Mindfulness

# Aurora Sacred Healing Center

Good Morning Northern Residents

News break! Educators are taking the time to teach themselves the importance of mindfulness! You may be wondering what exactly mindfulness is. Let me explain. It is the ability to become totally aware of your body, your breath, and how you feel at each moment. It is listening so that you can hear and dissipating stress through relaxation and breathing techniques. It allows us to relax the central nervous system and cultivate a life full of meaning, creativity, and contentment. It is learning to enjoy the simple things that surround us each day. The sounds of nature, the deliciousness of our food, the wonder of each moment in our day.

Why are schools looking at incorporating mindfulness into their programs? The idea is to further develop youth and teachers towards healthy relationships with themselves at the deepest level… the essence of our being. Understanding ourselves, our feelings, our emotions, our direction, opening ourselves to explore life further. Creating stronger individuals to create a stronger society.

Educators spend 8 hours plus each day with children/youth. They have an incredible impact on developing strong socially responsible, educated, and confident adults. Mindfulness is one tool in the toolbox to develop our youth. Creating a life that is thriving, and not just surviving.

Meditation is a key element in mindfulness. Slowing down, breathing, and connecting with your deepest self while letting go of the thought process. Our mind has an ability to take over our life and drive us in directions that we may not possibly wish to travel to. Once we let go of living in the past and living for the future, what do we have left? The answer is … living in the present. Life is the fullest when we live in the present and learn to enjoy each moment that we are presented with. Sometimes challenges are in the moment. This is how we grow stronger, through dealing with difficult situations and being able to respond appropriately to the challenge.

Mindfulness is living in the moment. It is also thoughtful reflection. Journaling and exploring our emotions. Letting things flow, like the incredible energy that we each possess. Letting it come naturally and becoming comfortable and at ease with just being.

Yoga in the western world is a collection of poses to develop balance in the physical body. When we step on the mat, we learn to let go of judgement and competition. It is a training of the mind to let go of destructive self-criticism which sometimes forms in our minds. Yoga incorporates a beautiful blend of breath work into the practice. Breath is key in maintaining low stress levels and keeping our body healthy at a cellular level. In its simplest form, really slowing down. Yoga movements create a lengthening of muscles on one side of the body and a shortening on the opposite side of the body. Too much sitting can shorten muscles and cause tension and eventually pain in the physical body. Yoga assists in realigning the muscles and keeping our joints mobile and fluid. Building a strong, kind, caring loving human being.

So, can you start to see the importance of mindfulness training in our schools? It is essential to keep our youth grounded, living with purpose, and finding a path towards joy. Life is really nothing without Joy.

If this article has sparked your interest, Aurora Sacred Healing Center host many great programs from Mindfulness Educator Training, to Mediation (online & free of charge, to Sisterhood monthly gatherings, to Mother Nature Connections, as well as many Yoga sessions.

Aurora Sacred Healing Center welcomes everyone to get involved. Aurora is all about building a stronger community together. Making Shift Happen.