

THE MINDFUL KIND



STEPH

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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!

Welcoming the gorgeous Steph Demetrious, our next guest of The Mindful Kind Interview Series! Steph is a kind-hearted, gentle, compassionate and passionate spiritual teacher and I'm absolutely over the moon to be sharing her insights of mindfulness with you. Steph's down-to-earth answers are inspiring and honest and will give you plenty of new ideas for your mindfulness practice!

How would you describe mindfulness?

Being present and fully experiencing THIS 'NOW' in as many moments as possible. Because after all, all we really have is now.

What is your favourite mindfulness practice?

Playing with my kids and being completely absorbed in whatever it is they want to do with no time constraints or thoughts about needing to do anything else. Kids are incredible at teaching us mindfulness. You only have to watch how they play, and get completely absorbed in whatever they're doing. It's really quite beautiful.

When did you start practising mindfulness?

Consciously, I've been playing with the idea for 18 years! Whoa! Since I was 15. It's really the past 8-ish years I've really made a regular effort of it, and then again having my son 2 & 1/2 years ago it became even more moment to moment.

If mindfulness were an animal, what would it be?

I love this! The first animal that popped into mind was a butterfly. So peaceful and serene...

What is your favourite mindfulness tool and how do you use it?

Essential oils for me! Apart from being incredibly powerful vibrationally, I can't help but be anchored in the moment when smelling the divine scents. I use at least 4 or 5 every single day. And crystals too! Meditate with them, play with them with the kids, and tuck them into my pocket or bra! Haha! You'll hear me clinking as I walk:)

Why do you keep practising mindfulness?

It has helped me release so much stress and anxiety from my mind, and instead allows me to live from a place of acceptance and peace. Love, Love, Love it!

If mindfulness were a landscape, what would it be?

Hmmm... Either a quiet country landscape with rolling green hills and peaceful circling eagles, or a rugged coast line with peaceful breaking waves and the sun shimmering on the water. Road trip anyone? Hehe!

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

So so many! How much time do we have?! Haha! If I had to pick one, it would be having a whole lot more peace in life and living from an intuitive space. Mindfulness is truly life changing stuff!

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

To use an external 'tool' as a reminder initially, until it becomes second nature. Like a post it note on your computer, a crystal, an essential oil scent, even an alarm on your phone or computer. And go easy on yourself when you catch yourself not being mindful. We all do it! Even that awareness is a great tool to refocus and become mindful again.

Do you think mindfulness is a good practice to teach children?

I believe that children are already mindful. They are born that way, we all are. I believe it's a matter of us, as adults, becoming more present and following the lead of children. They can honestly teach us so much. I also believe in having mindfulness as part of our education system to create an environment to maintain it.

When is your strangest mindfulness practice?

Haha! I love this! But before I answer, sorry, I'm not for hire! Haha! Sorting and folding the laundry! A bit wacky I know, but I find it incredibly peaceful. I generally sit down with a beautiful cuppa and relax after dinner with my pile of laundry to fold!

Mindful colouring is a huge trend at the moment! What are your thoughts about it?

Love it! I've always said that creativity is a form of meditation. It's so beautiful to be completely immersed in the present moment with colour and design, and you finish up with a gorgeous piece of art work too!

What is your favourite mindfulness experience?

Spending time being in the moment with my hubby and my 2 beautiful kids. Pure bliss!

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

Hands down eating for me! Haha! I loooooove food, and I'm also experimenting with a lot of vegan dishes at the moment, so I'm really enjoying being present with the new textures and flavours. Although I love a peaceful mindful walk in nature to ground and reconnect. And how incredible is the breath at bringing us back to the now! So powerful, and it's something we all have access to in every moment

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

"Realise deeply that the present moment is all you have. Make the NOW the primary focus of your life' Eckhart Tolle

Steph is a self discovery and spiritual teacher, grounded in the practices of Kinesiology and Reiki, and infused with intuitive healing. She is super passionate about supporting women to reconnect with their intuition and live out their most blissful life.

"I believe we all have a divinely unique light of purpose, love and bliss that lies within. It's when we find the courage to let go of the conditioned beliefs, thoughts and 'should's' and journey within, that we truly connect with our authentic intuitive magic and experience the true bliss and limitless possibilities of life" Steph Demetrious.
