

ART OF LIFE MINDFULNESS COURSE



MINDFULNESS.ART

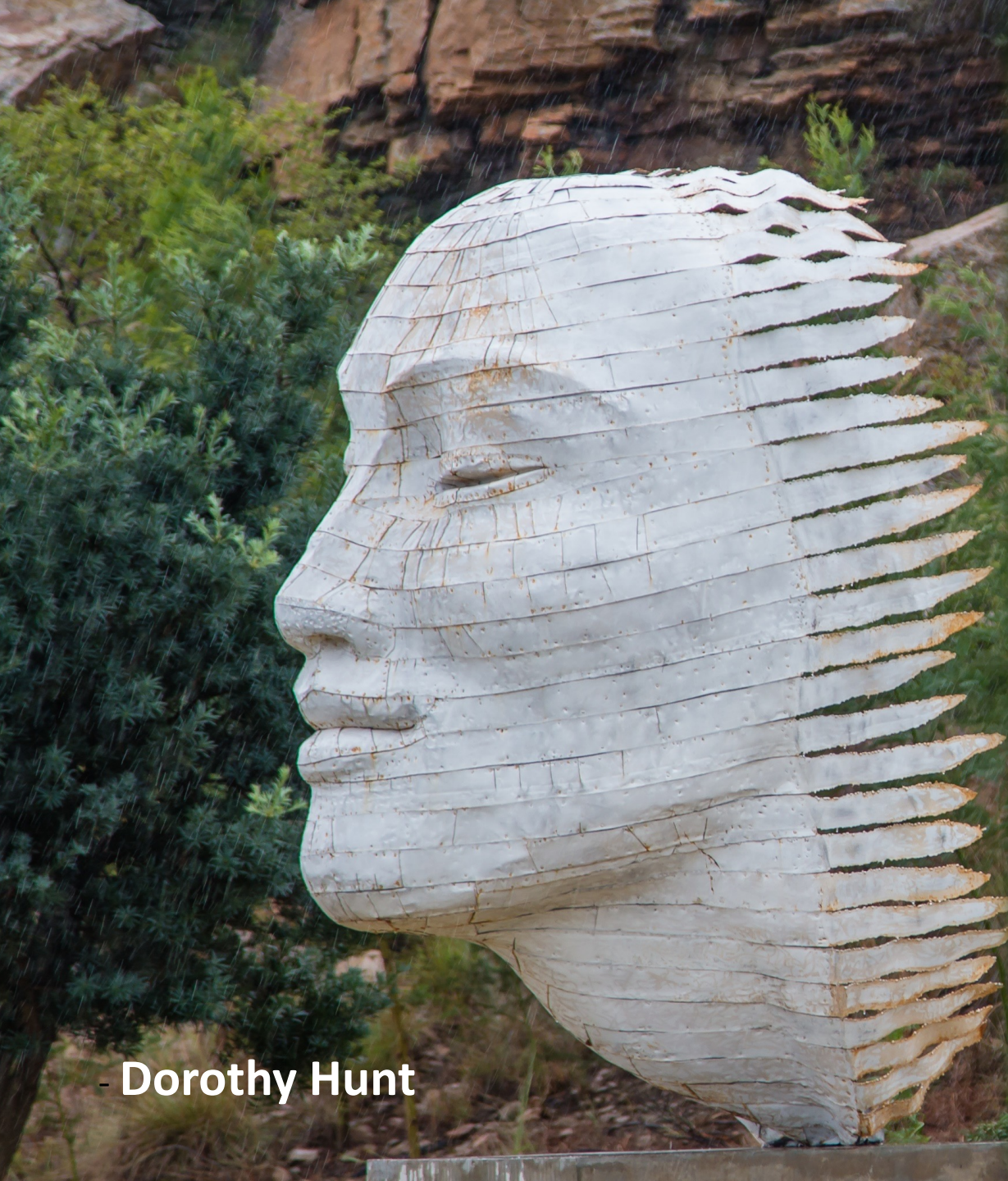
**NOVEMBER 11, 18, 2021
DECEMBER 9, 2021
JANUARY 13, 20, 27, 2022
@ 7 PM**

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The Summer Day's - Mary Oliver

***Tell me, what is it
you plan to do
with your one
wild
and precious life?***





- Dorothy Hunt

Peace is This Moment Without Judgment

Do you think peace requires an end to war?

Or tigers eating only vegetables?

Does peace require an absence from
your boss, your spouse, yourself?

Do you think peace will come some other place than here?

Some other time than now?

In some other heart than yours?

Peace is this moment without judgment.
That is all. This moment in the heart-space
where everything that is, is welcome.
Peace is this moment without thinking
that it should be some other way,
that you should feel some other thing
that your life should unfolding according to your plans.

Peace is this moment without judgment.
This moment in the heart-space where
everything that is,
is welcome

What is *Mindfulness*?

„The **awareness**
that arises from
paying **attention** in a **particular way**:
on purpose,
in the **present moment**,
and **non-judgmentally**.”

- Jon Kabat-Zinn





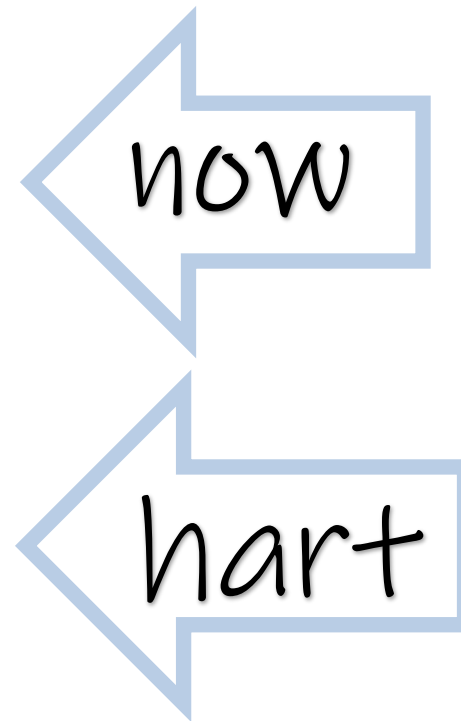
Rob Nairn

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Mindfulness =
Knowing what is happening
when it is happening,
no matter what it is!

Mindfulness / Heartfulness

nian





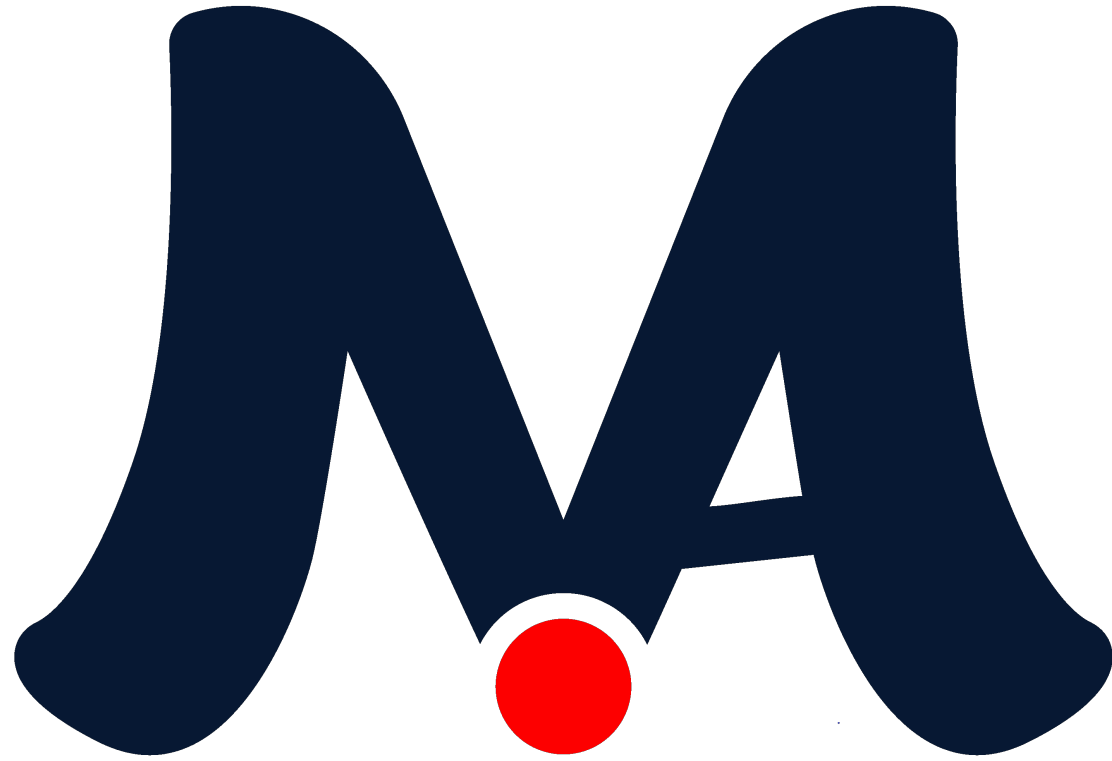
MINDFULNESS . ART



**Two wings of
Mindfulness:
(kindfulness)**

**Affectionate
(Compassion)**

**Attention
(awareness, presence)**



MINDFULNESS . ART

Two wings of
Mindfulness:

Kindfulness



Attention
(awareness, presence)





Eckhart Tolle:

*The greatest obstacle to experiencing the reality of our connectedness is **identification with your mind**, which causes thought to become compulsive. This incessant mental noise prevents you from finding that realm of inner stillness that is inseparable from Being. It creates a false mind-made self that casts a shadow of fear and suffering.*



Eckhart Tolle:

Identification with mind creates an opaque screen of concepts, labels, images, words, judgements, and definitions

that blocks all true relationship.

*It comes between you and yourself,
between you and your fellow man en woman,
between you and and nature,
between you and God.*

*This is the screen ot thought that creates
the illusion of seperateness.*



Eckhart Tolle:

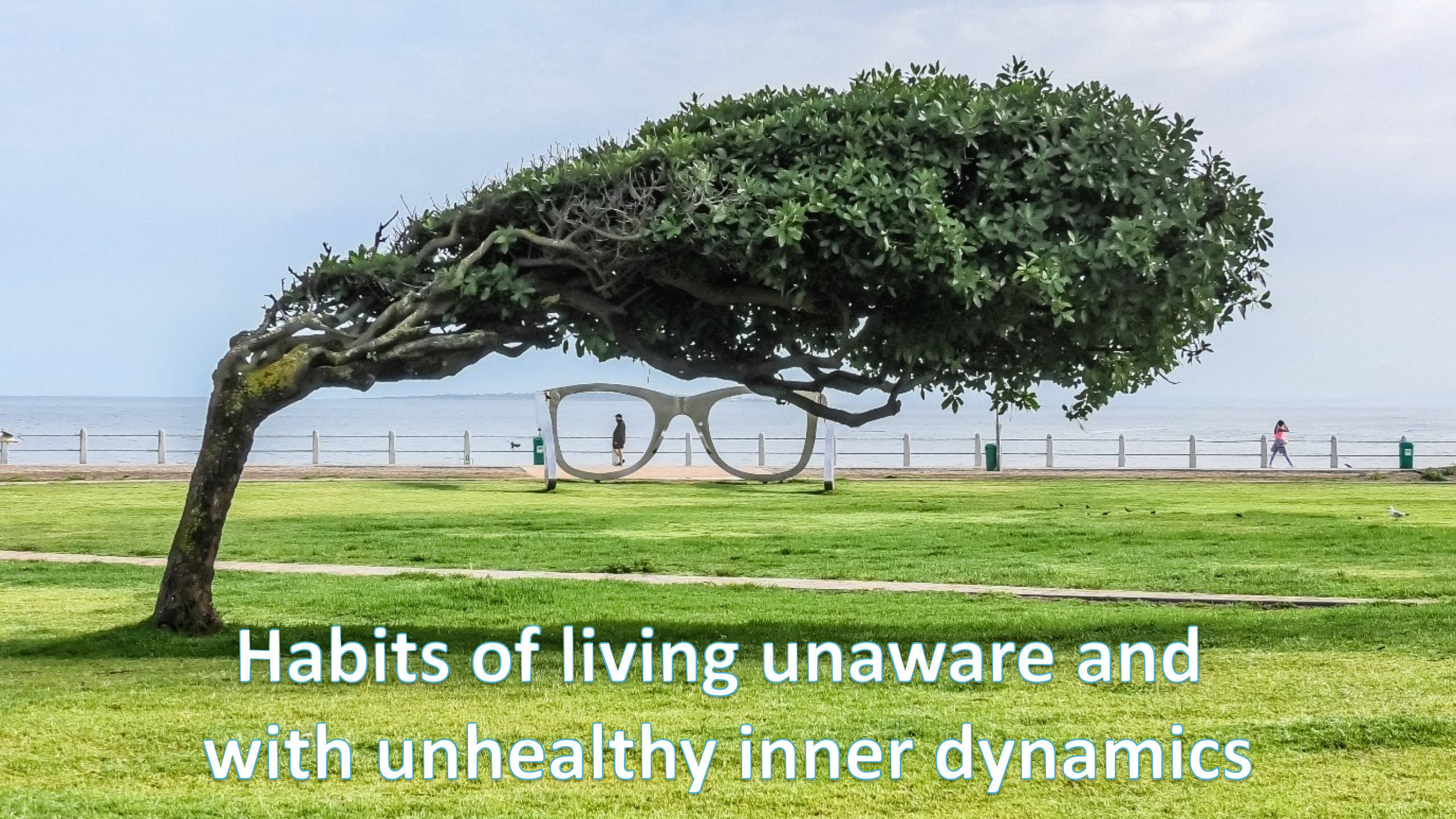
This is the disease.

You believe you are your mind.

This is the delusion.

The instrument has taken you over





**Habits of living unaware and
with unhealthy inner dynamics**

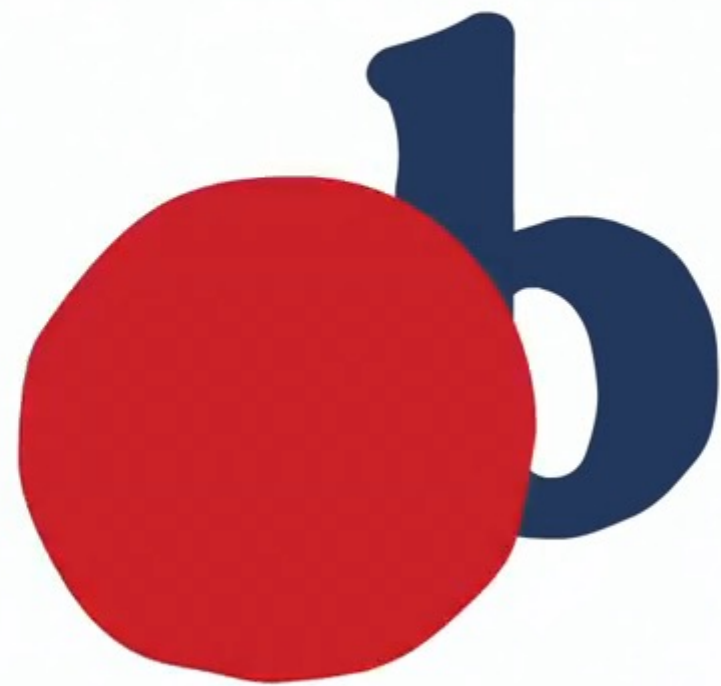


Attention and Awareness

- **Observer and Thoughts (write down)**
- **Move point of attention**
- **Point of arrival of thought**
- **Cycle of Thought**
- **3 Modes of reacting to thoughts:
(Attachment, Ignorance, Rejection)**
- **Presence with acceptance/compassion**



MINDFULNESS.ART



Mindfulness = Awareness



Mind Full, or Mindful?

***“ Every time we return to the meditation support,
we weaken the compulsive cycle ... ”***



Attention and Awareness

“At the moment of arising we do not have to pick up a thought!

Freedom from thoughts does not mean no thoughts!

It means that thoughts come and go freely.

We do not latch onto them!

An incredible brilliance come into the mind ”



Attention and Awareness

“We experience a wonderful sense of resilience because inner states no longer matter.

If a really horrific thought comes up, it just arises and passes and we observe it.

If a really wonderful blissful thought arises it's quite OK. It just arises and passes.

If a thoroughly boring space arises, it does”





Reflect