

What is Mindfulness?

Part 2.1

Mindfulness Explained

Mindfulness is a present moment,
non-judgmental awareness

paying attention to what's going
on in the present moment
without judging it as good or bad

Just observing the present
moment

experiencing it

without judging it as something
good that we want more of, and
without judging it as something
bad, that we want to get rid of

Just observing



being in
tune with
the present
moment



watching a beautiful sunset, and just
seeing the colors of the sunset

A landscape photograph capturing a sunset over a grassy hill. The sun is low on the horizon, casting a warm, golden glow across the sky and the landscape. The sky is filled with scattered clouds, some of which are illuminated by the setting sun. The foreground is a lush green field, and the middle ground features a grassy hill with several trees. The background shows a misty valley with rolling hills and a forest of trees. The overall mood is serene and peaceful.

When we're really just accepting the
present moment as it is



this is mindfulness

We can actually practice
mindfulness in any of our senses.

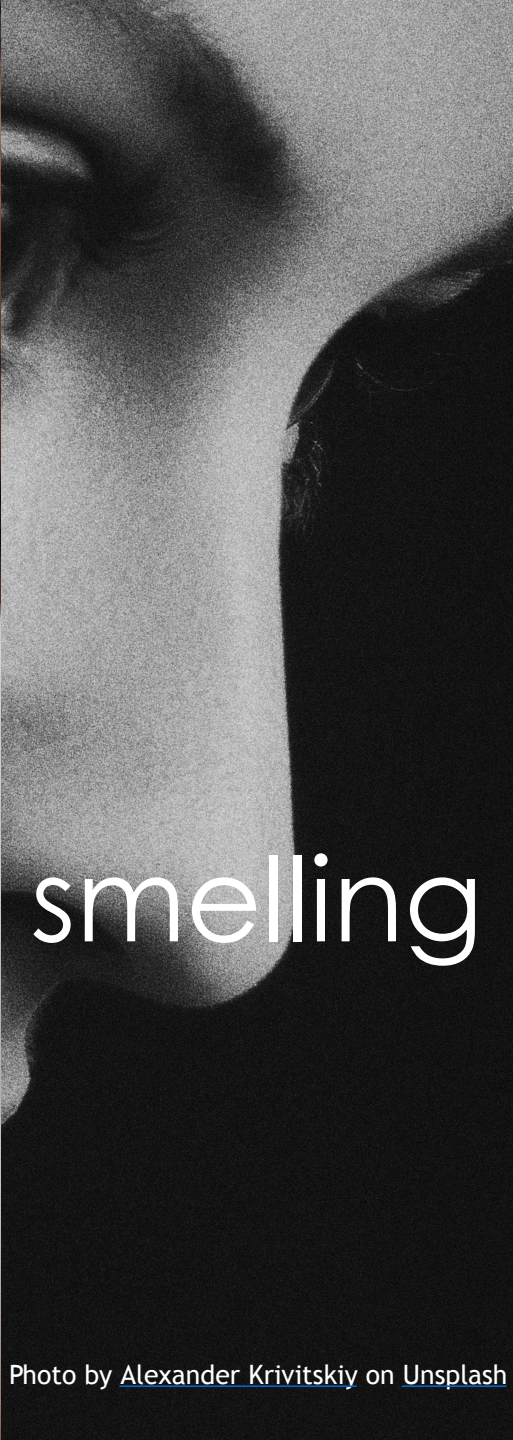
We have the traditional five senses

seeing, smelling, tasting, hearing,
and touching.



seeing

Photo by [Luis Galvez](#) on [Unsplash](#)



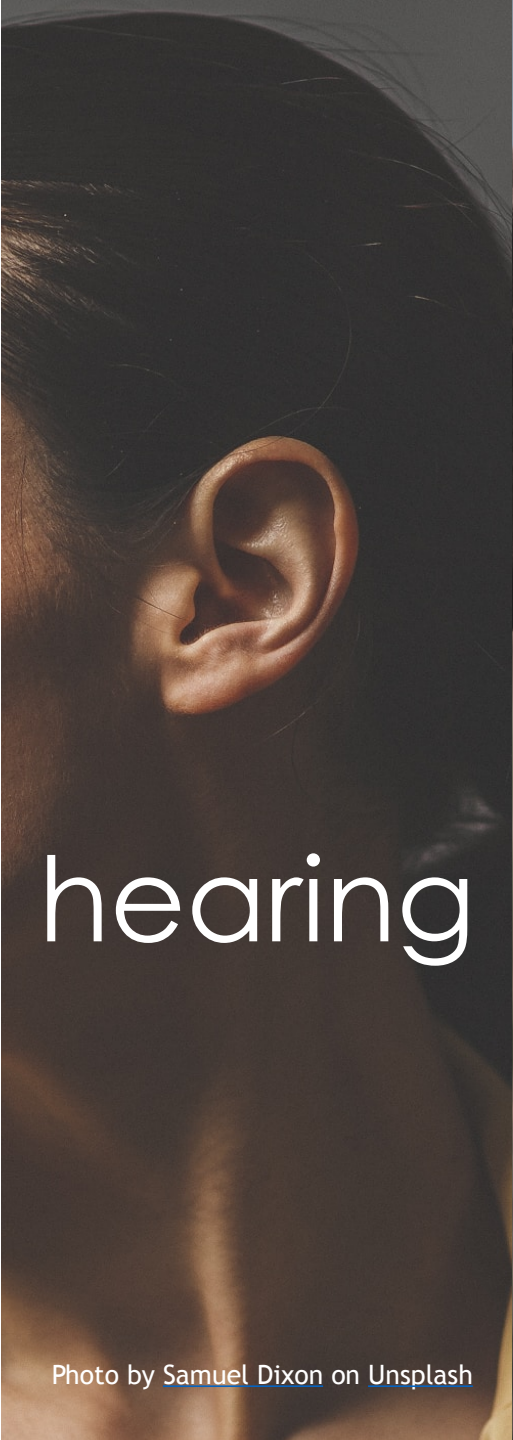
smelling

Photo by [Alexander Krivitskiy](#) on [Unsplash](#)



tasting

Photo by [Todd Trapani](#) on [Unsplash](#)



hearing

Photo by [Samuel Dixon](#) on [Unsplash](#)



touching

Photo by [Youssef Aboutaleb](#) on [Unsplash](#)

The background of the image is a dark, warm-toned bokeh effect. It consists of numerous out-of-focus circular light spots in shades of gold, yellow, and orange. Some spots are larger and more prominent, while others are smaller and more numerous, creating a dense, textured appearance. The overall effect is soft and ethereal.

mental phenomena



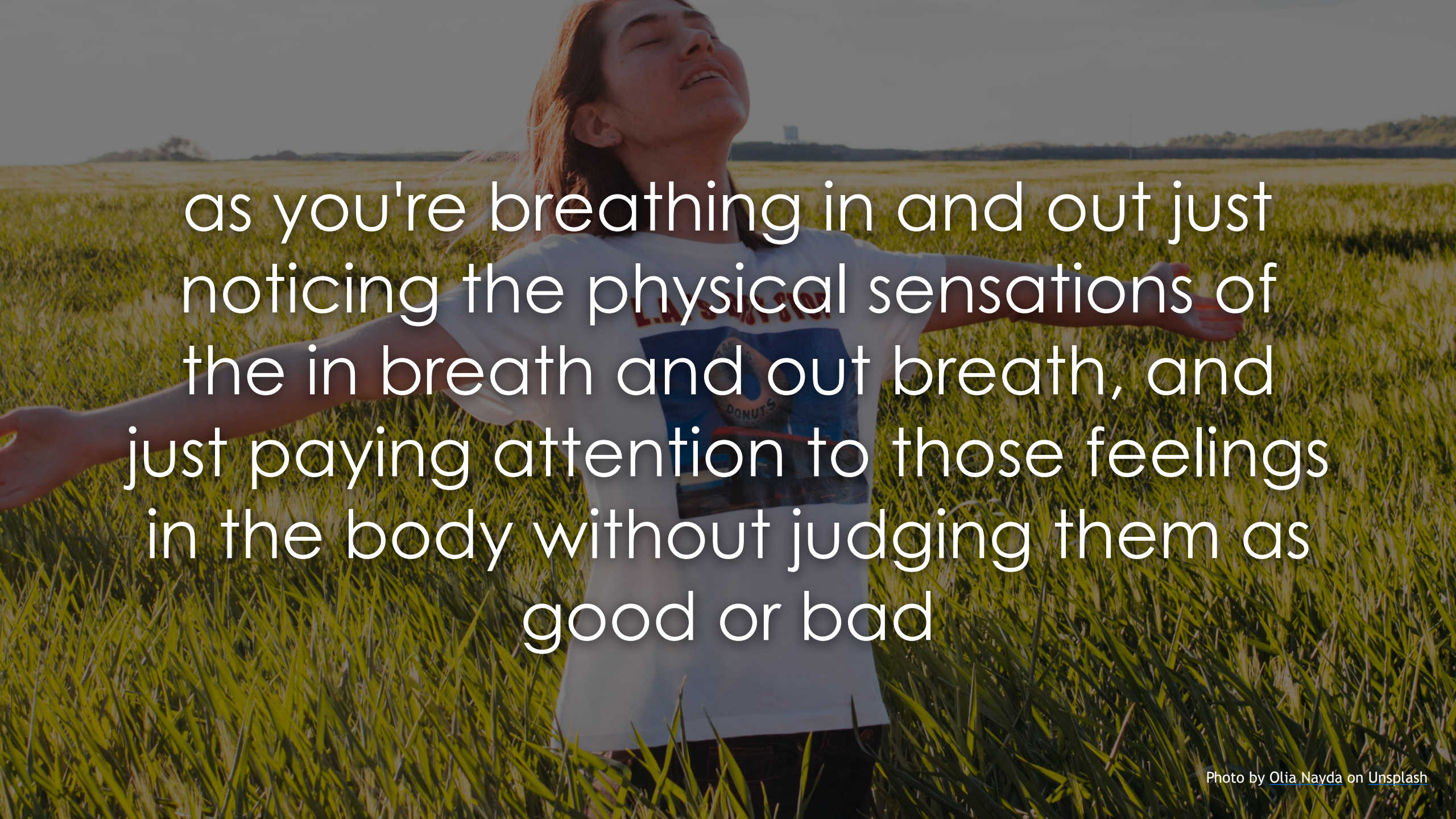
sadness, or being aware of
thoughts and feelings

any of these six senses are a
great arena to practice
mindfulness in

don't worry too much about
writing any of this down or
memorizing this

we're also going to talk about

How to Practice Mindful Breathing



as you're breathing in and out just noticing the physical sensations of the in breath and out breath, and just paying attention to those feelings in the body without judging them as good or bad



This is mindful breathing

it's much more important that we actually get to know what mindfulness is from an experiential point of view, rather than a conceptual one.

I'll be guiding you through how to really tap into what mindfulness is, so that you can really experience mindfulness, rather than just knowing it as a concept.

Next Video

Mindful Breathing Practice