

ART OF LIFE MINDFULNESS COURSE




MINDFULNESS.ART

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



2



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2



FOUNDATION

- Space and Silence (Time, Place & Alarm)
- Posture (Dignified, Awake, At Ease)
- Intention (Presence with Compassion, choose anchor/home base: breath, body, sound, movement, nature, word, open awareness ...)
- 3 X deep breaths (relax, soften)
- Groundedness (Feet, Chair > Connectedness)

MEDITATION

Notice Thoughts

Notice Emotions (inner weather pattern)

Notice Physical Sensations

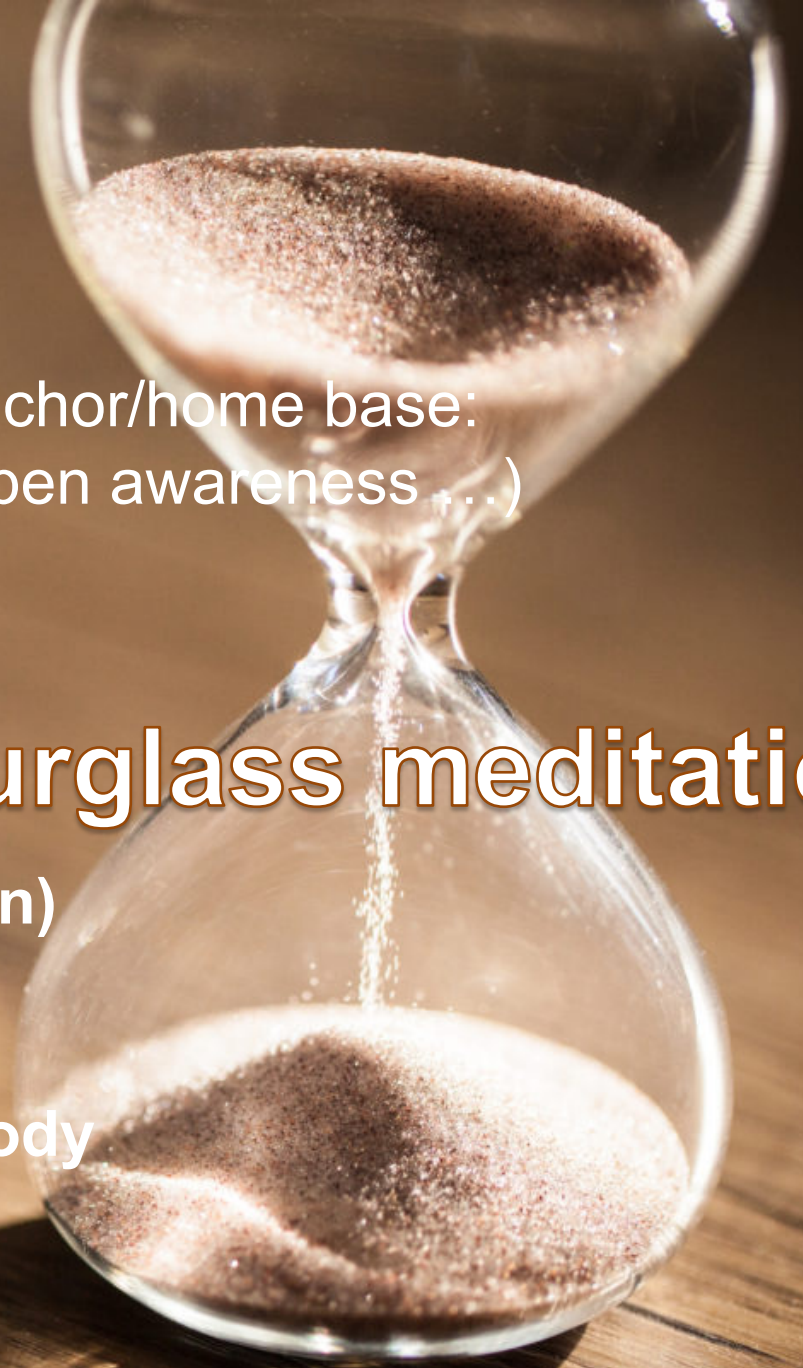
Breath

Expand feeling of breathing to whole body

Connect with room/place you are in

Connection with all

Hourglass meditation



In Blackwater Woods

Look, the trees
are turning
their own bodies
into pillars

of light,
are giving off the rich
fragrance of cinnamon
and fulfillment,

the long tapers
of cattails
are bursting and floating away
over
the blue shoulders

of the ponds,
and every pond,
no matter what its
name is, is

nameless now.
Every year
everything
I have ever learned

in my lifetime
leads back to this: the fires
and the black river of loss
whose other side

is salvation,
whose meaning
none of us will ever know.
To live in this world

you must be able
to do three things:
to love what is mortal;
to hold it

against your bones knowing
your own life depends on it;
and, when the time comes
to let it
go,
to let it go.

- Mary Oliver



MINDFULNESS . ART



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

**Affectionate
(Compassion)**

**Attention
(awareness, presence)**

M

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.*



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)**



MINDFULNESS.ART



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



M



**Affectionate
(compassion)**

**Attention
(awareness, presence)**

One word experiment

Beginners Mind

Non-Judging

Acceptance

Letting Go

Trust

Patience

Non-Striving

Gratitude

Generosity

Attitudes of Mindfulness

Compassion



Acceptance & Mindfulness Treatments for Children & Adolescents

A Practitioner's Guide

An Essential Resource for Clinicians

Practical behavioral & cognitive applications & clinical techniques using:

- Acceptance & commitment therapy (ACT)
- Dialectical behavior therapy (DBT)
- Mindfulness-based cognitive therapy (MBCT)
- Mindfulness-based stress reduction (MBSR)

Edited by LAURIE A. GRECO, PhD, & STEVEN C. HAYES, PhD

SECOND EDITION

Acceptance and Commitment Therapy

The Process and Practice of Mindful Change

THE MINDFULNESS & ACCEPTANCE PRACTICE

MINDFULNESS & ACCEPTANCE IN BEHAVIORAL MEDICINE

Current Theory & Practice

Mindfulness and Acceptance

Expanding the Cognitive-Behavioral Tradition

Edited by
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Victoria M. Follette
Marsha M. Linehan

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- Break free from self-doubt
- Learn to accept yourself
- Discover your strengths



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Your Mind & Into Your Life

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STEVEN C. HAYES, PH.D.
with SPENCER SMITH

Therapist



MINDFULNESS, ACCEPTANCE, — AND THE — PSYCHODYNAMIC EVOLUTION

Bringing Values into Treatment Planning
and Enhancing Psychodynamic Work with
Buddhist Psychology



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Foreword by **STEVEN C. HAYES, PhD**
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Acceptance and Mindfulness in COGNITIVE BEHAVIOR THERAPY



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AND APPLYING
THE NEW THERAPIES

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Conceptualization and Treatment

EDITORS
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PROGRAM TO HELP YOU:

- Understand social anxiety in a new way
- Stop avoiding social situations

ASSESSING MINDFULNESS & ACCEPTANCE PROCESSES IN CLIENTS



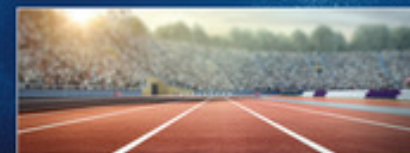
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Kristoffer Henriksen, Jakob Hansen
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Edited by
BAER, PH.D.

Mindfulness and Acceptance in Sport

How to Help Athletes Perform and Thrive under Pressure



ACCEPTANCE AND MINDFULNESS AT WORK

Applying Acceptance
and Commitment Therapy
and Relational Frame Theory
to Organizational

*“The curious paradox is that when I **accept myself** just as I am, then I can change.”*

— Carl R. Rogers, On Becoming a Person: A Therapist's View of Psychotherapy

“People are just as wonderful as sunsets if you let them be. When I look at a sunset, I don't find myself saying, “Soften the orange a bit on the right hand corner.” I don't try to control a sunset. I watch with awe as it unfolds.”

— Carl R. Rogers, A Way of Being

Mindfulness Definition:

The working definition of mindfulness that my colleagues and I find most helpful is **awareness of present experience with acceptance.**

- Daniel Siegel



What is *Mindfulness*?

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

- Jon Kabat-Zinn



Origin

LATIN

ad-
to

LATIN

capere
take



LATIN

accipere
take
something to
oneself



LATIN

acceptare



accept

late Middle English

late Middle English: from Latin *acceptare*, frequentative of *accipere* 'take something to oneself', from *ad-* 'to' + *capere* 'take'.

Acceptance:
To Take
Receive

ACCEPTANCE IS NOT:

- APPROVAL
- THAT NOTHING WILL CHANGE
- THAT YOU DON'T WORK WITH EXCELENCE



Our self, awareness, is like an open, empty, allowing space.

As such, we resist nothing, hold nothing, seek nothing.

Thus, happiness is our essential nature.

– Rupert Spira

Acceptance is “active nonjudgmental embracing of experience in the here and now”. It is **not “toleration” or “resignation,”** but an **“active” process of changing one’s relationship to—not the content of—one’s internal world.**

(Hayes et al., 2012).

"Accepting means you **allow** yourself to feel whatever it is you are feeling at that moment. It is part of the is-ness of the Now.

You can't argue with what is. Well, you can, but if you do, you suffer"

~ Eckhart Tolle



In ACT, there is **no focus on changing the content of thought** from invalid to valid or from irrational to rational. The issue is not whether the thought (e.g. “I can’t interact well with other people”) is accurate, but **whether allowing the thought to guide your behavior** (e.g., staying at home) **is useful**. Both theory and evidence suggests that behavioral and emotional patterns can change even when the content of cognition does not. For example, in a trial of ACT with psychotic individuals

(Bach & Hayes, 2002)

“Radical Acceptance is the willingness to **experience ourselves and our lives as it is.**”

Radical acceptance rests **on letting go of the illusion of control** and a **willingness to notice and accept** things as they are right now, without judging. - Marsha M. Linehan



The **unhealthy attitude** is the attitude of **non-acceptance of the self**.

If anxiety arises in the mind, we can't get rid of it anymore. This is me at this moment, it **doesn't mean it always going to be me**. Okay, that's what there is to work with. It may not be what I wanted, but it is what I've got. Whatever arises in your mind's is okay. **Nothing is permanent**. You do not have to "like" what arises in the mind. Not that it will never change, and we resign to how things are.

CREATE SPACE!!!:

“convey a quality of liberation and **expansion of the self**”

– Ghent



ACCEPTANCE - METAPHORS

1 Leaves on a Stream

2 Room



.b



ACCEPTANCE - METAPHORS

1 Leaves on a Stream

2 Room

3 Child at the door



The Guest House (Rumi)

**This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.
Welcome and entertain them all!
Even if they're a crowd of sorrows
who violently sweep your house empty of it's furniture,
still, treat each guest honorably.
He may be clearing you out for some new delight.
The dark thoughts, the shame, the malice,
meet them at the door laughing,
and invite them in.
Be grateful for whoever comes,
because each has been sent
as a guide from beyond.**

ACCEPTANCE - METAPHORS

1 Leaves on a Stream

2 Room

3 Child at the door

4 Ocean



ACCEPTANCE - METAPHORS

1 Leaves on a Stream

2 Room

3 Child at the door

4 Ocean

5 “YES”



Ed Diener

$$\text{Happiness} = \frac{\text{What I HAVE}}{\text{What I WANT}}$$



"...you no longer demand that a situation, person, place, or event should satisfy you or make you happy.

Its passing and imperfect nature is allowed to be.

And the miracle is that when you are no longer placing an impossible demand on it, every situation, person, place, or event becomes not only satisfying but also more harmonious, more peaceful."

Stillness Speaks - Eckhard Tolle



Formula for suffering

Pain X Resistance
= Suffering



“We are uncomfortable because everything in our life keeps changing -- our inner moods, our bodies, our work, the people we love, the world we live in. We can't hold on to anything -- a beautiful sunset, a sweet taste, an intimate moment with a lover, our very existence as the body/mind we call self -- because all things come and go. Lacking any permanent satisfaction, we continuously need another injection of fuel, stimulation, reassurance from loved ones, medicine, exercise, and meditation. We are continually driven to become something more, to experience something else.” — Tara Brach



Tinnitus is like People

This thing keeps screaming in my ear
To let me know that it's still here
It seems the more I push away
The more it seems to want to stay
Sometimes it gets a fevered pitch
Like screeching owls, a howling witch
At other times it's kind of meek
But never like a bubbling creek
More like a swollen rivers rage
Or ripping books out page by page
I heard lately that it never ends
I guess I'll have to be its friend
How do you love someone who never quits
Talking about how life is just the pits
Accept them all no matter what
They can't quite get out their rut
Accept it all
I'll give it a try



Home



Guided



Timer



Groups



Profile

Actually, I don't have a sense of needing anything personally. I've learned by now to be quite content whatever my circumstances. I'm just as happy with little as with much, with much as with little. I've found the recipe for being happy whether full or hungry, hands full or hands empty. Whatever I have, wherever I am, I can make it through anything in the One who makes me who I am.



RAINS

Recognize

- Raaksien

Allow

- Aanvaar (toelaat)

Invesigate

- Ingaan op die saak.

Non-identification - Nie-identifiseer


Sharing

- Stuur / deel








Insight Timer

11:39 [B] [Signal] [Battery 69%]

InsightTimer 

Search for friends, teachers and tracks


LIVE  **LIVE**  **LIVE**  **LIVE**  **LIVE** 

Andy Denzil Chantelle Desmond Pamela

Timer Guided Courses Parents

Sleep Music Yoga Beginners

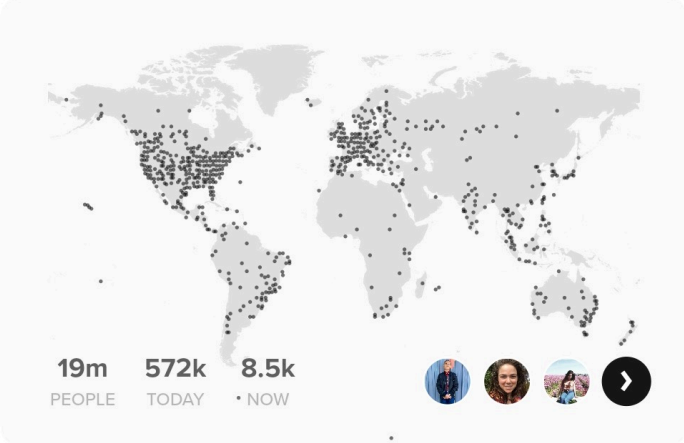
Live Events [See all](#)





11:39 [B] [Signal] [Battery 69%]

100,000 Free Meditations


Understanding pain ... 66 Attending Workday Reset 53 Attending



19m PEOPLE 572k TODAY 8.5k NOW



11:39 [B] [Signal] [Battery 69%]



1167 TOTAL DAYS

★★★★★

3 CONSECUTIVE **40.4k** MINUTES **121** MILESTONES

- Public Profile >
- Messages >
- Friends >
- My Teachers >
- Groups >
- Activity >
- Member Plus >

Notifications