

# MindfulDevMag

Mindfulness for Developers

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## Mindfulness for the Skeptics

[mindfulDevMag.com](http://mindfulDevMag.com)

**Silence is great. No worries, no fears, no nothing. Just peace.**

Jens – MindfulDevMag

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# Editorial

I still remember my first encounter with mindfulness and how my skeptical me at that time though, "WTF?". It sounded too much esoteric, fluffy and bullshit to me. Man, was I wrong!

Luckily, my ego and the skeptical parts got out of the way, and I could experience it first hand. Now I am happy that I did as it helps me a lot with taming my mind or however you want to call it. It got quiet up there, and the grip of fear and all that other bullshit is loosening.

I am not alone with this. It is a typical result of the skeptics on that path as the journey of Fionntan (P. 11) shows. Furthermore, it is no different for the other contributors as they all had this skeptical moment. Andrea (P. 14) took the scientific road, while Myra was introduced to mindful eating, and Aleena found her way by walking mindfully.

Mindfulness is not sitting still and thinking "omm". There are a plethora of ways you can practice being mindful. Learn some in this issue.

[jb]

**Our magazine and site got a new logo. It was created by Robert van Hoesel (@robertvhoesel) as part of his #giveback thread on indiehackers.com.**

**Big Thank You  
to  
Robert  
for the great  
logo.**

# Mindfulness and Emotions

**Which came first: thought or emotion?  
Physiological reaction or emotion? What  
causes what? In which order?**

Emotions are very tricky when it comes to their definition. There are many theories of emotions, however, here are the key parts of experiencing emotion: feeling and being aware of the feeling, a motivational part, a physiological response (e.g. the racing heart) and, a motor response. On the other hand, the terms “emotion” and “feeling” are sometimes used interchangeably. However, here’s the explanation of feelings by Antonio D’Amasio, professor of neuroscience at The University of California:

“Feelings are mental experiences of body states, which arise as the brain interprets emotions, themselves physical states arising from the body’s responses to external stimuli.”

Emotions and feelings are the vital parts of our lives and by understanding them via mindfulness practice we will improve our well-being and connection with ourselves

and the world around us.

## # Get Back in Touch With Your Body

Being in direct contact with an emotion means feeling it in the body. Here are the simple steps that can help you get in touch with your emotions and body sensations by observing and recognizing them without any judgement.

A large blue circle containing the white number 1, indicating the first step of the mindfulness practice.

## **1. Mindfulness of Breath**

Find a quiet place where you won't be disturbed. Sit or lie down in a comfortable position. Close your eyes and focus on your breath. Take a few moments to observe the path of your breath as it is flowing in and out of your body. If the distracting thoughts pop up in your mind, observe them as they are and let them go. Return your attention back to the sensation of breathing.

A large blue circle containing the white number 2, indicating the second step of the mindfulness practice.

## **2. Body Scan**

Be aware of each part of your body by going from the toes up to the head: your toes, feet, ankles, lower legs, knees, upper legs, pelvis, the whole pelvic region, hips. Then, quickly move your attention to stomach area, chest, heart, shoulders, upper arms, elbows, lower arms, wrists, hands, palms, fingers. Keep observing your neck, chin, jaws, face and the entire head. Allow the emotions to arise in the body and notice the sensations that may go with them. Be aware of your entire body and allow them to flow through your body.

A large blue circle containing the white number 3, indicating the third step of the mindfulness practice.

## **3. Ask Yourself Questions**

As you come in contact with your present moment feelings and sensations with no resistance, you may notice how they begin to change. You can ask yourself: "Where in my body do I feel the most uncomfortable feelings or sensations? Where in my body do I feel the most comfortable feelings or sensations?" Simply be with whatever you experience in the present moment without creating a story around it.

# So, what will happen to you if you start embracing all your feelings?

Connecting with your feelings and sensations may be difficult at the beginning, however, the regular mindfulness practice is there to help you tune into them more effectively. Also, one of the ways is to recall a memory from the past e.g. when you felt happy. Then, you can ask yourself: “How does “happy” feel like in my body? “Which part of my body is the location of happiness?” Without judging your experience of happiness you allow yourself to feel it as it is. Allow the accompanying sensation to flow through your body. In this way, you can recall other pleasant or unpleasant emotions and feelings as well and witness their transient nature and release.

If you feel uncomfortable at any stage, take a pause and continue with your practice when you're ready. Also, if you experience

overwhelming emotions or you feel that you need to work more on your emotional life, please consult with the experts.

## # Keep Track of Your Emotions

On a daily basis, keeping track of our emotional life by journaling, especially when we get emotional is very useful for improving it. For a month or so, we can type down as many details as we can by collecting them from the situations when we act emotionally. After that, we can analyze them and find the repeated patterns of our behaviour and the potential triggers. In this way, we get to know ourselves better, choose how and, whether we will participate in an activity or situation that may trigger us emotionally.



## # Learn How to Mindfully Respond, Not React

Now, imagine this scenario: Your job is suffering because of your coworker's behaviour. They refuse to acknowledge they've made a mistake and the situation gets worse and you feel that you're going to explode with anger...

Does this sound all too familiar? We've all been there.

Our life experiences, memories, beliefs and various conditioning play the important role in our reactions to the world and ourselves. Since we want to have more choice in the moments when we are about to become emotional, the continuous mindfulness practice can help us notice the arising of

impulse and expand the gap between impulse and action. Therefore, we are choosing our response and how we feel in those situations.

The more we are emotionally conscious, the more we become open to developing and improving our emotional skills (also sometimes referred to as emotional intelligence, EQ). Emotional intelligence is the ability to identify, understand and manage our own emotions and the emotions of others. It includes the skills such as self-confidence, taking responsibility for our own feelings, resilience, empathy, kindness, relationship skills, emotional regulation, being proactive and other.

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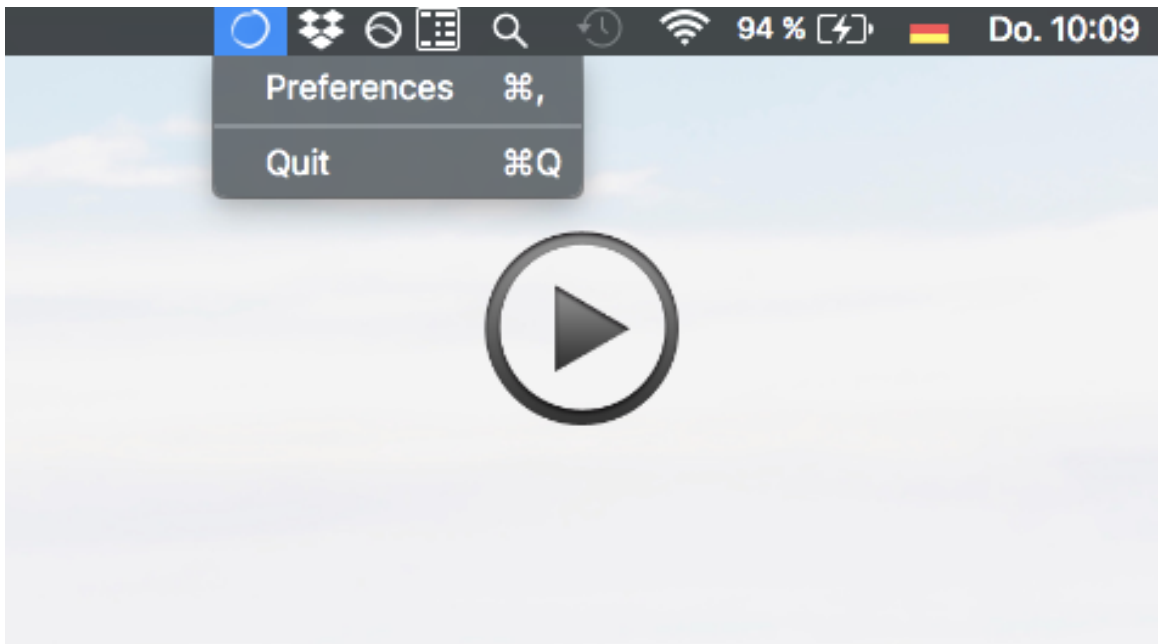
**People with well-developed emotional skills are also more likely to be content and effective in their lives, mastering the habits of mind that foster their own productivity; people who cannot marshal some control over their emotional life fight inner battles that sabotage their ability for focused work and clear thought.**

Daniel Goleman, Emotional

# Never forget your mindfulness practice anymore!

Learn more at

[mindfuldevmag.com/mindful-moments-reminder](https://mindfuldevmag.com/mindful-moments-reminder)



# Discovering Mindfulness

**How a skeptic musician discovered mindfulness, and it changed his life forever.**

About 3 years ago, I left my hometown in Ireland to pursue a life beyond my mundane daily experience. I had high hopes that the “world outside” was obligated to make me happy and that my sadness was simply a product of my situation and location rather than a reflection of my mind. A wise woman once told me “the world owes you nothing” and how right she was. Thinking back I can’t fathom how I was so naive.

I was swept away into the hustle and bustle of the 21st century, the world moving faster than my ability to comprehend it. My inability to adjust forced me into a deep pit and before long I was rehashing the trauma that I went through when I lived at home. Visions of dead relatives, dead relationships and fading friendships haunted my thoughts. When I was able to sleep I would have nightmares, anxiety attacks, bursts of deep sadness that made me feel like the earth was crashing down around me. The world was too fast for me

and the pain unrelenting. I was forced for the first time in my life to seek professional help.

On my first day she mentioned “Mindfulness”. It was the first time I had heard of it. I was completely oblivious to the practice and to be completely honest I was very sceptical. So sceptical in fact that I completely shunned the idea of just thinking about myself. How can thought make me feel better when it was thinking that got me into this mess. I walked home cursing under my breath at the idea, but after a number of days of little to no sleep I decided to look into what exactly mindfulness was and how it could possibly help me control my demons.

Mindfulness is defined as “a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations”. We live

in society dominated by pace. People becoming celebrities overnight, swiping left and right to the people who attract you or don't, scrolling through the social media feeds of hundreds of people you may never see again. It is chaos. But we are not taught how to deal with the age in which we live, there are no high school classes or introductory courses on how to stop, breath and take in the world around you. This is where mindfulness changed my life. I was unable to breath, to enjoy the world for what it was or even to be present with the people I loved, to cherish their company. I taught myself to stop. I taught myself to breath. I taught myself to pay attention to what I was thinking and more importantly, how I was feeling at that particular minute. You do not need to pay thousands of pounds or dollars for a 3 month course, and you absolutely do not need to look for your nearest college with a course on breathing. What you need is to think about how you feel. We, as a society, are falling out of love with how we feel and how we think. To be mindful, you need to work on accepting that you are an individual with your own thoughts, opinions, likes and dislikes. Take the time to focus on how you move, what you see and what you hear.

After my rigorous google searching for mindfulness I decided to put my reading into practice under the illusion that it was easy and that anyone can do some thinking! Again, I was naive. Don't get me wrong, it's not that thinking about what you are doing is difficult, but to be constantly aware of yourself and your surroundings? It takes practice.

I have been a music composer and musician for just over 5 years and when I moved it was also to study music. I always used music as a way of escaping how I felt rather than a way of helping to deal with my problems. That night I attended a performance of "La Mer" by Claude Debussy, an

incredibly beautiful piece of music played by the BBC Orchestra of Wales, that in my previous state, I would have completely misunderstood. I was able to listen, I was able to hear, but I was unable to completely enjoy and understand the music. I decided for this concert I would attempt to "be mindful". I sat in the usual budget student seats and had my usual budget student beer, nothing was particularly new or "experience changing", until the orchestra began to play. Never before have I been so deeply moved by a performance, I felt present. The orchestra played immaculately and I concentrated hard on taking in every note. A number of times my focus slipped but I tried hard to rally my attention and savour the music. It had been years since I felt such relief, like a weight had been lifted off me for a brief 2 hour window. But as I mentioned before, it is more difficult than you realise to be constantly present and within the time it took me to walk from the concert venue to my home I was "back to square one", so to speak. But this was by no means the end, no, I was determined that I would find more moments like this, and I was equally determined that the practice of this technique would be the answer to overcoming my depression, anxiety and insomnia.

My journey into mindfulness, attention and focus was only beginning.

[fc]

Respond  
don't react.

Listen  
don't talk.

Think  
don't assume.

RajiLukkoor

# The Power and Benefits of Mindfulness

## A Scientific Perspective

Mindfulness has become a buzzword during the last couple of years. It seems like everybody is practicing mindfulness, from elite athletes to Google employees. But what does it actually mean?

A lot of people, especially scientifically minded ones, think that mindfulness is something esoteric and spiritual which is why they ignore it. But although it is rooted in Buddhism, that's not really the case. What also doesn't help is the many different definitions of mindfulness that definitely create a lot of confusion.

Put simply, mindfulness is being aware of what is happening in the present moment. You're probably wondering how does that help you?

Well, there are many benefits of mindfulness, many of which are scientifically proven. So if you want to get a better understanding about what mindfulness is, how it

can benefit you, what science has to say about it, and how to learn to be mindful, make sure to check out this article.

## # What is Mindfulness?

Mindfulness originated in Buddhism. However, it has nothing to do with religion and it's definitely not esoteric. So for all atheists out there, mindfulness is completely secular, but it also doesn't clash with any personal religious beliefs.

It is simply about being aware of everything around you, including your thoughts and feelings.

You have probably noticed that you're not always aware of your thoughts and the present moment. Actually, we're not aware of most thoughts and feelings we experience and we're on autopilot most of the time. We're more focused on the destination, rather than the journey. And that

definitely has a negative impact on our lives.

You have probably heard about mindfulness meditation, which is one way of practicing mindfulness. But it's worth mentioning that you can be more mindful without meditating.

It's best to look at mindfulness as a skill that allows you to be more present and know what's going on in your surroundings. It's a way of training your brain to self-regulate attention. When you're aware of your thoughts and feelings as they arise, especially the negative ones, you're less likely to get caught up in them. This simple act of noticing what's going on inside your head can make all the difference and stop you going on a downward spiral of negativity and pessimism.

## # The Science of Mindfulness

For many years, mindfulness was considered to be esoteric and reserved for tree-hugging hippies. I'm guilty of that myself. I was never religious or spiritual, and things like mindfulness always sounded too mystical.

But I was interested in self-improvement and was trying to find scientific ways to improve my life and become happier. After doing a lot of research and reading many books, I found out that mindfulness is not esoteric at all and that many scientists and psychologists that I love recommend it.

A couple of years ago, scientists became very interested in mindfulness and meditation and started to actually study it. That resulted in great studies that confirmed

many positive benefits of mindfulness, which is something that really stood out to me. I finally found a great practice that is scientifically based and actually makes sense to my analytical and logical mind.

Because of these new studies, mindfulness became very mainstream and everybody started doing it – from executives, software developers, and engineers to athletes and celebrities.

## # Research Done on Mindfulness

Many studies show that mindfulness can increase your attention, improve memory and focus, and reduce stress. Research shows that by practicing mindfulness and focusing our attention, we create lasting changes in our brain function and structure, which is a property of neuroplasticity. Research done by Sara Lazar showed that people who have practiced mindfulness meditation for many years actually have a different brain structure.

When you practice mindfulness, grey matter in your amygdala (area in the brain that controls stress) becomes smaller. Grey matter in the prefrontal cortex (part of the brain responsible for controlling emotions) and hippocampus (which helps your memory) becomes bigger. There's an interesting study that proves that mindfulness practice can improve your attention. What is really amazing is that the effects can last up to five years.

So thanks to modern technology, we can actually study mindfulness and see the effects it has on our brain. Although this is only the beginning of scientific mindfulness research, the results are pretty amazing and there's definitely more to come.

## # The Benefits of Mindfulness

Here are the main benefits of mindfulness, most of which are scientifically proven.

- Improves Attention
- Improves Memory
- Reduces Stress
- Helps with Mental Health Issues like Depression, Anxiety, and PTSD
- Helps You Regulate Emotions Better
- Makes You Calmer
- Improves Cognition
- Reduces Insomnia
- Improves Social Intelligence
- Improves Emotional Resilience
- Increases Compassion

## # How to Practice Mindfulness?

Here are some practical ways to become more mindful in your day to day life.

### ## Mindfulness Meditation

One of the most common ways of practicing mindfulness is to meditate. I bet you can find a lot of reasons and excuses not to meditate, I know I did, but is it genuinely helpful and that hard as it seems.

You simply need to sit down, close your eyes, and focus on your breath. You will definitely experience different thoughts that are trying to distract you, but simply notice them without judgment, and bring your focus back to your breath. That's really all you need to do.

What helped me start my mindfulness meditation practice is using different apps like [Waking Up](#) by Sam Harris and [10% Happier: Meditation for Fidgety Sceptics](#) by Dan Harris. Both are very scientifically based and perfect for beginners. (Or use our [Mindful Moments Reminder for the Mac](#)).

### ## Practicing Mindfulness Without Meditation

Meditating is not the only way to be more mindful. You can simply try to move or eat more mindfully, being fully aware of all the sensations in your body. Notice all of your experiences, thoughts, and feelings. Also, take small pauses during your day, and take the time to simply breathe.

## # Conclusion

Whether you want to improve your cognitive abilities or simply be happier and more content, mindfulness can definitely help you reach that goal. It is scientifically proven to work and it is a great skill to learn.

As with everything, you simply need to make a decision to be more mindful and practice it regularly. You will soon notice a great improvement in your wellbeing.

[ak]



# **Want to contribute?**

**Reach out to  
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or  
@codeboje on Twitter**

# Mindful Eating: Honoring the Food You Eat

Imagine you are working on a project, all engrossed in it. Just another email and I will then take a break, you tell yourself. You hit send, relax a bit in your chair and head straight for that bar of chocolate, a bag of chips or a leftover sandwich from last night.

You take in the first bite and then a second. The first one seemed heavenly. The second less yummy than that but you don't mind. You put one hand on the mouse and aim to open a new tab for some news in the sports or entertainment industry. The very first title catches your attention and you jump right into it. Perhaps a new scandal among celebrities or your favorite team buying an important player for the next game... you continue eating while reading or watching the video and BAM!

You look down and your hand is empty. Did you really eat all of that? Where did it

go? The last traces of it on your fingers confirm that you DID eat it. What sets in next is the dissatisfaction and disappointment. You feel disappointed because you didn't get to really enjoy it. You feel dissatisfied because you still feel hungry.

This is where mindful eating comes in.

Wait, what?

It may seem like a familiar topic but do you really know what it is all about?

Mindful eating involves indulgence of food. It isn't a form of diet as it doesn't restrict the individual to abstain from food. It merely urges him/her to enjoy it completely while having it. It's about savoring every bite and eating slowly. It is about tuning in with your mind and becoming conscious of the food.

# We rely on others to tell us how to eat, how about listening to our own bodies?

On a broader spectrum, it involves:

- Eating without distractions
- Looking for hunger cues and stopping when full
- Not giving in to food triggers like boredom, emotions, and habits
- Distinguishing between actual and non-hunger
- Sensing the effects food has on us
- Appreciating your plate
- Indulging all the senses from noticing colors to smelling the food

## # Why Zen your Food

There are tons of benefits associated with mindful eating. Some of my most favorite ones include:

- Eating ONLY when hunger strikes and END when you feel satiated
- Indulge in all the individual flavors that rest on your palette for a second
- You being to see what junk food is –junk!
- You will feel a kick in your metabolic activity
- A fast metabolism means no extra fat is stored
- You will eventually begin shedding pounds if you are overweight
- You will realize that you previously did a lot of emotional eating
- Social eating will be minimized when you

eat without distractions

- It will prevent you from overeating
- You will acknowledge how food affects your energy levels and mood throughout the day
- You will start applying the same to other activities and move towards living a meaningful life

## # Practicing Mindful Eating –My Journey

On a weekend, I planned to do absolutely NOTHING and just be a couch potato and stuff my face with Cheerios, I got a call from one of my dear friends who insisted that I attend this seminar with her as her partners ditched her the last minute. After trying to convince her why I was not a fit for such fancy aka boring places, (I just didn't want to go) I decided to tag along as her plus one.

The topic for the seminar was mindfulness and its enormous impacts on our lives and well-being. I had already decided to aim for the furthest seat in the hall so that I can walk out whenever I wanted without being noticed. Spoiler Alert! Nothing of that sort happened. The facilitator kicked off with a few breathing exercises, that, unexpectedly I enjoyed doing. Then he went on to incorporate some research-backed facts to give the audience an idea about his expertise on the subject. He talked about the many ongoing experiments and then further explained

how we can use this complete state of awareness to control our bodies and minds.

As I grasped more and more of what he was saying, I felt different. He wasn't trying to sell me anything but simply trying to convince me to try a different approach to how we saw and feel things.

## **He didn't want us to step out of the box but rather stay within and appreciate its presence.**

Be in the present, indulge all your senses at once, see around yourself with a different perspective.

I know it sounds too theoretical, but just for a minute, drop everything you are doing and just focus on the things happening around you. If you are work, see what others are doing. Sense their bodily movements, make note of their expressions, their talking, their working style and much more. Do you see how many things you miss out on? All the messages they or their bodies are giving away? Can you not make note of these?

You probably did!

The same rules apply to eating. You have to be aware of what you are putting in your mouth and salivate it with a focused mind. You need to take in the experience that comes along with each bite, appreciate all the spices that went into making it what it is and seek pleasure from it.

## **Most importantly, only eat when you feel like eating!**

## **# Steps to Eating Mindfully**

Now that you are intrigued by the subject, it is time you practice the art in person. To make the journey easy, I am going to disclose my secret way of eating mindfully. (Please take notes)

- Prioritize meal times. Set up a time for meals every day so that you don't eat unnecessarily throughout the day
- When sitting down to eat, get rid of any distractions. You can never truly enjoy your food when inattentive. Turn off the screen, put your phone aside and park your car to a side and then begin
- Plate your food. Don't eat from an ice-cream tub or right from the packet/container.
- Invest time into chewing it down to small chunks. This will leave little work for your stomach to digest it.
- Stop eating when you are 80% full.
- Put your senses to work. Notice the smell, shape, texture, and smell of your food before biting into it.
- When in the mouth, try counting all the different flavors of spices you can.
- Ask yourself what emotion does the food triggers within you. Do you feel pleasure, happiness, guilt, regret or stress?
- Lastly, prepare your meals yourself. The act of cooking improves our relationship with food.
- It takes roughly 20 minutes for your brain to establish that you are either full or not. This means that you need to take your time while eating and not give in to overeating.

## # Be Mindful –Not Mindless

Be it work problems, maddening traffic on your way back home, conflicts in relationships or worry about finances, there are many situations that contribute to the way we rely on food. A constant state of stress in our lives releases cortisol (the stress hormone) in our bodies which results in an increased appetite. As a result, we crave for comfy foods such as sugary delights, greasy meats or salty delicacies. This mindless eating can be contributed to a number of factors such as boredom, automatic eating, stress or emotional factors.

## # Eat for Pleasure

Food deserves to be enjoyed. Most of us are blessed to choose our food. We have the opportunity to eat whatever we want whenever we want. Can we not cherish that?

## Eating mindfully is an art that allows you to appreciate and relish your

You can indulge all your senses at once and truly feel the texture, consistency, and taste of your meal. Seek guidance from your satiety cues to begin and stop eating. Be aware of your physical hunger needs.

[ma]

# Walking Meditation

Mindfulness is a psychological process of being aware of the present moment without being judgmental regarding your thoughts and feelings. When you become mindful, you are able to de-clutter your mind from unnecessary and negative thoughts and focus on the present.

Jon Kabat-Zin, the creator of Stress Reduction Clinic and the Center for Mindfulness in Medicine, sums up mindfulness beautifully in the following words: “Mindfulness means paying attention, in a particular way; on purpose, in the present moment, and non-judgmentally.”

In our daily routine, we are so busy performing several tasks that we fail to acknowledge the present. We move from one chore to another without fully becoming involved in it and this prevents us from enjoying that chore. However, when we become mindful, we slowly start to become aware of who we are, our mindsets and our present. We get awareness into our-

selves and our surroundings so we begin focusing on all that's important and disregard the unnecessary, undesirable and pointless stuff. We keep our thoughts focused on the present and don't let them control ourselves.

A person can become mindful by practicing mindfulness meditation. There are several types of mindfulness meditation that you can perform. Many of us think that meditation can only be done while sitting on the floor or a chair. On the contrary, meditation can be done at any time and even while walking.

## # Walking Meditation

Walking meditation is different than your normal stroll in the park. It is practiced in a way that it makes you aware of your surroundings while also paying attention to the movement of your limbs as well as your breathing. Walking meditation comes in handy when traditional meditation doe-

sn't calm your racing mind. Here is a step-by-step guide to walking meditation:

## **## Pick a Location**

First off, choose a location you would like to walk on. As a beginner, it would be best to choose a space that you're familiar with such as your garden, garage, or backyard. However, make sure the path you choose is at least four meters in length so you can walk back and forth with ease. When picking a location, you also have to ensure that the place isn't crowded or loud since, a peaceful walk, without distractions, is the main objective.

## **## Speed**

Even though you can choose to decide your own pace, as a beginner, it is best to keep your pace slow. This will ensure that your focus is steadily maintained upon each and every movement.

## **## Begin Your Walk**

To begin, simply stand on the ground while distributing the weight of your body equally on both feet. Remember, during walking meditation, you have to be fully aware of the movement of your limbs in coordination with your breath. As you stand, focus your attention on how the ground feels beneath your feet. Feel the hardness or softness of the surface beneath you depending on whether you are in a garden or a concrete surface.

Once you are mindful of the surface you're about to walk on, take 10–15 tentative steps and then stop to breathe fully. The purpose of this small practice walk is to get yourself familiar with the path as well as your breathing in coordination with walking.

## **## Focus on the Movement of Your Limbs**

There are a few key components that you have to focus on while taking each step, such as the lifting of the foot, the moving of your foot forward, and the dropping of your foot on the ground beneath.

Begin your walk by lifting one foot off the ground and as you do so, repeat the word 'lifting' three times out loud or in your heart. When you do this, feel the sensation of your knee being bent or the feeling in your foot as it disconnects from the ground. When you move your foot forward, repeat the word 'moving' three times while focusing on the motion of your foot and how the muscles in your thigh and calf stretch.

When your foot connects with the ground as you put it down, repeat the word 'dropping' three times and notice the sensation in your leg as it straightens out or how the foot feels when it touches the ground.

Repeat the same process as you bring forth your back leg and keep your attention focused while repeating the words mentioned earlier.

## **## Refocus Your Attention**

If at any time during the walking meditation you feel that your attention has shifted elsewhere, do not panic or feel as if your meditation has been disrupted. It is a completely natural thing for your mind to wander. To re-focus, simply bring your attention back to the movement of your limbs and the inhale and exhale of your breath.

As a beginner, you should practice walking meditation for at least, 10–15 minutes.

## ## *Make It a Habit*

Once you start practicing walking meditation, try to make it a habit and stick to performing it every day for at least a month. This will help you incorporate the practice in every walk you take. Gradually, you will start to notice that even the smallest of walks, such as going to grab a glass of water, is a mindful one.

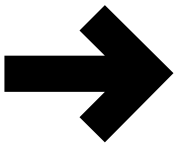
When I say this, I talk from experience,

because I have practiced walking meditation for at least a year now. In all my walks and even my runs, I have begun to incorporate walking meditation. I am aware of every step and due to practice; I am even able to be mindful of my surroundings which allows me to enjoy the scenery and the atmosphere while taking a walk.

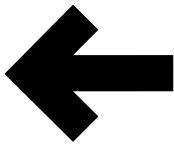
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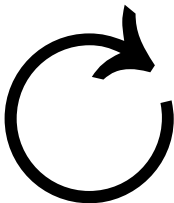
# Take a Mindful Moment Before You Leave



**Breath in**



**Breath out**



**Repeat 10 times**

**Love the Mag?**

**Tell me at**

**@codeboje**