to feel meaningful.



What is Meditation?

It is a practice.. A way to train your attention through breath (most common). It helps you step back and observe your thoughts, instead of getting lost in them.

At first, it might be difficult. The mind is busy. Restless. But with time, something begins to shift.

The noise slowly softens. Your attention turns inwards. There is more space, more silence between the thoughts.

You begin to feel lighter, calmer, more at ease. Not because everything is perfect, but because you are no longer caught in it.

And here comes the question... What's the difference?



Mindfulness is something you can bring into any moment of your day. It's how you live, how you notice, how you experience life as it happens.

Meditation is a dedicated practice. A moment you take to sit, breathe, and turn inward.

One supports the other. Meditation helps you build awareness. Mindfulness helps you live it.. Together, they bring you back to yourself.

and now take a moment... pause, notice your breath, and see how you feel right now.