

Bahar Delaram LMFT 

Introducing

Mindfulness



What is Mindfulness?

the quality or state of being conscious or aware of something.

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, used as a therapeutic technique.





**Why should I become
more mindful?**



Benefits:

- Promotes metacognitive awareness
- Decreases rumination
- Stress reduction
- Improves memory
- Improves Focus
- Less emotional reactivity
- More cognitive flexibility
- Increased immune functioning
- Anti-aging effects

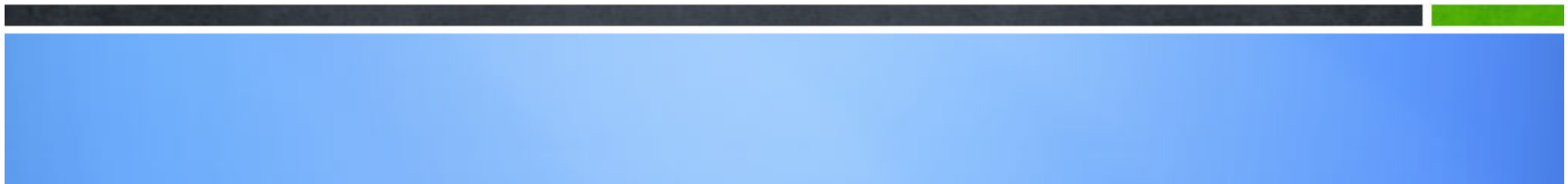


How to practice Mindfulness?





Meditation





What type of meditation?





Two main types:



In **Passive Meditation**, we are in a state of empty mind – with no thoughts. It can also be described as a feeling of being in the “Void”.

Passive meditation is where you are simply focusing on your breath, being aware yet with quiet mind, or present to emptying the mind. This type of meditation really allows you to reset, access deep peace, and sense of oneness with all. It is the technique for **mastery of the mind**



Active meditation uses more of the active imagination and the higher mind to create an internal shift, receive insight, or to train and harness the power of the mind.


Active meditation can include anything from a guided meditation journey, repeating a mantra, contemplation of a question or principle or affirmation.





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