

*Living Mindfully*  
by  
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*The art of conscious living, is sometimes known as “mindfulness” practice. This allows one to become present and awake in all aspects of life. Mindfulness helps one to face and embrace all of life with equanimity, wisdom and self compassion. It emphasizes living more fully by being in touch with the present moment and learning to accept and honor the full range of our emotions and thoughts, rather than becoming imprisoned by them. Mindfulness is the universal human capacity to live intentionally and find inner peace. But in the midst of our rushed and troubled society many of us have lost this state of “simply being”.*

*This form of meditation is useful for anyone coping with life catastrophe or ordinary living, precisely because it is concerned with the here and now. Additionally, it helps us deal with stress and pain, both physical and emotional. Dwelling in the present moment can slow the sense of personal power that helps patients with cancer cope with the high level of stress and uncertainty that comes with a life threatening diagnosis. It helps those with other life challenging events also find some serenity in the midst of chaos. This practice can help us regain that innate wisdom which gives a sense that there is a way of “being”, despite life’s catastrophes. This, in turn, can make each moment more joyful and meaningful.*

*The practice of mindfulness gives us an opportunity for transformation and finding peace. This approach is used in a branch of medicine known as behavioral medicine, in which it is believed that mental and emotional factors, the ways in which we think and behave, can have significant effect on our physical health and capacity to recover from or cope with illness or injury.*

*Those who wish to gain some control of their health and attain a measure of peace of mind have found this practice to be a vehicle for transformation. Although many wish primarily to relieve stress, it is apparent that they gain much more. Physical symptoms are often lessened,*

*and they gain greater self-confidence, optimism, patience and acceptance. They often feel less anxious, depressed and angry. In the midst of the “full catastrophe of life” participants report an increase in hope and enthusiasm for life. This change comes as they learn how to live life as if each moment is most important, even in the midst of pain, sadness, despair or fear. This practice of “mindfulness” allows one to be fully present in each moment, and in doing so calm down enough to enter into deep states of relaxation, peace and insight.*