

MINDFULNESS

Mindfulness is gently bringing our attention to the present moment, invoking our inherent capacity for healing and renewal. It is the basis for transforming ourselves and creating greater harmony in our lives and in society.

To be mindful is to be aware of what is going on in our body, in our feelings, in our mind and in the world, as we avoid doing harm to ourselves and others.

With the help of breathing - breathing and knowing we are breathing - we are able to touch and be nourished by the peace and joy that are available within us and around us, in the here and now.

Jointly Organised by:

Unitarians in Edinburgh
www.edinburgh-unitarians.org.uk

and

The Community of Interbeing
www.interbeing.org.uk

Tuesdays@Lunchtime
12.15 - 2.00

St Mark's Unitarian Church
Castle Terrace
Edinburgh

MINDFULNESS
@LUNCHTIME

Tuesdays
12.15 - 2.00pm

with built in flexitime

MINDFULNESS @LUNCHTIME

LUNCHTIMES OF PEACE, SILENCE AND MINDFULNESS

The lunchtimes are open to anyone who may enjoy a period of peace and reflection during the often busy working day.

This practice of mindfulness includes: guided sitting meditation, walking meditation and enjoying our lunch together in silence.

LUNCHTIME PROGRAMME:

12.15 pm retreat from the world

12.30 pm to 1.10 pm guided sitting and walking meditation, following the breath.

1.10 pm to 1.30 pm eating in mindfulness - enjoying our food in silence.

1.30 pm to 1.45 pm return to a period of silent meditation.

2.00 pm return to the world refreshed

You may arrive and leave at any time, though we ask you to respect the silence.

We ask you to bring your own packed lunch; some fruit and drinks to share will be provided.

'Mindfulness@lunchtime' is not a religious service - it is a simple period of peace and meditation.

In our daily lives our energy is too easily dissipated by the many tasks we need to complete. Many of us lead extremely busy lives; we never seem to have enough time for ourselves. We are swept along by circumstances. What can we do about this?

We can help ourselves by learning to stop from time to time - to stop running and to relax in full awareness, being mindful of what we are doing in the present moment. The practice of mindfulness offers us the opportunity to change.

Mindfulness can be practised throughout the day but usually we are too busy and distracted to stop and bring our awareness to the present moment.

'Mindfulness at lunch-time' offers such a time. It is time to share the pleasure of sitting together, walking together and eating together in mindfulness. Time not spent talking but simply letting the mind rest in full awareness. Meditation is not an exercise in analysis or reasoning. On the contrary, meditation rests the mind.

Let's stop running for a while and find the peace which is to be found in mindfulness and meditation.

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