



Modality Use Explained

Mindfulness

How We Use Mindfulness

The 'mindful state', a state of focused relaxation, is the core of our ThinkWell-LiveWell recorded sessions.

From this entirely enjoyable 'place', Users are able to listen with openness and receptiveness to the therapeutic elements of the sessions. This is the key to the subconscious absorbing and responding to the messages we give.

At ThinkWell-LiveWell, we have long been aware that many people have difficulty achieving the mindful state through silent meditative techniques. For this reason, we offer a wide range of guided, narrative scenarios ('Ways In') that work for adults much as bedtime stories work for infants.

What is Mindfulness? ...Let's come to that in a moment.

What matters most of all is to know is this: multiple research programmes tell us that Mindfulness bears favourable comparison to many psychological and medical techniques in promoting general physical and mental health.

Being in the mindful state, or 'in the moment', is now proven to physically alter the composition and 'wiring' of key parts of the brain. Put simply, regular practise of Mindfulness reduces areas of your mind where stress flourishes, and develops areas of your mind where harmony and balance are nurtured.

Although the term 'Mindfulness' is borrowed from Buddhism, Mindfulness was developed as a stress-reduction technique by US physician Jon Kabat-Zinn, who began to use his mindfulness work in medical practise in 1979.

Mindfulness can be described as a form of meditation. You focus on being 'in the moment' and, by so doing, exclude other thoughts and give space for the mind to promote wellbeing over time and through repetition.

Mindfulness has few drawbacks, although some people do find it difficult to enter a 'mindful state' by the traditional, meditative method based on breathing and concentration/observation.

The ThinkWell-LiveWell view of 'pure', meditative Mindfulness is that the world would be a better place if everyone practised it. It is our hope that what we offer will help more people eventually to adopt a Mindful lifestyle.