

July Musings – Mindful Month

Looking back over the month that was, I have to say that on occasion my mind has been full; full of mindful stuff that I suppose first took shape on the back of a seat from where I watched an inflight movie Banksy Does New York.

The once infamous, now famous graffiti street artist captured the focus, attention and energy of New York locals for the month of October in 2013 when he orchestrated a city wide scavenger hunt, using Instagram to leave clues as to the whereabouts of new artworks he revealed each day.

To me, this was a form of mindfulness en masse!

I suppose it kick-started my thinking about the practice of mindfulness, and how useful it is to pull out of the toolbox when you're are on the hop and prone to distraction. By the way, did you know that in this day and age our attention wanders involuntarily for 46.9% of our waking hours (*A wandering mind is an unhappy mind - 2012*)?

What's more, many research studies continually show that multitasking actually makes us less productive, more inclined to err and more susceptible stress, but you already knew that, didn't you?

In a nutshell, mindfulness is about taking control of our thoughts and being more present with what we are doing. It suggests managing our mind rather than letting our mind manage us. Sound easy? Hmmm...as they say, practise makes perfect.

So, off I went to practice more of what I often preach.

What helped seal the deal was hearing Mick Fanning, world champion Aussie surfer, who recently narrowly avoided the jaws of a great white in J-Bay, say in a radio interview when asked if he was going to surf again (and I quote) "It's what I do to clear my mind."

Though I've never tried it, surfing is indeed an 'in the moment' sport... mindfulness par excellence.

I decided to surf with a spoon, an egg spoon at that. A spot of mindful eating surely wouldn't go amiss. End result? 2 perfectly soft-boiled eggs never tasted so good. Why so, you might ask? Well, I didn't bolt the food as I'm often want to do. Nor did I engage in any other activities such as reading, chatting, checking

messages on my phone etc. I just sat and enjoyed the experience, mindfully chewing, tasting, swallowing and savouring the protein parcels.

The next exercise was to sit on a bench atop a hillside to surf the landscape with my sense of sight. And am I glad I did? You bet. There in the dusty red dirt was a half-buried dried out old emu egg whose shell had been etched by the elements. It was my first ever sighting, which I would most surely have missed had I not primed the mind to be mindful.

Note to self for the up-coming month....avoid surfing the net! It's bound to promote 'full-mindedness' as opposed to mindfulness.

Till next month, here's to being in the moment.

"Eggxactly" I hear you say

Caroline