

### **What is Focussed Mindfulness?**

Focussed Mindfulness is a deep, direct and secular practice which brings about a healthier perspective to life, relationships and work.

The practice involves turning your open, non-judgemental attention to a sensation in your body and then gazing deeper to explore any feeling at its core. This exploration allows you to become aware of some unresolved emotional pain, trauma or self-denial that you are holding, possibly deeply buried in your unconscious. Different processes then address, heal and release this pain, leaving you feeling free, joyful and empowered. From this perspective you gain insight into yourself and others and see a healthier way of being.

Each practice session addresses a root cause of an unresolved emotion or unexamined fixed belief about yourself or the outside world, heals it and releases it enabling a mindful state to be accessed more and more readily. With regular practice this begins to affect your way of being in your daily life. Mindfulness is known to benefit just about anyone who puts in the time and makes it a regular practice.

### **Who benefits from it?**

Focussed Mindfulness works extremely well alongside or after the Eight Week Mindfulness Programme, but it is also powerful when used alone even with people who have never meditated before, would not describe themselves as spiritual and are not attracted to the idea of a regular practice.

It helps people suffering from physical pain, a chronic health condition, anxiety, depression, anger, grief or a mental health issue. It is valuable for those seeking inner guidance and strength and wanting a tool that they can turn to in times of need. It is also a powerful approach for people wanting to be more present and wanting to deepen an established yoga or meditation practice.

### **How quickly does it work?**

Often a state of one-ness, present moment awareness and acceptance (mindfulness) is experienced in the first session. The practice can be taught in five sessions and this is recommended as an introduction. But of course, as with any habit, it takes commitment and regular practice to make lasting changes.

### **How Does Focussed Mindfulness Complement the Eight Week Programme and other Mindfulness practices?**

The practice of Focussed Mindfulness is complementary to the Eight Week Mindfulness Programme but differs from it in three main ways: it can be an easier way to achieve a deep sense of mindfulness which can then be built upon in the Eight week programme; it can be tailored to particular needs making it more person-centred, and it is more focussed on healing.

### **How does Focussed Mindfulness makes it easy for most people to achieve a state of one-ness, acceptance and love (mindfulness)?**

In the West we tend to demand instant results and tangible benefit from any intervention we try within a short space of time, be it sessions at the gym or the latest diet fad. If it doesn't deliver we tend to give up and try another route.

Focussed Mindfulness offers an approach that leads most people to a profound experience of mindfulness within a few minutes. This means that in the first session with a Focussed Mindfulness guide someone who has never meditated before, never had a spiritual thought and never read a self-help book can achieve a moment of mindfulness, and after a course of five sessions they will have the tools to practice on their own. So Focussed Mindfulness offers instant reward and over a short time the benefits are clearly felt and continue to be enjoyed, encouraging a lasting and regular practice.

### **How is Focussed Mindfulness more therapeutic than other Mindfulness Practices?**

A convention Mindfulness practice helps us to become still and receptive to whatever arises within us. It allows us to notice the habitual thoughts, feelings and set beliefs we have about ourselves, others and life in general and also to explore where they came from. This gives us the possibility of becoming progressively more forgiving of ourselves and also of recognising that we have the choice to pause and choose how we act.

The practice can sometimes make us conscious of traumatic events or overwhelming emotions that we had buried in our unconscious mind. This can leave us with persisting frightening and painful thoughts. The beauty of Focussed Mindfulness is that it gives us the tools to access the memories and then to deal with them then and there promptly, safely and effectively, releasing us from them so we end the session feeling great.

A Mindfulness practice is recognised to benefit us when we are suffering from chronic pain by helping us to become more accepting of it so, paradoxically, we can live more freely from it. Focussed Mindfulness also heals the root cause of the pain so we can let it go.

A Mindfulness practice allows us to become more conscious of our emotional responses and understand why we react this way. Focussed Mindfulness allows us to do this, but in addition it gives us the tools to directly release ourselves from them as soon as they become conscious, we can then experience an instant expansion of freedom and presence that persists into our daily lives.

### **How is Focussed Mindfulness more Person-Centred than other Mindfulness Practices?**

We all distract ourselves from being fully present by thinking, feeling or simply zoning out. Each of us has individual challenges and these may change from moment to moment, or arise at different stages on our Mindfulness journey. Focussed Mindfulness offers a range of approaches and we can pick the one that will take us to a state of stillness and acceptance most easily in the moment.

Focussed Mindfulness teachers take clients at their own pace so they feel supported at all times. Should a painful or frightening memory arise there are tools to address and heal it within the session so the pain is followed by an overwhelming sense of release and joy. The

client can then be taught the technique so they can practice between sessions and continue to integrate their learning, this gives great momentum to the healing process.

### **Why do you think that Focussed Mindfulness is so relevant today?**

Mindfulness is all of a sudden a household word and is being adopted as a practice in schools, businesses, the NHS and countless other organisations at what seems like an exponential rate throughout the Western world. This revolution began, I believe, with the publication of John Kabat-Zinn's book *Full Catastrophe Living* in 1990. There is still great momentum behind this spread and the benefits to individuals, communities and organisations are likely to continue to grow for the foreseeable future.

Now that so many are woken up to the benefits of present moment awareness and the idea of non-attachment, inner peace and a loving approach to life I believe it is time to introduce the idea of Focussed Mindfulness. It will build on the shift to a more mindful consciousness that we are already witnessing and make a Mindfulness Practice more accessible and enduring for more people.

### **Would you describe it as a spiritual practice?**

The practice allows us to experience a powerful state of one-ness, acceptance and love (mindfulness) quickly and reliably. From here we gain insight into how we can remain closer to this state in our everyday lives, so the more often we practice the more present and mindful we become. For many the motivation for this will be to heal from illness, transform relationships or find meaning in life and they may never even consider that what they are doing is adopting a spiritual practice. There is no need to see what they are doing in these terms, they can use their own model of understanding to make sense of their experience.

Thus will change when people begin to study to become a Focussed Mindfulness practitioner. Training is a deliberate spiritual journey requiring us to drop our judgements, our fears and our ego patterns as they become conscious so we can be ever more present for our clients. The texts we read to deepen our understanding all use spiritual references in their explanations.

The length of time it takes to train is indeterminate. All accredited practitioners have reached a point where they can guide other confidently and flexibly and from a deeply loving and accepting place. We all remain in person-centred supervision with a Focussed Mindfulness mentor. It is a continuing journey of healing, deepening and opening into grace.

### **Why is Focussed Mindfulness a great progression for Mindfulness Practitioners, coaches and therapists?**

I think that many Mindfulness Guides will see that Focussed Mindfulness is an invaluable new approach that will complement their own practice and offer their students more. It is deeper and more therapeutic and it requires great commitment to become a teacher, but the benefits are proportional to the work we put in.

Focussed Mindfulness is a very supportive and healing approach that complements coaching, counselling, hands-on therapies and homeopathy and people from all these disciplines have trained in the practice. – as well as GPs, Human Resource managers, truck drivers, occupational health consultants, financial consultants, teachers and policewomen who wanted to heal themselves and are now are now embarking on a new career.

### **How do I find out more?**

You can opt to receive regular newsletters here <http://eepurl.com/bvKhOn>

You can explore this website, read blogs and testimonials and purchase the book 'From Pain to Peace' which is a Focused Mindfulness handbook

<http://absolute-specialists.co.uk/shop.asp>

You can visit the blog <http://absolute-specialists.co.uk/blog.asp> , book on an introductory workshop and find dates for upcoming intensive retreats

You can find out more about practitioner training

<http://absolute-specialists.co.uk/professional-development.asp>

You can contact an accredited practitioner for a chat or to book a one-to-one.

<http://absolute-specialists.co.uk/practitioners.asp>