

Mindfulness shrinks the amygdala which, if you remember, is the fear center of the brain. Less fear and pain? - YES, please!

We can do this by reading, writing, and actively listening, as well as by eating healthily, exercising, and hydrating properly.

When you read with a pencil in your hand and intention in your heart, you go after it knowing that it will impact you in some way. You allow words, phrases, sentences, and ideas to jump off the page and into your head.

Journaling helps ideas and thoughts to LAND. It allows for ideas, concepts, and new habits to develop. It stimulates awareness, goal details, affirmations, and creativity. It also provides a channel for us to release our inner thoughts and emotions, and to find enjoyment in the process.

Actively listening delivers results of a higher level in your life:

- Our relationships improve - I see you, I hear you.
- Our empathy increases.
- Our understanding deepens - we are listening to understand, not to reply.
- We develop genuine compassion, love, and care for others.

Even the practice of actively listening to music will deliver a higher level of enjoyment. We can listen to the melody and the instruments. Allow the cello to permeate your beautiful self and create an experience.

Mindfulness practices help create a mindful way of life. Once you've experienced this new level, it makes living the old way less attractive. This is how the mindful life is created!