

MINDFULNESS

ITS RELATIONSHIP TO **EMOTIONAL INTELLIGENCE**

MINDFULNESS DEFINED

Mindfulness is the practice of self-awareness, of being “in the moment” rather than letting the thoughts take us elsewhere. When we are mindful, we observe our thoughts and feelings in a detached, non-judgmental way.



MINDFULNESS DEFINED - 2

Mindfulness “meditation” can involve breathing and relaxation, while clearing the mind of cluttered thoughts and focusing on breathing. For some it induces a trance-like state that often brings at least temporary relief from suffering.

Where did this practice come from?

MEDITATION IN THE BUDDHIST TRADITION

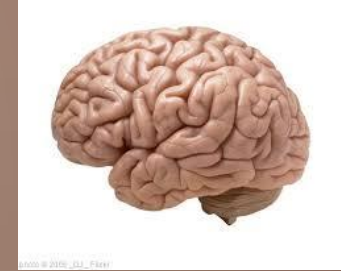
“Mindfulness” was translated from the Sanskrit word *smṛti*, which means “to remember” and refers to remembering the dhammas, or teachings of Buddhism. The student of *smṛti* uses this form of meditation to detach from this world and enter “the stream” which leads to Nirvana, a state of freedom from desire and its consequence, suffering. One doesn’t need to dig very deep to discover error here because Buddhism, like all world religions except the biblical Christianity, crafts an elaborate method of salvation through self-effort.

MEDITATION IN THE BUDDHIST TRADITION - 2

Virtually all forms of eastern meditation including Zen and Yoga are built upon the lie of the immortal soul as the “bridge of love” given by God, which is the Divinity within each person from conception. Eastern meditation and Yoga are the methods by which this “immortal divine” is to be discovered, thus these spiritualistic practices turn the Serpent’s lie into experiential “truth”.

The Serpent’s seductive lie in Eden to humanity was, “ye shall not surely die“, “ ye shall be as gods.”

RESEARCH FINDINGS

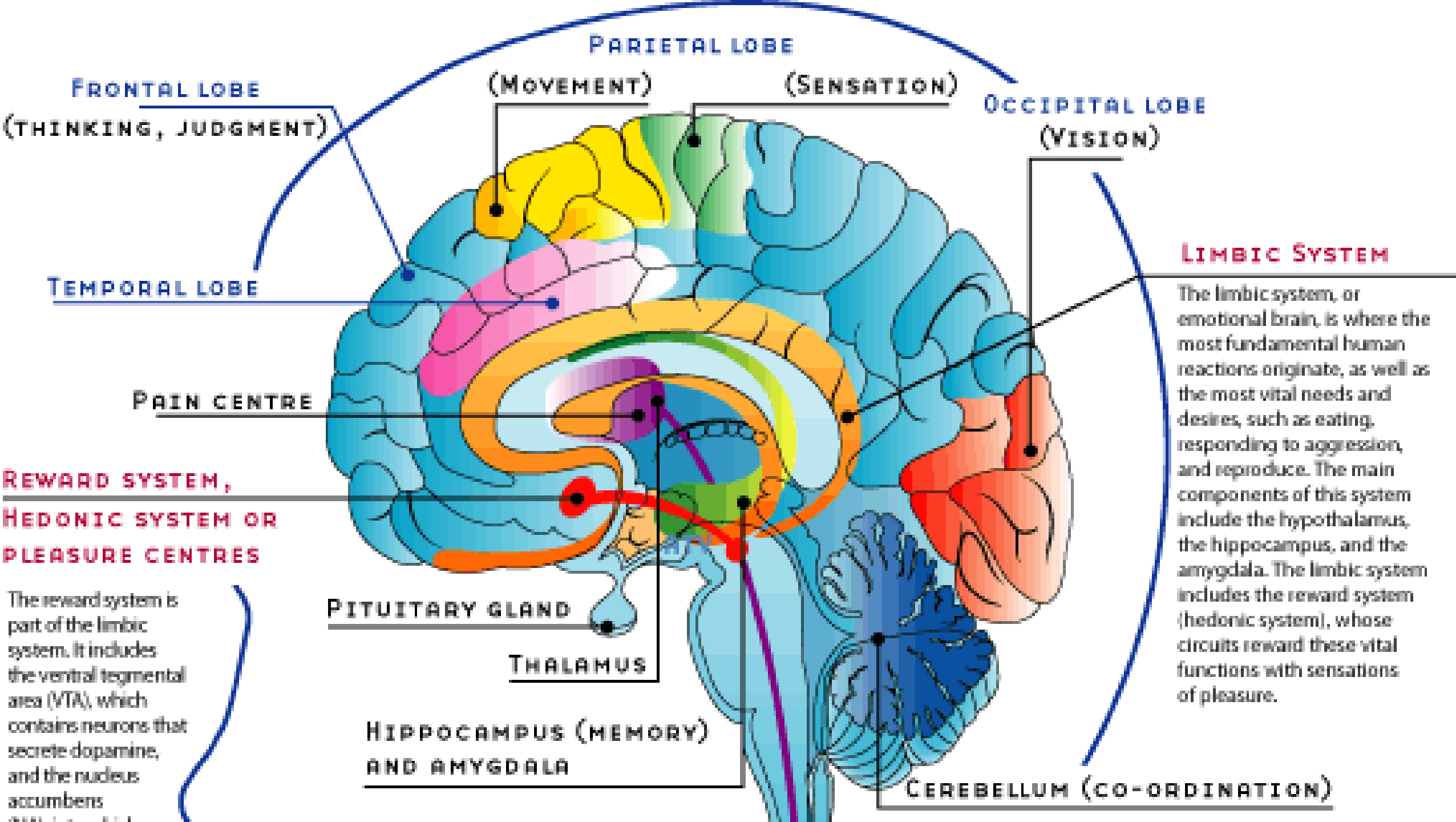


When Dr Andrew Newberg, the leading researcher of neural phenomena associated with meditation, scanned the brains of nuns and Buddhists undergoing mystical experiences, they reported feelings of timelessness, spacelessness, and self-transcendence. Newberg believes a cause of these feelings is the reduced activity he saw in their **parietal lobes**, the orientation area of the brain responsible for perceiving three-dimensional objects in space. A practitioner may experience a sense of oneness with all living things or unity because the reduced activity blurs the perceived lines between the practitioner and other objects--source. It is from this neural phenomena that meditators draw and infer their panentheistic beliefs and worldview.

EFFECTS ON PARIETAL LOBES

Other neuroscientific research reveal neural inducements which usher meditators into increasingly more meditation leading to reduced activity of the parietal lobe. This leads to:

- More sleep waves (alpha and theta) than alert fast beta waves, hence tranquility
- More endogenous dopamine in the brain, hence addiction to meditation
- Calmed amygdala, hence, bliss
- Reduced cerebral blood flow to the frontal cortex, hence sleep-like relaxation



RESULTS

The “silence”, “nothingness”, timelessness, self-transcendence, spacelessness brought on by the changes to normal brain functions narrow one’s attention to virtually nothing—the exclusion of everything else because the frontal lobe is denied all incoming information (the seat of executive judgement and decision-making). Therefore, 2 important domains are deactivated: the pathway of the Will (anterior cingulate cortex) and the pathway that gives one a sense of Reality (lateral frontal cortex). This is scientifically revealed in hypnotism.

Visit Kok Tho (Mr) Yip’s website - Meditation-mindyourbrain.com

A RECENT STUDY OF DETACHMENT REPORTS . . .



*“Adverse effects were reported in three major domains: **intrapersonal** (e.g., increased negativity, disorientation, addiction to meditation, boredom, pain), **interpersonal** (e.g., family conflicts, more judgmental), and **societal** effects (e.g., increased alienation, discomfort with the real world). It is interesting to note that respondents with the longest meditation practice history reported the highest rate of adverse effects at each time point.”*

Hanley, et. al, “Mind the Gap: Are Conclusions about Mindfulness Entirely Conclusive?” Journal of Counseling & Development, January 2016, Volume 94



MEDITATION: IS DETACHMENT HEALTHY?

Who wouldn't want to detach from the difficult aspects of life? All have diversions that put a distance between ourselves and our disappointments for at least a short space of time. But apparently detachment works like any other good thing—some helps, but too much can harm. Even water taken in insufficient quantities is a harmful.







PRESCRIPTION FOR A HEALTHY LIFE

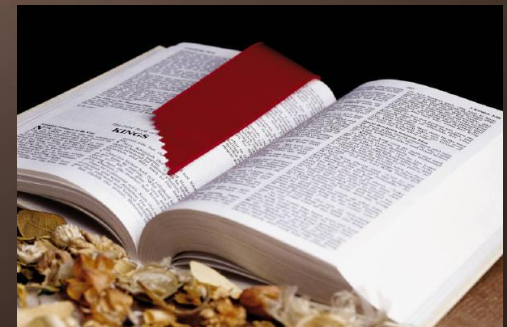
We must be attentive to our inner feelings and periodically take a mental pause to evaluate them for control. The quiet inner voice of *conscience* is our *rudder*. If we fail to do this and act oblivious, we are at risk for chronic headaches, low back pain, and anxiety attacks.

Rx for a Healthy Emotional Life: Regular periods of peaceful contemplation or meditation.



THE ALTERNATIVE TO MINDFUL PEACE

Is there a type of meditation that provides the benefits of mindfulness meditation without the adverse effects cited in this study such as negativity, boredom and alienation? I think so. It's meditating on the Word of God. "Oh, how I love your law!" David exclaimed, "It is my meditation all during the day," ([Psalms. 119:97](#)).



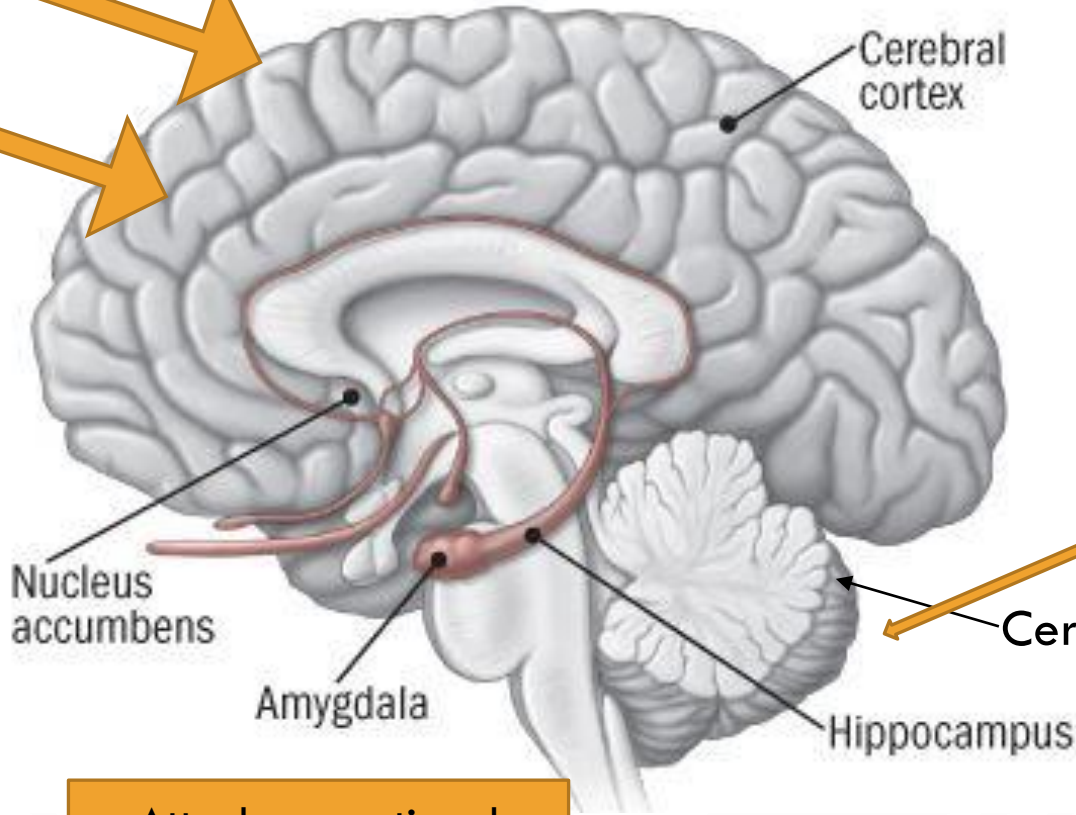
Rather than detach us from all desire, biblical meditation refines and redirects our desires. “A new heart also will I give you,” God promises, “And a new spirit will I put within you. And I will take away the stoney heart out of your flesh. And I will give you an heart of flesh. And I will put my spirit within you and cause you to walk in my statues. And you will keep my judgments, and do them,” ([Ezekiel 36:26](#) and [27](#)).

Through a walk with Jesus we enjoy the positive aspects of mindfulness without the negative aspects. Through meditating upon His Word, we look toward a better world where suffering will end for once and for all.

Source of this presentation: <https://ssnet.org/blog/mindfulness-meditation-whats-buzz/>

Neocortex & Prefrontal Cortex
Gen'l knowledge storage

Brain's Reward Center



Cerebral cortex

Nucleus accumbens

Amygdala

Hippocampus

Cerebellum

Memory storage of fine motor control of everyday functions

Attaches emotional weight to memories

Binder of Long-term memory of events and facts storage

MORE SIMPLY . . .

SO, WHAT HAS THIS TO DO WITH EMOTIONAL INTELLIGENCE?

What is Emotional Intelligence? Simply put, it means that we manage our feelings so that they are expressed appropriately and effectively, which will lead toward people working together toward common goals collaboratively.

As we mature, we learn to be more adept at handling emotions and impulses, at motivating ourselves and others, and at improving empathy and social skills.

THE EMOTIONAL INTELLIGENCE COMPETENCE FRAMEWORK

Personal Competence

- Self-Awareness: Knowing one's internal states, preferences, resources and intuitions
 - Emotional awareness
 - Accurate Self-assessment (knowing one's strengths and limits)
 - Self-confidence (strong sense of one's self-worth and capabilities)



EMOTIONAL AWARENESS

“Emotional awareness starts with tuning into the stream of feeling that is a constant presence in all of us, recognizing how these emotions shape what we perceive, think, and do. From that awareness is elicited another: that our feelings affect those we interact with.

Our background stream of feeling runs in perfect parallel to our stream of thought. Our feelings are always with us, but we are too seldom with them. We become aware of them when they build up and get away from our control.

Thus, the reason for quiet moments of *mindfulness* to connect with our feelings and our stream of thoughts.



THE EMOTIONAL INTELLIGENCE COMPETENCE FRAMEWORK

- Self-Regulation: Managing one's internal states, impulses, and resources
 - Self-Control (Keeping disruptive emotions and impulses in check)
 - Trustworthiness
 - Conscientiousness
 - Adaptability
 - Innovation

THE EMOTIONAL INTELLIGENCE COMPETENCE FRAMEWORK

- Motivation: Reaching goals
 - Achievement drive
 - Commitment
 - Initiative
 - Optimism

THE EMOTIONAL INTELLIGENCE COMPETENCE FRAMEWORK

Social Competence

- Empathy: Awareness of others' feeling, needs, and concerns
 - Understanding others
 - Developing others
 - Service orientation (Anticipating, recognizing, and meeting the needs of others)
 - Leveraging diversity (Cultivating opportunities to create community)
 - Political awareness (Reading others' emotional currents and power relationships)

THE EMOTIONAL INTELLIGENCE COMPETENCE FRAMEWORK

Social Skills

- Influence
- Communication
- Conflict management
- Leadership
- Change catalyst (Initiating or managing change)
- Building bonds
- Collaboration and Cooperation
- Building effective teams

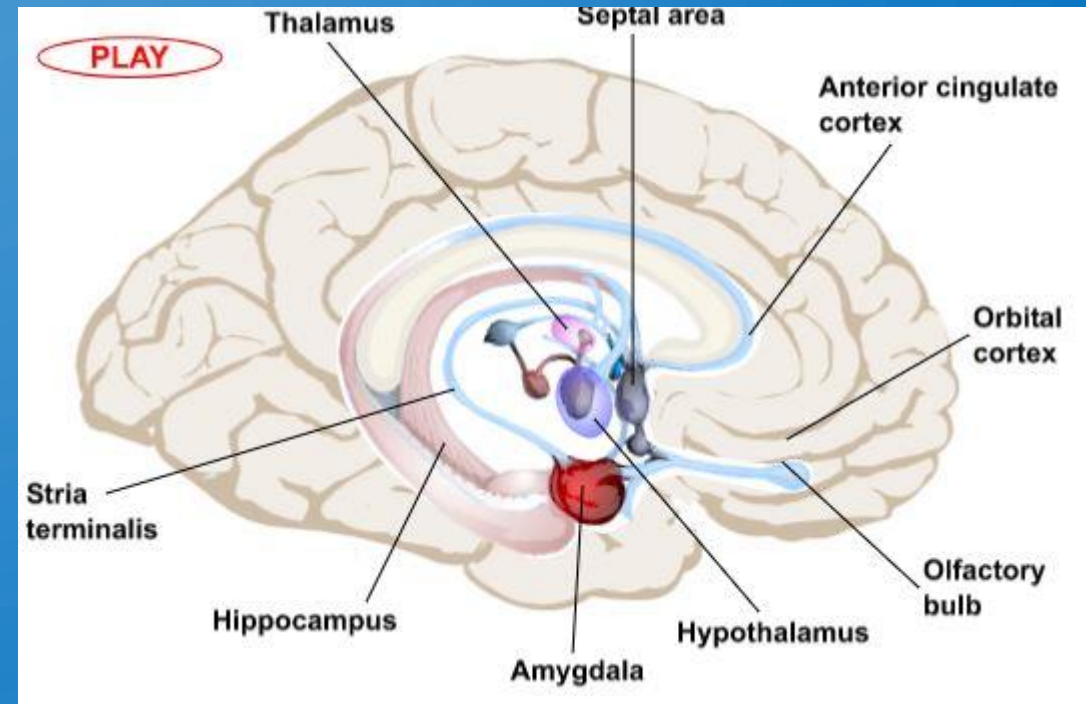
THE AMYGDALA

the integrative center for emotions, emotional behavior, and motivation

The amygdala receives inputs from all senses as well as visceral inputs. Stimulation of the amygdala causes intense emotion, such as aggression or fear. Since the amygdala is very important in emotional learning it is not surprising that visceral, olfactory, auditory, and visual inputs are a major input source.

Source:

<https://nba.uth.tmc.edu/neuroscience/m/s4/chapter06.html>



INFLUENCES ON DECISION-MAKING

Where does that “gut feeling” come from when making a decision?


Actually, above the brainstem—in the *Amygdala*, center of the limbic system where the emotions of our experiences are stored. Fed to this pathway are the realities recognized in the pre-frontal cortex and codes of sights and sounds from temporal and parietal lobes. Some nerve pathways run from the *Amygdala* to the viscera, thus the “gut feeling”. As these memories and impressions accumulate over time, intuition develops and wisdom rules the day in decision-making based on logical analysis and our self-awareness and judgement.

SELF-CONTROL & OVERWHELMING STRESS

- Harvard's excellent description of the stress event biologically
 - <https://www.health.harvard.edu/staying-healthy/understanding-the-stress-response>
- American Psychology Assoc. describes effects on the body systems
- How Stress Affects Your Body – [TED Talk](#)



SELF-CONTROL NEEDED HERE . . .

- Pause, Breathe deeply
 - Drink a glass of pure water
 - Retreat to a quiet place, preferably in nature
 - Meditate (and pray) for 20 minutes
 - Perform some body stretches and take an exercise walk
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