



Mindfulness is not only a practice that we reserve for moments of formal meditation, but a quality of presence that we can cultivate at every moment of our daily lives. By integrating mindfulness into our everyday activities, we gradually transform our relationship with ourselves and the world, to live in a more awakened manner, more aligned with our deep aspirations.

A simple way to start is to practice mindfulness in a routine activity, such as brushing your teeth, washing dishes, or preparing a meal. This involves deliberately focusing our attention on the gestures we make, the sensations we experience, the thoughts that cross our minds, without trying to judge or change them. By reconnecting with our direct experience, we break away from autopilot and reconnect with the freshness of the present moment.

We can also use signals in our environment to remind ourselves to come back to ourselves, such as the ringing of a phone, a red traffic light or the song of a bird. Whenever we hear this signal, we take the opportunity to breathe a deep conscious breath, feel our feet on the ground and observe what is happening within us, before returning to our activity. These micro-breaks of presence help us to recenter and calm our busy mind.

Another powerful practice is to cultivate relational mindfulness, in our interactions with others. Rather than being caught in our automatic reactions or mental projections, we train ourselves to listen to the other person with kind and curious attention. We observe the sensations and emotions that arise in us during the conversation, without identifying with them. We choose to respond from a place of consciousness and heart, rather than impulsively react. This quality of presence enables us to create more authentic and harmonious relationships.

For women in particular, integrating mindfulness into their daily lives is a powerful path to reconnecting with their feminine essence and embodying their deep values. By cultivating a presence to oneself in the simple gestures of life, such as applying makeup or getting dressed, we honor our body and its natural beauty. By being fully present in relationships, especially with our children or partner, we radiate more love and kindness. By acting consciously and ethically in our work, we contribute to creating a more just and sustainable world.

Personally, I have experienced how mindfulness has transformed my relationship with food. For years, I ate compulsively, often in front of a screen, without really tasting or appreciating my food. By practicing "mindful eating", I learned to reconnect with flavors, textures, hunger and fullness sensations. I became aware of the emotions and beliefs that drove me to eat reactively. Gradually, I developed a healthier and more respectful relationship with food, my body, and the earth that nourishes me.

I encourage my students to identify a daily activity that they can "sanctify" with mindfulness, like taking a bath, walking in nature, or cradling their child. By fully immersing themselves in this sensory and emotional experience, without being distracted by their mind, they discover a new quality of presence and gratitude for the wonders of life. They deeply replenish themselves and reconnect with what is essential.

Over the course of regular practice, mindfulness naturally integrates into all aspects of our life, like a second nature. We develop an inner vigilance that allows us to recall ourselves as soon as we get lost in the mind or automatic reactions. We gain in freedom and creativity to respond to daily situations with more flexibility and appropriateness. We radiate a calm and bright presence that inspires and uplifts those around us.

By cultivating mindfulness at the heart of our lives, we become committed actors in our existence and the transformation of the world. We embody our values of authenticity, kindness, and respect for life with integrity. We contribute to the advent of a more awakened and loving society that places consciousness at the heart of all its choices. And we work towards the realization of our highest potential, as free and responsible women and human beings.

Key takeaways:

- Mindfulness is a quality of presence to be cultivated at every moment of everyday life, not just during formal meditation.
- You can practice mindfulness in a routine activity (dishes, tooth brushing...) by paying attention to our gestures, sensations and thoughts, without judgment.
- Using environmental signals (ringtone, red light...) to make micro-breaks of presence helps

to recenter.

- Cultivating relational mindfulness allows us to listen to others with kindness and respond more consciously.

- For women, mindfulness enables them to reconnect with their feminine essence and embody their values in everyday actions.

- Practicing "mindful eating" transforms the relationship with food, the body, and emotions.

- "Sanctifying" a daily activity with mindfulness develops gratitude and replenishment.

- With regular practice, mindfulness becomes a second nature that brings more freedom and appropriateness.

- Embodying mindfulness makes us committed actors for a more awakened and loving society.