HOLISTIQUE MEDICAL CENTER · BELLEVUE, WA

Mindful Being

MINDFUL BEING Dr. Darvish defines mindfulness as “a state of acute spiritual assertiveness”.

Holistique Medical Team

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MINDFUL BEING

Dr. Darvish defines mindfulness as “a state of acute spiritual assertiveness”. It involves conscious perception and awareness of oneself, of our spirit, of others, as well as of our environment. Mindfulness leads to alignment of our spirit with that of the universal good. It creates contentment to reduce stress, improve focus, and gain a deeper sense of connectivity with oneself and others. The mysteries of the world are revealed to us when we practice mindfulness.

To achieve mindfulness, the practice of meditation is vital. Meditation creates awareness, brings us into alignment with our truth, and guides our minds, providing us with answers. For some of us, finding the time in our day to meditate is often the first challenge. For others, the challenge may be the capacity to calm our minds for a few minutes. Practicing meditation daily helps perfect our ability to meditate and to become mindful.

Follow these simple steps to guide you through a mindful meditation:

1. Schedule out 10 minutes in your day regularly.
2. Find a comfortable position to sit.
3. Say a prayer. Enunciate each word slowly as you concentrate on each word.
4. Quietly, pose a question to your mind and soul.
5. Close your eyes and be present in the moment by feeling your seat, feet, and breath.
6. Focus on your breathing. Breath in slowly and deeply through your abdomen and then release slowly. Repeat a few times.
7. Let your mind wander if you need to and then bring it into silence if you can. You may see an image or hear an inner voice giving you an answer.
8. Once you feel you are done, feel your seat and feet again and listen to your breath.
9. When you are ready, slowly open your eyes, reflect, and stretch.

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