

Session 11 – Resource 1

Marketplace Mindfulness

Introduction

The following are average day common occurrences that can trigger our awareness in the moment, i.e. Catching Calming Clarifying and Connecting.

The benefits of these practices are similar to the benefits of formal sitting practice, e.g.

- Catching, calming, clarifying and connecting
- Authentic kindness in the moment, regardless of a negative feeling
- Emotional self-regulation
- Loving the unlovable and forgiving the unforgivable
- Intuitive problem solving

Trigger Practices – Mindful Moments

- Waiting in traffic/stop lights
- Standing in line at a bank or grocery check-out
- Walking across a room or parking lot
- Watching a movie
- Exercising
- Eating
- Falling asleep
- Reading a highway sign or billboard
- Showering/bathing
- Mindful conflict – anxiety, anger with family or peers
- Conscious couples' compassionate conflict
- Loving loved ones when their lovability looks and feels different
- In service to others – how can I help with mindfulness