



Welcome to Mindabout

Online Mindfulness Meditation Courses & Guidance

Empowering you to live happier by learning how
to meditate with Mindfulness Experts, on your
Personalized App, every day, anywhere.





What is Mindabout

Mindabout is a highly successful, accredited, non-subscription collection of Online Mindfulness Meditation Courses.

We have designed these self-help guided Meditation Courses, to help you feel less stressed, sleep better, become more focussed, and happier in life.



Our Life-Transforming Accredited Courses

We offer you over 100 life-transforming Meditation Courses - an entire package of positivity. Wow!

What is Mindfulness?

Here's where it all begins. This is an extract from your first Meditation. Just to let you know that you can choose either Alex or Michi to guide you.

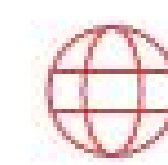
Hi! I'm Michi. I'll be with you all the way on your Mindfulness journey with Mindabout. And a huge Thank You for joining us. Wow!.

All of this is likely to be new to you. As a beginner, you will hopefully greet this experience with the joyous engagement of a newcomer. But please note that you should approach every practice hereafter in the same joyous mode as if it's your very first time. We call this the beginner's mind. This is a key principle in mindfulness.

One of our Mindabout mantras is: Softly, Softly. It's important for learning that you and we take our learning one step at a time. So, we will introduce mindfulness to you in this Softly, Softly mode.

To expand on the meaning of mindfulness, the NHS quotes Professor Mark Williams, an expert on mindfulness. Professor Williams is the former director of the Oxford Mindfulness Centre, and an acclaimed author of several excellent books and articles on mindfulness.

£ Demand for Mindfulness is to double by 2022



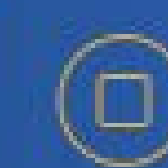
It is believed that globally between 200 and 500 million people meditate



7% of US children now meditate



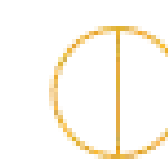
Mental Well-Being is the number one reason people gave for meditating



Over 14% of US adults have tried meditation



Since 2012 the number of people practicing meditation has tripled



Considering all the health benefits it offers, it's no surprise people use Mindfulness



So, what is Mindfulness?

You must have considered this before, otherwise you wouldn't be here. You may have searched the internet. There are thousands and thousands of opinions and answers offered as a solution to this question, some good and some not so good.

Our intention is to help you understand mindfulness by focussing on 3 high-quality mindfulness sources, who can explain mindfulness in clear and simple terms. In this way, you are in safe hands in terms of your learning.

There may be a bit of repetition as we go through each source's contribution. But that's OK. Repetition is an excellent learning tool!

Our first source is the esteemed Greater Good Science Centre at UC Berkeley, who offer a concise definition of mindfulness.

For the Greater Good, mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens.

Mindfulness also involves acceptance, meaning that we pay attention to our thoughts and feelings without judging them—without believing, for instance, that there's a 'right' or 'wrong' way to think or feel in a given moment.

When we practice mindfulness, our thoughts tune into what we're sensing in the present moment rather than rehashing the past or imagining the future.

That's a pretty good start. Let's look at this – softly, softly.

The renowned National Health Service in the UK, commonly known as the NHS, helps us further to get a clear and simple picture of what mindfulness really is.

They remind us that it can be easy to rush through life without stopping to notice much. We are so often on autopilot.

Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing.

Some people call this awareness: mindfulness. Mindfulness can help us enjoy life more and understand ourselves better. You can take steps to develop it in your own life – just as you are doing now.

Mindfulness means knowing directly what is going on inside and outside ourselves, moment by moment.

It's easy to stop noticing the world around us. It's also easy to lose touch with the way our bodies are feeling and to end up living 'in our heads' – caught up in our thoughts without stopping to notice how those thoughts are driving our emotions and behaviour.

An important part of mindfulness is reconnecting with our bodies and the sensations they experience. This means waking up to the sights, sounds, smells and tastes of the present moment. That might be something as simple as the feel of a banister as we walk upstairs.

Another important part of mindfulness is an awareness of our thoughts and feelings as they happen moment to moment. It's about allowing ourselves to see the present moment clearly. When we do that, it can positively change the way we see ourselves and our lives.

Becoming more aware of the present moment can help us enjoy the world around us more and understand ourselves better. When we become more aware of the present moment, we begin to experience afresh things that we have been taking for granted.

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We hope you enjoyed learning more about Mindabout and we hope to help you continue your Mindfulness journey. Thank you.

How do you Meditate with Mindabout?

We often hear people being told that learning some new activity is as easy as learning to ride a bike. Well, learning to meditate is even easier. It's true!

This may very well be your first go at meditating. Don't worry, it's not at all difficult. Your Mindabout App instructor will guide you along the way, at all times. At the click of a button, you will have two different expert instructors to choose from:

- Michi: a female instructor who speaks with a soft American accent, or
- Alex: a male instructor who has an English accent

They are both very inspiring and have very lengthy experience in mindfulness meditation. They are your step by step guides on your journey to a better life. They'll guide you through over 100 audio meditation journeys. You are in very safe hands!



You'll be glad to know that there's nothing mystical or mind-stretching about mindfulness meditation:

- » You don't need to read pages and pages of instructions. This blog will suffice for getting you ready.
- » There's no specific place where you need to meditate. You can meditate in your bedroom, in your garage, outside an interview room, on a plane, while walking through a forest or swimming in the sea. Anywhere on our planet, in fact. You decide!
- » There's no specific time when you need to meditate. You can meditate when you wake up, when you have a mid-morning break, when you're on a train returning from work, before you go to bed – or at 2 am in the morning if you are a night owl. And you can meditate for any length of time. You decide!
- » And you can meditate on your own or with others. The 'others' could be your partner, family, friends, colleagues or a disparate group who just want to meditate together. You decide!
- » You can meditate as often as you like. You decide!



Sit down, breathe in and breathe out. It's good if something pops into your head. If it does, notice it and return to your breathing.

How simple is that?

The more you practice with your Mindabout instructor, the more she/he will help you to enhance your meditation episodes and flesh them out. Again, there will be nothing complex – no fancy words and no body movements which may cause you any pain.

For example, she may suggest that you should:

- » adopt a comfortable but attentive posture
- » rest your arms and hands in a comfortable position
- » bring your awareness to your breath cycle and wherever it is the most vivid, whether it be your tummy, your chest or your shoulders, or the movement of air through your nostrils.
- » notice the entirety of the breath, from the movement of the air coming in, and filling the lungs, and extending the abdomen slightly, and the movement of air going out.

As we've said, it's all pretty easy. Time to get started?



Top 8 Benefits of Mindabout Mindfulness Meditation

01 You will likely increase your self-awareness.

Self-awareness involves being fully aware of, and focused on, different aspects of our self. Mindfulness enables us to maintain a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment. It allows us to see the present moment clearly. When we do that, it can positively change the way we see ourselves and our lives.

02 You will likely reduce your stress level and improve your happiness in 10 days.

For many, their state of happiness can be deeply affected when stress arises. Fortunately, linking mindfulness activities such as self-awareness and breathing exercises to other helpful activities such as exercise and eating well can reduce our stress level and improve our happiness over a short period.

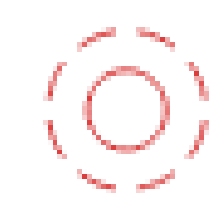
03 You will likely make better choices.

When we make better choices, our confidence increases and we have a greater sense of self. When we are more aware and less reactive, we realise we have a choice about the way we respond. With mindfulness, we are more able to assess the situation and make wiser decisions about what suits us best.

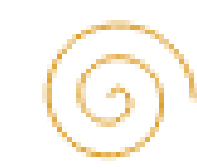
04 You will likely enjoy improved focus.

Focus leads to enhanced perception, learning, decision making, and reasoning. When we get our focus right, our life is much more rewarding. Mindfulness helps us to be much more aware and live in the now. There are a range of strategies which can help us enhance our focus.





Enjoy improved focus



Mindful parenting



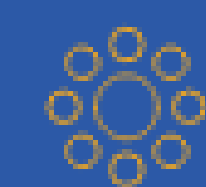
Increase your self-awareness



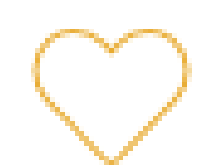
Reduce your stress level



Understand success & failure



Make better choices



Gain better relationships



break bad habits

Enjoy the benefits of Mindabout Mindfulness Meditation!

05 You will likely become a better parent/caregiver with mindful parenting.

Mindful parenting can help us to respond thoughtfully to our child's behaviours instead of automatically reacting to them. It is about being present in the moment in an attentive, non-judging and non-reactive way with our children. Research indicates that mindful parenting strengthens the relationship between us and our children.

06 You will understand success and failure and how to deal with these.

Failing is a reality of life. Some people are able to dust themselves down and move on. But many others can't or don't, and suffer from powerful negative emotions. Mindfulness helps us to manage failure; as a result, we are better placed to achieve our goals and success.

07 You will likely have better relationships with those who are important in your life.

Building better relationships is dependent on many factors: open and positive communication; realistic expectations; clearly expressing our emotions, and needs; demonstrating trust, among other considerations. Mindful practice can help us to decide on what we need to do to enhance our relationships.

08 You will likely be able to break bad habits, e.g. smoking.

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