

# MetaMinds®

## How are Mindfulness Aloud® sessions different from guided meditations?

- You're invited to turn towards what's coming into awareness and develop a relationship with it, instead of keeping your attention fixed on a home base or anchor, such as your breath.
- You're invited to share aloud what you're noticing/feeling and ask questions.
- Your process guides the way.
- You can choose to keep your eyes closed, open or do a bit of both.
- You are welcome to move around and adjust how you're sitting throughout your session instead of staying still or minimizing movements.

## How are Mindfulness Aloud® sessions different from therapy sessions?

- There is no intake form.
- You will not be analyzed, diagnosed or given advice about your situation.
- You will not be asked to share any details and/or history pertaining to what you're wanting support with. What you share or don't share is entirely up to you!
- There is no treatment plan. You decide the starting place for each session and the frequency of sessions.

## How are Mindfulness Aloud® sessions different from life coaching sessions?

- I won't be gathering any personal history, asking questions, suggesting strategies or identifying goals.
- The starting place for your session can be turning towards a particular longing or wanting to set specific goals but doing so would be initiated by you.
- There is no homework or assigned reading between sessions; although, you may find yourself naturally practicing what you found supportive in your session(s).
- You determine the frequency of sessions.