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Mindfulness Persuasive Essay

Mindfulness is generally defined as a peaceful awareness of our thoughts, feelings, and bodily sensations. Exact definitions vary depending on who you talk to but all revolve around the same ideas: Being present in the moment. Mindfulness involves acceptance, and as such is non-judgmental. We pay attention to our thoughts and feelings without judging them. There is no right or wrong way to think or feel in a given moment but feel as you wish. It is common thinking to say that mindfulness and meditation are closely related but after quite some research, they are not synonymous. In an article published by the guardian, Jon Kabat-Zinn (often called the master of mindfulness) says, “We can practice mindfulness while not doing a formal meditation practice because the word, meditation, refers to a wide range of practices that simply involve training the mind to achieve a particular state of consciousness, such as relaxation.” But, as we all know the more well known mindful practices come in the form of mindfulness meditation.

According to psychologist William James, “Attention is the taking possession of the mind, in clear and vivid form. It implies withdrawal from some things in order to deal effectively with others. Attention may be compared to a spotlight, which makes certain information from the inside or the outside world more available to conscious awareness while filtering out less useful information.” This beautiful quote displays the importance of focusing your attention and narrowing it during times of meditation. Nevertheless, as human beings, we have the unique ability to focus our attention on something other than the present. From sitting on the computer, thinking about our last vacations, or thinking about how unbelievably sexy OUR president is....

Our minds tend to wander and it is our job as new mindfulness ambassadors to minimize the crazy thoughts that may be going on throughout our daily lives.

Research shows that people are less happy when mind-wandering no matter what they are doing. Mind-wandering (having a spazzy mind) and unhappiness are definitely correlated. In fact, it shows that not being present very likely seems to be an actual cause, of unhappiness, as you cannot focus on living in the now, missing what may be going on around you. We spend huge amounts of time paying attention to where our mind is and it is not in the present moment. We spend time so much time worrying, being upset, and planning that we forget to live in the now. But, how do we live in the now while practicing mindfulness?

We can practice it in most situations by just being aware of our thoughts, feelings, sensations, and surrounding experiences. We may use traditional approaches such as yoga, silent retreats or meditating or even what I find more useful, eating. (sushi usually works great because it's soft chewing in small bites and portions. I suggest starting by developing with being aware of our own breathing. The awareness of the breath is accessible to everybody and could be practiced anywhere and at any time. So, if ever you are stressed about your English class, overwhelmed by anger because of your English teacher, or exhausted because of your English work, try to gather yourself, focus in on your breaths and life in the moment... I promise life is much better that way.

<https://www.theguardian.com/lifeandstyle/2017/oct/22/mindfulness-jon-kabat-zinn-depression-trump-grenfell>

https://link.springer.com/chapter/10.1007/978-3-319-97529-0_20