

ART OF LIFE MINDFULNESS COURSE



MINDFULNESS.ART

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





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



Two Kinds of Intelligence by Rumi

There are two kinds of intelligence: one acquired, as a child in school memorizes facts and concepts from books and from what the teacher says, collecting information from the traditional sciences as well as from the new sciences.

With such intelligence you rise in the world. You get ranked ahead or behind others in regard to your competence in retaining information. You stroll with this intelligence in and out of fields of knowledge, getting always more marks on your preserving tablets.

There is another kind of tablet, one already completed and preserved inside you. A spring overflowing its springbox. A freshness in the center of the chest. This other intelligence does not turn yellow or stagnate. It's fluid, and it doesn't move from outside to inside through conduits of plumbing-learning.

This second knowing is a fountainhead from within you, moving out.



Awareness:
Attention
Awake

Attitude:
Affectionate
Acceptance



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Two wings of
Mindfulness:

Kindfulness



Attention
(awareness, presence)



Physical



Emotional



Environmental



Financial



Intellectual



Social



Spiritual



Occupational

Unaware
Disconnected
Autopilot



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Attention and Awareness

- **Observer (thoughts, emotions, sensations)**
- **Rest & Move point of attention**
- **Cycle of Thought (arrive, stay, disappear)**
- **3 Modes of reacting to thoughts:
(Attachment, Ignorance, Rejection)**



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





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



M



**Affectionate
(Compassion)**

**Attention
(awareness, presence)**

Beginners Mind

Non-Judging

Acceptance

Letting Go

Trust

Patience

Non-Striving

Gratitude

Generosity

Attitudes of Mindfulness



“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*

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).



...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 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)



ACCEPTANCE - METAPHORS

1 Leaves on a Stream

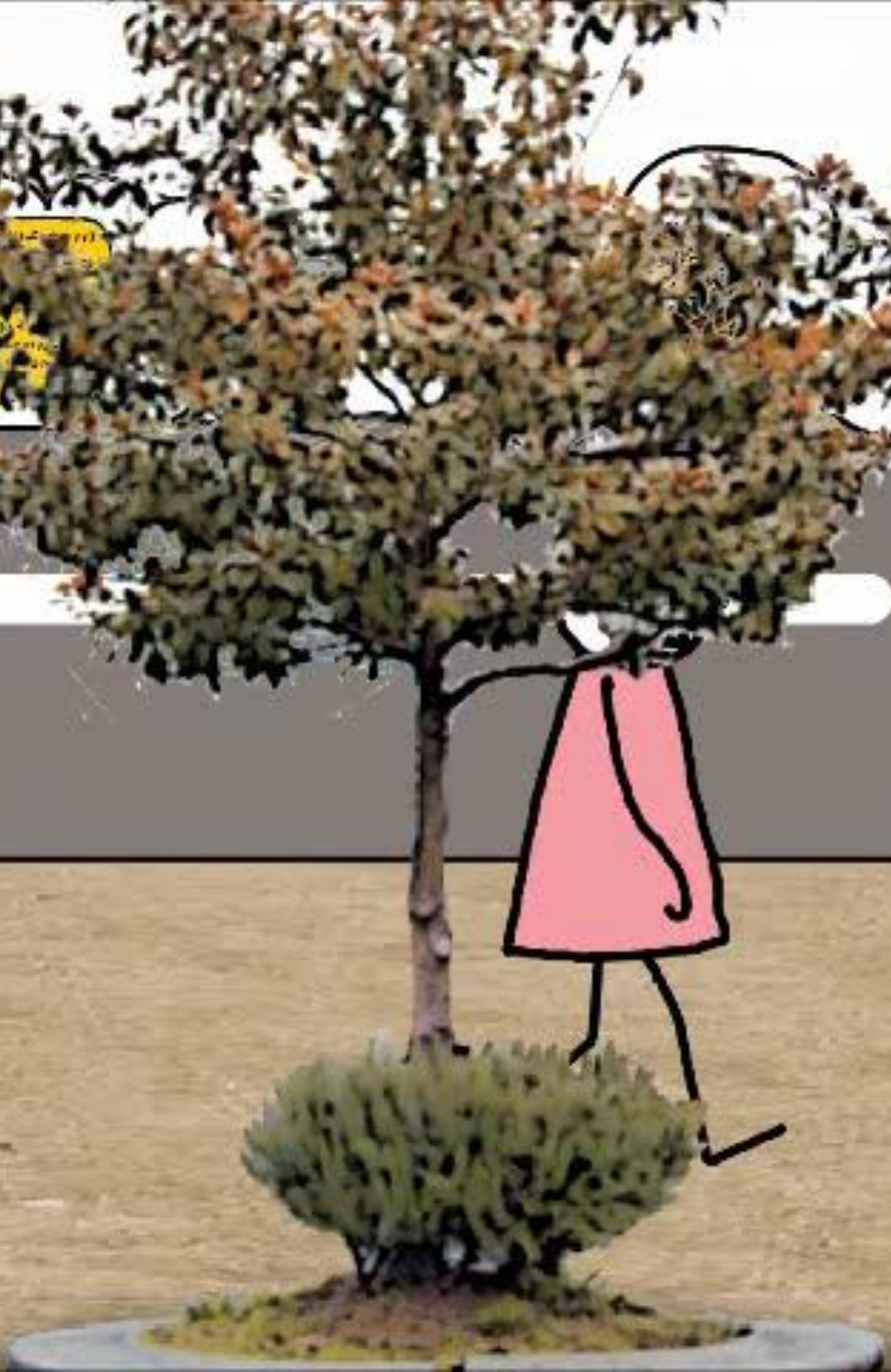
2 Room

3 Child at the door

4 Ocean

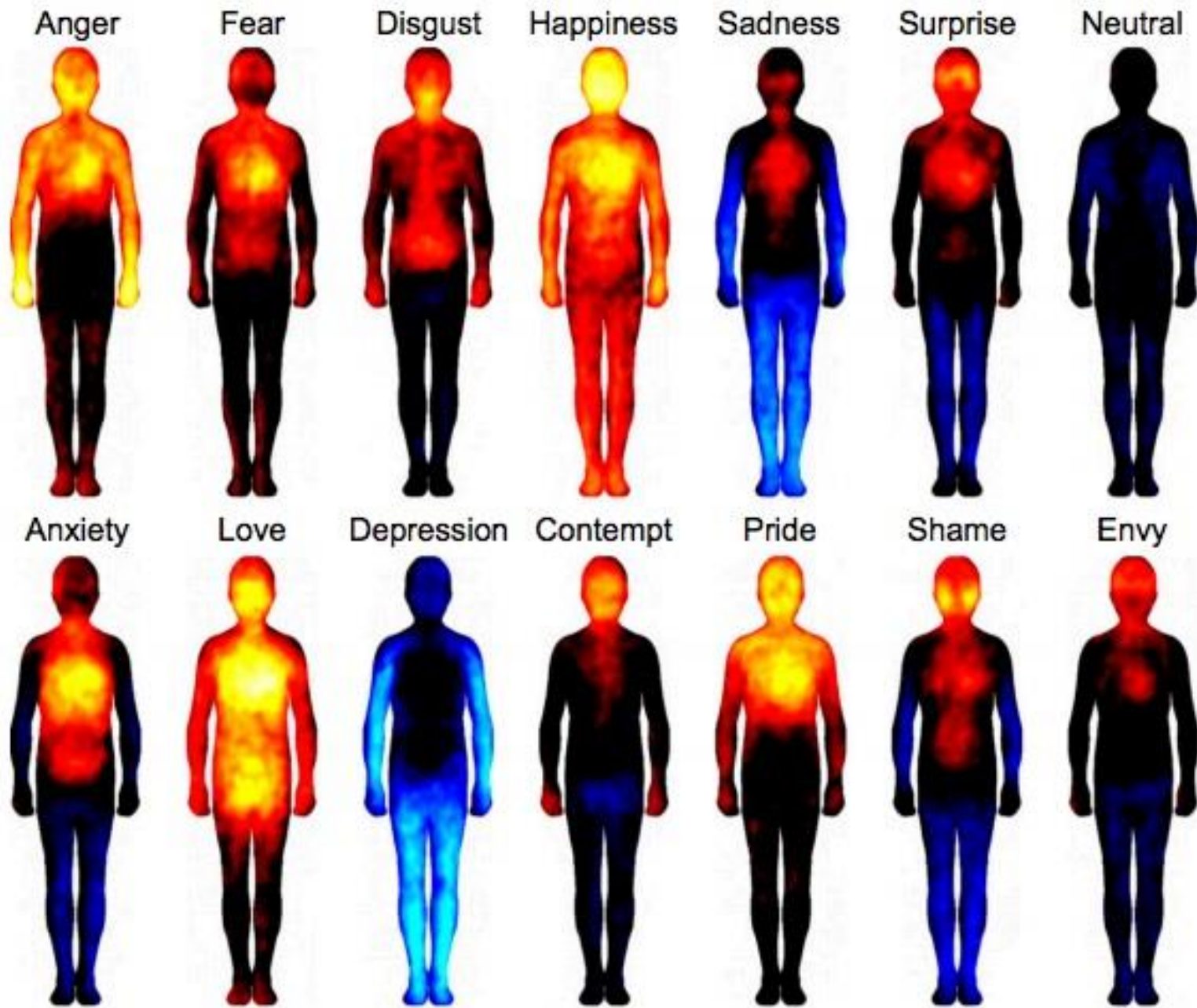
5 “YES”





Why the Body?

- There are strong connections between your body, thoughts and emotions; they influence each other.



Regions Activating / deactivating

Fig. 2. Bodily topography of basic (*Upper*) and nonbasic (*Lower*) emotions associated with words. The body maps show regions whose activation increased (warm colors) or decreased (cool colors) when feeling each emotion. ($P < 0.05$ FDR corrected; $t > 1.94$). The colorbar indicates the t-statistic range.

Why the Body?

- There are strong connections between your body, thoughts and emotions; they influence each other.
- The body sends messages of what is happening in your feelings and thoughts.

WHY THE BODY?

**The body reveals,
what the heart feels
and what the mind conceals.**



Why the Body?

- There are strong connections between your body, thoughts and emotions; they influence each other.
- The body sends messages of what is happening in your feelings and thoughts.
- The body is a gateway to the present when you become aware that you are absent.
- Focusing on the body / breath frees you from the spiral of thinking

cut the unhealthy cycle





Why the Body?

- Focusing on the body offers a vantage point to listen to your thoughts and feelings(mindscape).
- Practice a new way to respond to sensations in the body such as pain, opportunity to learning and training to move towards the pain, not away from it.
- It is an exercise in compassion / compassion with ourselves.
- Experience “decentering”: Your observer takes control and not takes your thoughts / emotions / sensations

Why the Body?

- Recognize thoughts as thoughts and emotions as emotions. It is changing and transient.
- The body or breath becomes an anchor in the midst of turbulent emotions and thoughts. (Anxiety: not breath)
- Free medication - meditation
- Practice constant awareness.
- Helps the monkey brain that jumps from branch to branch to rest and focus attentively.

WHY THE BODY?

You can not wash off

blood

with blood



Why the Body?

- Recognize thoughts as thoughts and emotions as emotions. It is changing and transient.
- The body or breath becomes an anchor in the midst of turbulent emotions and thoughts.
- Practice constant awareness. (Free Medication)
- Helps the monkey brain that jumps from branch to branch to rest and focus attentively.
- Deep relaxation and relief of anxiety through physical, emotional, cognitive and mental rest.
- Experience that there are types of wisdom that are different from reason and emotional. – (beyond reason)
- Practice the 9 Attitudes for Mindfulness.

Why the Body?

- Practice “being” instead of just doing. So that your "being" can become the basis of all "doing".
- Opportunity to get to know yourself better and come home to yourself. Know and care for body.
- Become more aware of your body's sensations and health condition.
- Better quality breathing has numerous health benefits.
- Deepening in spirituality by experiencing spirituality in experience or mysticism (God in the ordinary).

** "I have a body, but I am not my body. I can see and feel my body, and what can be seen and felt is not the true Seer. My body may be tired or excited, sick or healthy, heavy or light, but that has nothing to do with my inward I. I have a body, but I am not my body."*

** "I have desires, but I am not my desires. I can know my desires, and what can be known is not the true Knower. Desires come and go, floating through my awareness, but they do not affect my inward I. I have desires, but I am not desires."*

** "I have emotions, but I am not my emotions. I can feel and sense my emotions, and what can be felt and sensed is not the true Feeler. Emotions pass through me, but they do not affect my inward I. I have emotions, but I am not emotions."*

** "I have thoughts, but I am not my thoughts. I can know and intuit my thoughts, and what can be known is not the true Knower. Thoughts come to me and thoughts leave me, but they do not affect my inward I. I have thoughts, but I am not my thoughts."*

Bodyscan



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Mindfulness

Meditation

- **Three Minute Breathing Space**
- **Breath Meditation**
- **Body Scan**
- **Mindful Movement Meditation**
- **Sound Meditation**
- **Mindful Eating Meditation**
- **Mountain, Lake and Tree Meditation**
- **Lovingkindness Meditation**
- **Open Awareness**
- **Space-Silence Meditation**





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Don't Go Outside – Kabir



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You are here:

Don't go outside your house to see the flowers.

My friend, don't bother with that excursion.

Inside your body there are flowers.

One flower has a thousand petals.

That will do for a place to sit.

Sitting there

you will have a glimpse of beauty

Inside the body and out of it,

Before gardens and after gardens.

by Kabir

visit your body