



MINDFUL ACTUARY



“Your life is now.”

—Eckhart Tolle

<https://youtu.be/eNmjWjpxUOM?si=3pMMsHdaCHRamoxV>

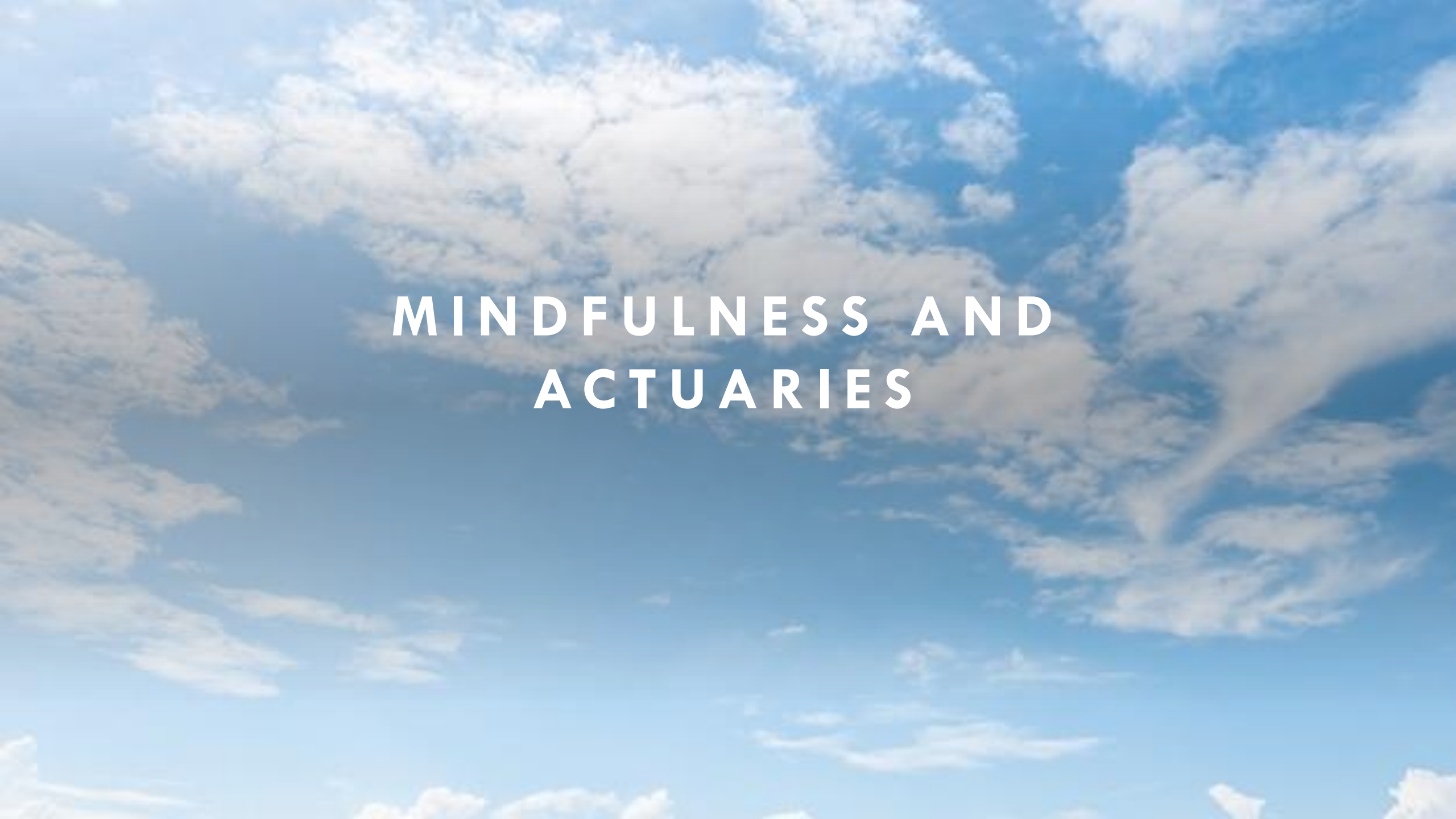
*“ Meditation is not about going somewhere
– it is falling back into yourself. “
- Sadhguru*

Mindfulness is the basic
human ability to be fully
present, aware of where we
are and what we're doing, and
Not *overly reactive* or
overwhelmed by what's going on
around us



A serene landscape photograph featuring a person in a meditative pose sitting under the gnarled, overhanging branches of a large tree. The tree is positioned on the left side of the frame. In the background, a calm body of water reflects the warm, golden light of a setting or rising sun, which is partially obscured by the tree's branches. Distant, misty mountains are visible on the horizon. The overall atmosphere is peaceful and contemplative.

UNDERSTAND YOUR MIND

The background of the image is a clear, vibrant blue sky filled with soft, white, fluffy clouds. The clouds are scattered across the frame, with some larger, more prominent ones in the upper half and smaller, wispy ones towards the bottom. The overall atmosphere is bright and airy.

MINDFULNESS AND ACTUARIES



A person with long, dark hair is seen from behind, sitting on a grassy cliff. They are looking out over a calm body of water towards a bright sunset or sunrise. The sky is a mix of soft orange, yellow, and light blue. The person is wearing a light-colored, long-sleeved top. The overall mood is peaceful and contemplative.

BENEFITS OF MINDFULNESS

- YOU FEEL HAPPY
- YOU FEEL CONTENT
- YOU FEEL FREE
- YOU FEEL CONFIDENT
- INCREASE EMOTIONAL INTELLIGENCE
- REDUCE DREPRESSIVE THOUGHTS
- REDUCE ANXIOUS THOUGHTS
- LESS FEARFULNESS
- INCREASE THE CREATIVITY
- INCREASE THE FOCUSNESS
- INCREASE YOUR PHYSICAL HEALTH
 - ... EG: RELIEVE SKIN DISEASES
- BALANCE AND MANAGE CRITICISM AND JUDGMENTS
- INCREASE ATTRACTIVENESS AND ACCEPTANCE
 - .. LIST GOES ON

MINDFULNESS TECHNIQUES



An illustration of a woman with long brown hair, wearing a green tank top, with her eyes closed and a smile. She is holding her hands over her chest and stomach. Two streams of air, one pink and one blue, are shown flowing from her mouth. The background is a light beige color with purple decorative bars at the top and bottom.

BREATHING

**AWARE OF
YOUR
BREATH**

A person with long hair, wearing a white tank top and dark shorts, is walking away from the camera on a sandy beach. Their shadow is cast long and dark on the sand. A trail of footprints leads from the foreground towards the person. The beach is bordered by waves on the left and high, rugged cliffs on the right. The sky is clear and blue, and the sun is low on the horizon, creating a bright, hazy glow. The image is framed by a purple border at the top and bottom.

**AWARE OF SENSES
THROUGH THE SOLE**

WALKING

RUBBING YOUR HANDS TOGETHER



A close-up photograph of a person with long brown hair holding a white ceramic cup filled with a dark liquid, likely tea. The person is wearing a light-colored, possibly pink or peach, long-sleeved top. The background is dark and out of focus. The image is framed by a white border on the left and a purple border on the right.

**AWARE THE
SENSE OF TASTE**

SIP A DRINK

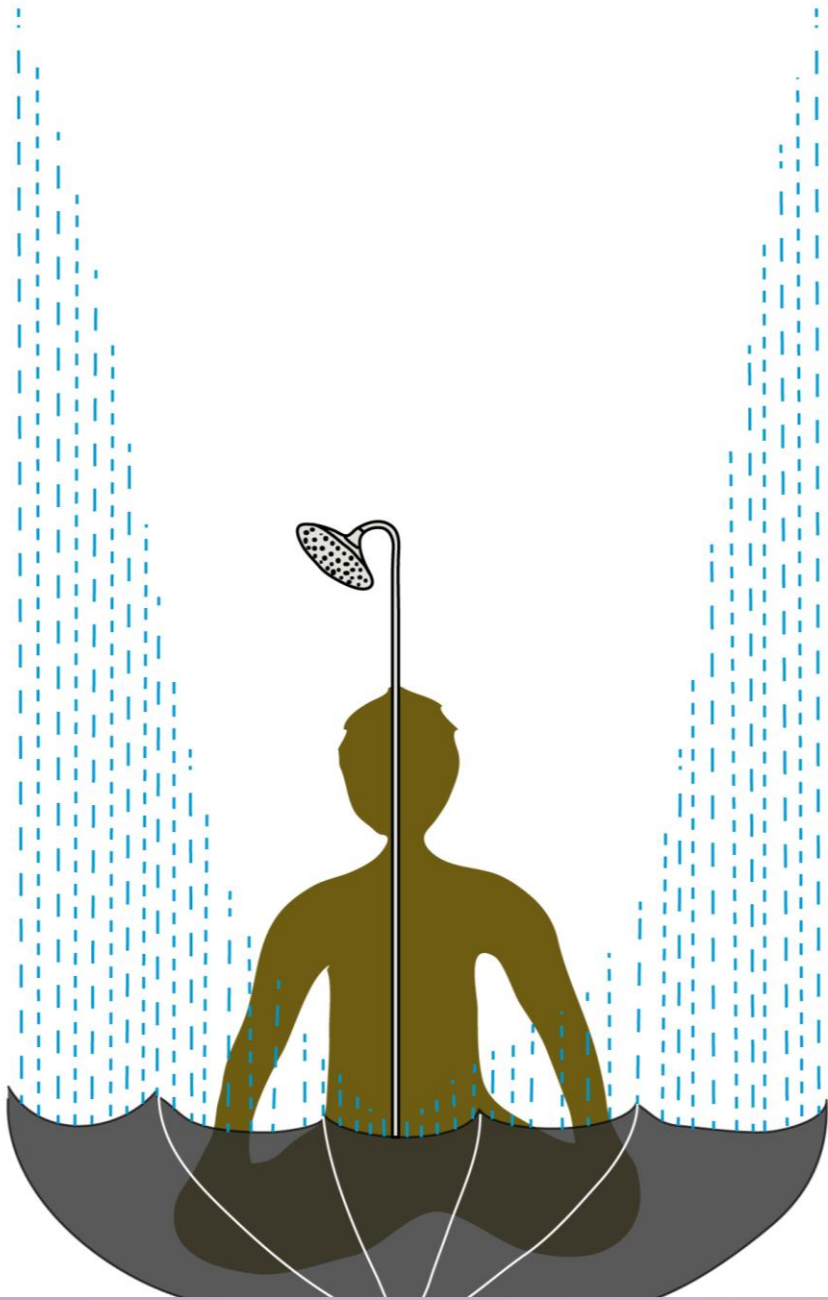
BRUSHING



AWARE OF SENSES
THROUGH THE
MOUTH

SHOWER POWER

AWARE OF SENSES
THROUGH THE SKIN



BODY SCAN

AWARE
YOUR
SENSATION
OF THE
WHOLE
BODY





BE MINDFUL OF YOUR MIND NOW !

GUIDED MEDITATION BY EKHART TOLLE

- https://youtu.be/shCeh3_WPzY?si=WYaPtIYqm_J9Syz5
- <https://youtu.be/hyvZ0XRAEcA?si=i18tFPWiFoYavPkB>
- https://youtu.be/nqYjmiAjC3k?si=N1Ku091-3cd-G_ym
- <https://youtu.be/-Mhr0hYJUjA?si=5CWeEq0Pc87g6Zln>

Mindfulness for Beginners – English (Nissarana vanaya)

- [https://files.nissarana.lk/2?data\[cGroup\]=2&data\[eventType\]=All&clD=495&gs=true](https://files.nissarana.lk/2?data[cGroup]=2&data[eventType]=All&clD=495&gs=true)