

THE MINDFUL KIND



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Welcome to The Mindful Kind Interview Series!

I've decided that it's time to throw convention out the window and get a whole lot more excited about mindfulness! We know that being mindful can bring richness, meaning and calm into our lives and can also offer amazing benefits, from better sleep to lower stress. However, I believe that our mindfulness journeys can also be refreshing, fun and inspiring! Discover which animal best represents mindfulness, what the strangest mindful practices are and how to use interesting mindfulness tools.

You'll find out all of this and much, much more, as this interview series comes to life!

Sarah is a generous, big-hearted and thoughtful coach, blogger and podcaster. I feel incredibly honoured to feature her in The Mindful Kind Interview Series after her whirlwind year of hosting award-winning workshops, launching an online course and being featured in exciting places, all over the web! In this beautiful interview, Sarah will let you behind the scenes of her mindfulness practices and share some wonderful insights and tips with you.

What is your favourite mindfulness practice?

I have a very busy mind, so my favourite mindfulness practice is using tools that bring me back to the moment. A divine face mist that I can feel and smell, the sensation of mindfully applying hand cream or taking a minute to deeply smell a soothing essential oil. All of these things bring me back to the present in a simple and nurturing way.

What's the first emotion you think of when you hear the word "mindful?"

For me it's not just one, it's a mix of beautiful emotions like calm, centred, balanced, peaceful and present. It's also a sensation of time standing still; like a scene in a movie where everything slows and for just one moment everything makes sense.

Why do you keep practising mindfulness?

Because it shifts, grows and expands along with me. It allows me both to delve deeper and stay present at the same time. I can also be a bit of a hot head (it's the red hair!) and mindfulness has been a really effective way for me to bring things down if I'm feeling overwhelmed, frustrated or I just need to "calm my farm"!

If mindfulness were a landscape, what would it be?

Growing up, my grandparents had a farm at Montacute in South Australia. I'd spend my days sitting under willow trees, splashing around in the creek, adventuring through the bracken, hanging out with the sheep and rolling down the lawn hill near the house. To me, that place and those experiences are mindfulness. I was never more present, more conscious or more connected to the moment and my 'self' than when I was at nanny and papa's house.

Have you experienced any benefits as a result of your mindfulness practice?

When I maintain a regular mindfulness practice there's a lot more ease in my life. There's more of the good stuff like creativity, calm, focus and quality sleep and a lot less stress, struggle and frustration. Things don't bother me as much when I'm mindful and it's so much easier to go with the flow.

What is your best tip for introducing a mindfulness practice for a beginner?

Keep it simple and make it enjoyable. It's tempting to feel like you have to do it all, but I'm a fan of making things easy for yourself, so start with one thing – something simple that feels good to you, and set reminders for mindful time until you've made it a beautiful habit.

Which type of food best represents mindfulness and why?

For me it's definitely ice cream - there are so many delicious ways to mindfully enjoy it (especially when it's chocolate chip ice cream!). There's the divine aroma of chocolate, the feel of the spoon in your fingers, the sound of chocolate chips crackling as you scoop up your first spoon full, the rush of cold and flavour as the ice cream hits your mouth, the velvety sensation as it starts to melt in your mouth and that moment as you blissfully swallow the melty goodness and grin like kid in a lolly shop.

Would you recommend mindfulness to a friend?

Absolutely! I've started sharing mindfulness with my friends, family, online community and clients because I've seen the benefits first hand. I'm also working with a wonderful mindfulness coach to bring more presence, peace and gentle self-care into my own life. For me, mindfulness is a simple practice with profound results that's easily incorporated into my daily routine and helps me balance the day to day 'busy-ness' of life.

If you could choose one activity from the following three, what would it be and why? Mindful eating, mindful walking or mindful breathing?

For me it's breathing. I can be a little hyper-focusing when I'm working and while single task focus is great, it often means my awareness of things like breath and posture fly out the window. Taking a few moments to breathe mindfully means I can physically, mentally and emotionally check in, adjust and refocus without interrupting my flow.

Do you have a quote about mindfulness you would like to share?

"To see a world in a grain of sand and heaven in a wild flower, Hold infinity in the palm of your hand and eternity in an hour." – William Blake

Sarah Jensen is a sought after life coach, internationally published writer and creator of the popular Rock Your Goals online course and award winning Rock Your Goals workshops.

Regularly interviewed on topics including writing, goal rocking, hosting sold out workshops and authentic living, Sarah's work has been featured in the Huffington Post, ROOOAR Magazine, Inspired Coach Magazine and Event Head Magazine.

Sarah is a passionate advocate for empowering women to get clear, get inspired and live their dreams. She also loves exploring the world, getting lost in a good book and eating amazing food.

Connect with Sarah at www.sarahjensen.com.au