

This Is Happening Redesigning Mindfulness For Our Very Modern Lives

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Gunatillake offers practical guidance and portable exercises to help you design your own transformative approach. Whether your goal is to relax, focus, connect, cope or simply be more present, This Is Happening redesigns mindfulness as an accessible and sustainable practice for our truly modern lives.

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This is Happening is a great resource to either complement an existing traditional mindfulness practice (like in my case, where I've been practicing meditation - mostly Zen - for a few years) or to start practicing mindfulness from scratch in an easy, approachable way that doesn't rely on the ancient rituals of traditional practice (usually seated meditation).

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8 Facts About Mindfulness: Mindfulness is not obscure or exotic. It's familiar to us because it's what we already do, how we already are. It takes many shapes and goes by many names. Mindfulness is not a special added thing we do. We already have the capacity to be present, and it doesn't require us to change who we are.

What is Mindfulness? - Mindful

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