



## Neuroscience & Mindfulness

**The roots of mindfulness** run deep through many cultures, religions and communities. In recent years, mindful presence has become the cornerstone of helping professions because of its ability to cultivate body awareness, emotional intelligence, and a whole new spectrum of skill sets for clients. So profound are these shifts that mindfulness is, at last, being **validated by the scientific community**.

**Scientific data continues to emerge regarding the benefits of mindfulness.** By integrating the evidence-based approach of applied mindfulness, coaches can add an essential skill set to help clients overcome obstacles.

*Studies have shown that specific applications of mindful awareness improved the capacity to regulate emotions, to combat emotional dysfunctions, to improve patterns of thinking and to reduce negative mindsets.*

*The Mindful Brain: Daniel Siegel*

**Focusing on the body is the simplest way to help someone become mindful of their present moment experience; it is the most direct route.**

**Research has shown that mindfulness enhances the body's functioning and healing, the ability to respond more creatively to stress, the state of inner well-being and interpersonal relationships.** Because mindfulness has a positive impact on the whole person – body, mind and spirit- the possibilities of well-being for both coach and client completely open up.

*This transformation of our very physiology and mental life cultivates well-being by creating an integrated state of brain function, one that fosters an array of benefits from emotional balance and improved cardiac and immune functions to an enhanced sense of empathy and self-understanding. Developing these traits allows us to face the challenges of life with a new sense of equilibrium and clarity.*

*The Mindful Brain: Daniel Siegel*

By understanding the latest science of neurobiology and mindfulness, coaches can help clients make breakthroughs where they would usually get stuck. Clients are then able to increase their tolerance for change and self-acceptance.

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