

A TOOLKIT FOR PROFESSIONALS

MINDFULNESS AT WORK

Connecting to the Wisdom of the Body

THE HEAD, THE BODY AND THE HEART

LEARNING TO BE PRESENT WITH THE FULL SELF

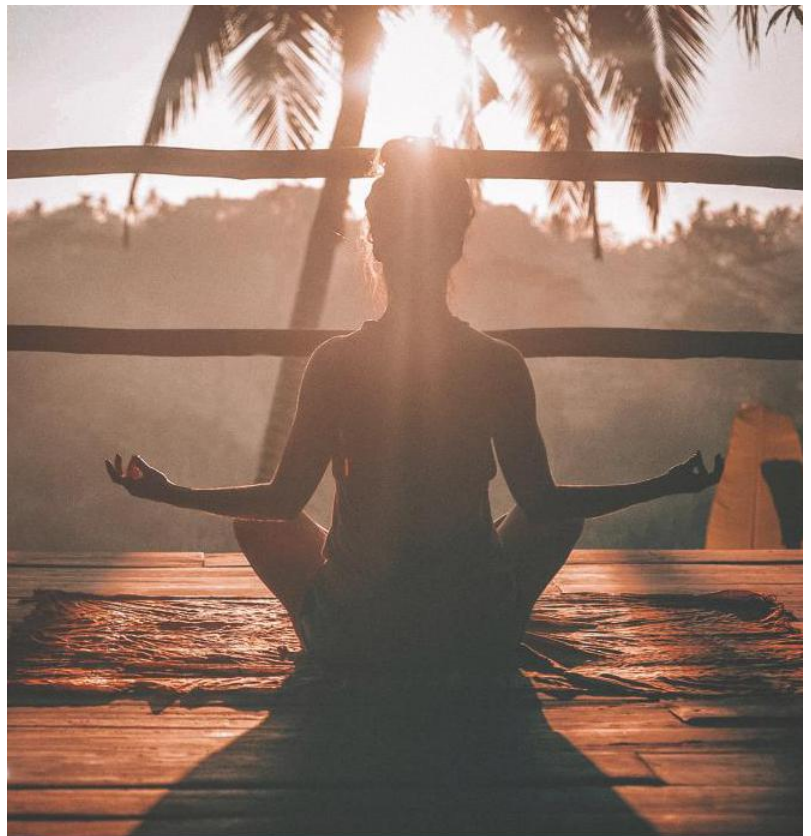
We tend to live in our heads. And we excel there. We take pride in our intellect, analytical and problem solving skills, and we give great weight to our thought processes. But when we live such a compartmentalized life, we sometimes miss out on the wisdom of the body and the heart.

If we can balance the consciousness of the heart and body with the acuity of our heads, we can make clearer, smarter decisions and be much more present throughout our day.

With so many things clamoring for our attention, it's often difficult to discern which voice to listen to.

How do we know if the voice we hear is that of intuition?

- Is the voice kind?
- Is the voice compassionate?
- Is the voice clear
- Does it make sense?
- Does it lead to an increase in generosity?
- Is this voice ok with being 'wrong,' as long as it's truthful?
- Does this voice entail a feeling, or just verbal chatter?
- Is it wish fulfillment, or is it pointing me toward work I need to do?



Mindfulness can help us connect to wisdom of the body, otherwise known as our intuition.

- Take a walk
- Practice yoga
- Try a body sensing meditation
- Notice what you FEEL

Intuition is a subtle, relaxing, non-emotional voice that's heard most clearly when the thinking-mind is quiet.