

**What is Mindfulness?** I could give you a very long answer, but essentially, Mindfulness is about being in the present moment – doing what you are doing, being as you are – nothing else. You might wonder then what is all the fuss about – surely you are in the present moment all the time? Perhaps not! I for one, when I check in on myself from time to time, frequently realise that I have been miles away! I have often driven from Dublin to Monaghan without really being in the car at all! So who drove me home? Fortunately there is a phenomena called ‘auto- pilot’ – that’s what drives me car and amazingly keeps me safe and gets me home when I am thinking about something else. Can you sense a ‘long answer’ on the way.....?

But, you might say, there is nothing wrong with auto- pilot – as you can see in the example above, it is a very useful thing.....HOWEVER.....there is a problem – who is actually living my life if I am not there?

If I am always somewhere else – planning the next day, preparing a conversation with someone I’m going to meet, anticipating what I need to do when I arrive wherever I’m going. All of this is good – we all need to plan, prepare and anticipate - except if this is how I live then chances are, when I do get there, I am not there either! Today is now the next day, and I am planning tomorrow; I’m with the person and having the conversation I’d planned, but I’m already feeling I should be somewhere else. Get the idea – I am never there – I actually never show up for what’s happening right here and now – and this is my life – right here and now! I will soon be over and I will have missed it! Someone once said ‘life is what is happening when we’re thinking of something else’. In my case, this is often true!

Now, there is a lot more to say about Mindfulness – but this is enough for starters – *it’s about being present in the here and now, showing up for more and more moments of your short and very precious life.*

I will eventually get around to telling you about Mindfulness Based Stress Management – the 8 week course I will be running in Monaghan – but I will leave you for the moment with a thought from Jon Kabat Zinn, the originator of that programme. I can’t locate the exact quotation right now, but he was talking about a sense of incompleteness that many of us seem to suffer from – ***a feeling that there is something is missing in my life – according to Jon that ‘something’ missing in your life..... is YOU!***

When I find the quote, I’ll post it....