

ART OF LIFE MINDFULNESS COURSE



MINDFULNESS.ART

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



6



富嶽三十六景 神奈川沖
波裏

舟のあはれ



Hokusai Says by Roger Keyes

Hokusai says Look carefully.

He says pay attention, notice.

He says keep looking, stay curious.

He says there is no end to seeing.

He says Look Forward to getting old.

He says keep changing,
you just get more who you really are.

He says get stuck, accept it, repeat yourself
as long as it's interesting.

He says keep doing what you love.

He says keep praying.

He says every one of us is a child,



every one of us is ancient,
every one of us has a body.
He says every one of us is frightened.
He says every one of us has to find a way to live with fear.

He says everything is alive –
shells, buildings, people, fish, mountains, trees.
Wood is alive.
Water is alive.
Everything has its own life.
Everything lives inside us.
He says live with the world inside you.

He says it doesn't matter if you draw, or write books.
It doesn't matter if you saw wood, or catch fish.
It doesn't matter if you sit at home
and stare at the ants on your verandah or the shadows of the trees
and grasses in your garden.



It matters that you care.
It matters that you feel.
It matters that you notice.
It matters that life lives through you.

Contentment is life living through you.
Joy is life living through you.
Satisfaction and strength
are life living through you.

Peace is life living through you.
He says don't be afraid.
Don't be afraid.
Look, feel, let life take you by the hand.
Let life live through you.



Liberation through observation



SOUND MEDITATION



Thriving Relationships



The biggest gifts to another: Two wings of Mindfulness Presence & Compassion



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Thriving Relationships

by IntraConnecting
MWE (me & we)



Presence

with self and others

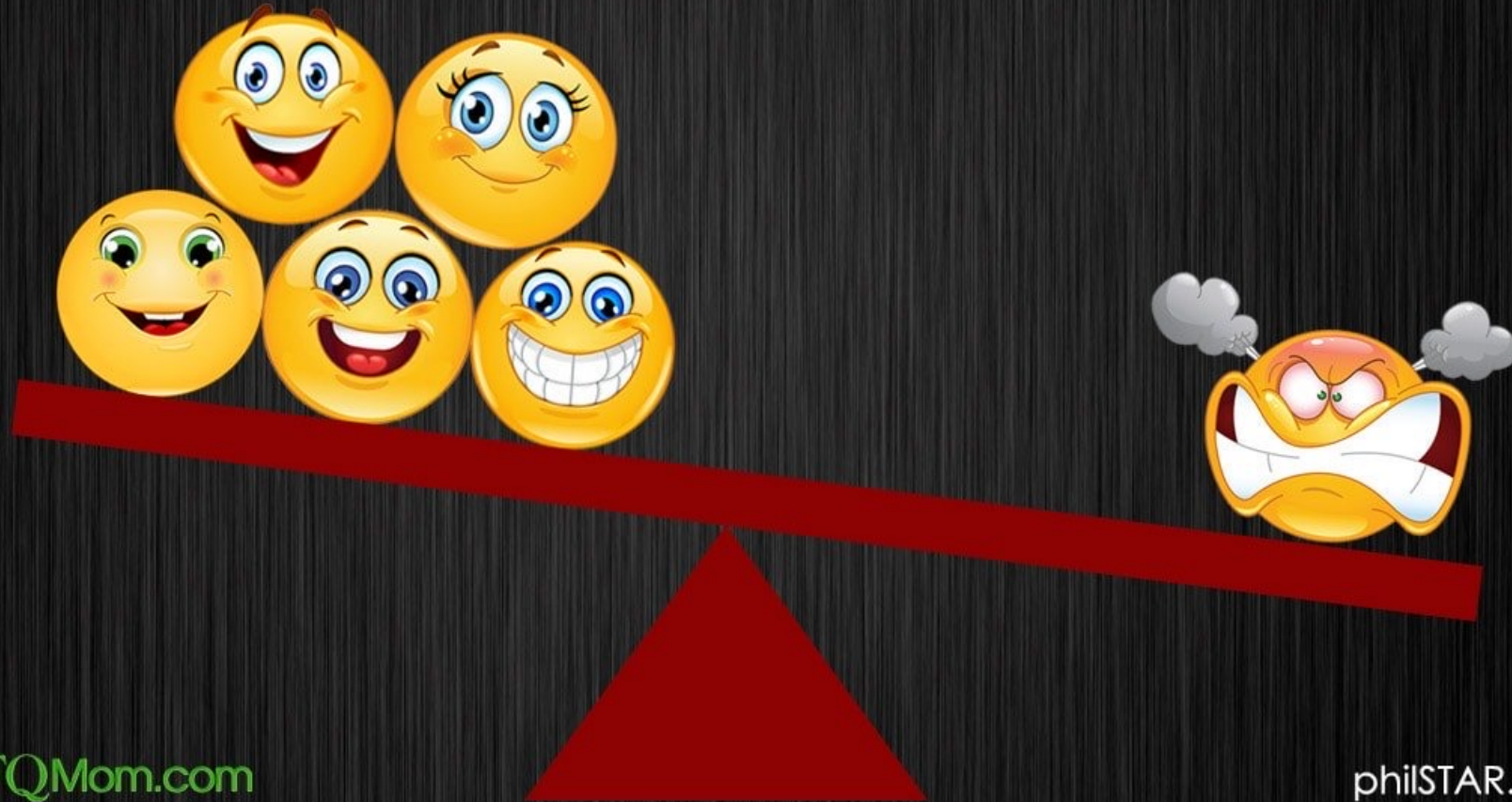


Impact of PRESENCE in Connections

- Deep fulfilling connection
- Better listening in all levels
- More adaptability/flexibility
- Less judgmental
- Less reacting more responding



5 tot 1



Absence: self & relationships





NEW
EPISODE



Impact of Absence in Connections

(Absence from ourselves and others)



- Autopilot in Absence
- No depth connection
- Thoughts blocking connection
- Catastrophic Disconnection

Awareness of Yourself



- Presence with inner states
- Inner Silence
- Egolessness
- Vulnerability
- Unlearn more than „learn”



**FREE
MEDITATION!!!**

People around you
And Children:



**20 YEAR
RETREAT!**

Children



you

X

✓

known

secret

me

X

blind

unknown



you

X

known

secret

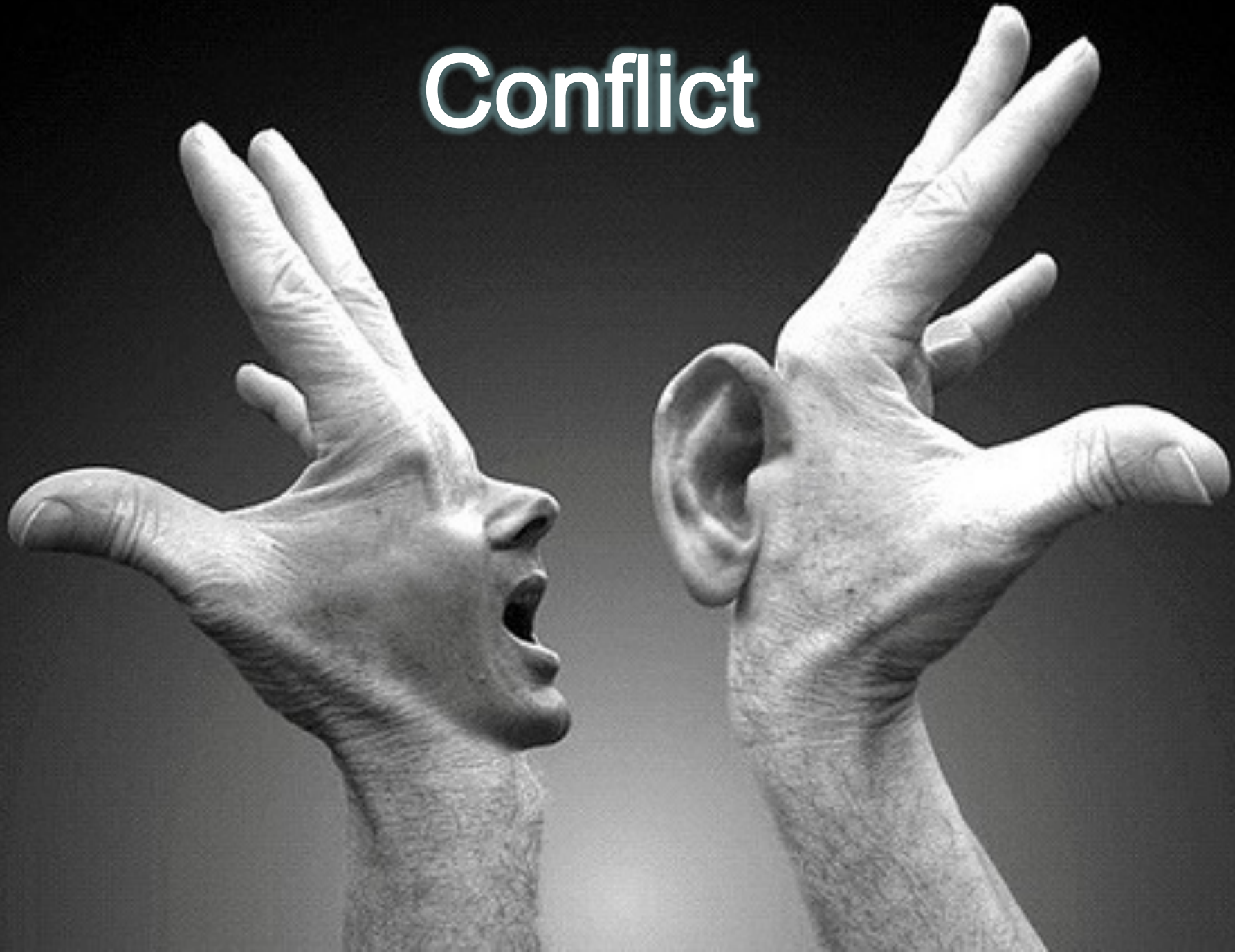
me

blind

unknown

X

Conflict



The egoic sense of self needs conflict because its sense of a separate identity gets strengthened in fighting against this or that, and in demonstrating that this is “me” and that is not “me.”

Built into the very structure of the egoic self is a need to oppose, resist, and exclude to maintain the sense of separateness on which its continued survival depends. So there is “me” against the “other,” “us” against “them.”

The ego needs to be in conflict with something or someone. That explains why you are looking for peace and joy and love but cannot tolerate them for very long.

Thriving Relationships

by IntraConnecting
MWE (me & we)



“Lovingkindness” Meditation

*May you be safe,
May you be happy,
May you be healthy,
May you live with ease,
May you flourish*

*May I be safe,
May I be happy,
May I be healthy,
May I live with ease,
May I flourish*

*May you be safe,
May you be happy,
May you be healthy,
May you live with ease,
May you flourish*

*May you be safe,
May you be happy,
May you be healthy,
May you live with ease,
May you flourish*

The Secret to Deep Liberation



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**“If I am what I have
and if I lose what I have
who then am I?**

- Erich Fromm

Being - Having

“I Am Not I”

I am not I.



I am this one.

walking beside me whom I do not see,
whom at times I manage to visit,
and whom at other times I forget;
who remains calm and silent while I talk,
and forgives, gently, when I hate,
who walks where I am not,
who will remain standing when I die.

BY JUAN RAMÓN JIMÉNEZ - TRANSLATED BY ROBERT BLY

“Even when the cloud is not there, it continues as snow or rain. It is impossible for the cloud to die. It can become rain or ice, but it cannot become nothing. The cloud does not need to have a soul in order to continue. There’s no beginning and no end. I will never die. There will be a dissolution of this body, but that does not mean my death.” – T HAHN

"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."

Liberation through observation





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

**Affectionate
(Compassion)**

**Attention
(awareness, presence)**

M



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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

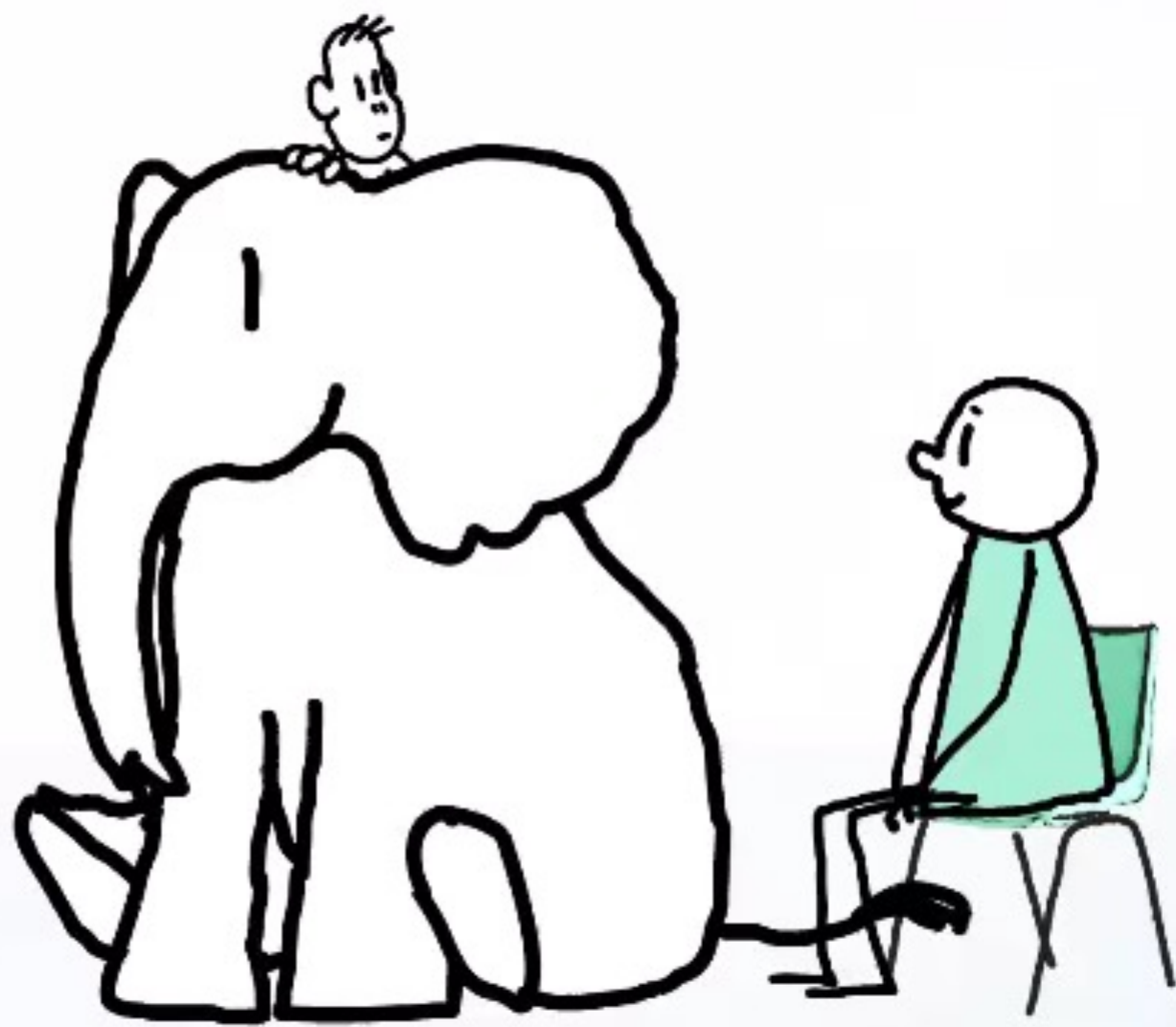


Fight
Flight
Freeze
Numbing

New
RELATIONSHIP
(Decentering)



.b



ACCEPTANCE - METAPHORS

1 Leaves on a Stream

2 Room

3 Child at the door

4 Ocean

5 “YES”

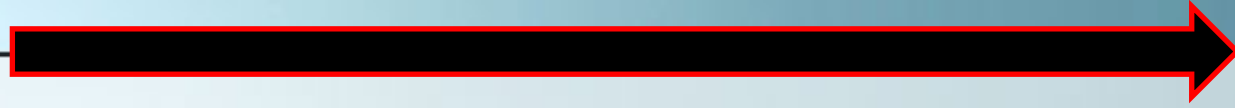


Formula for suffering

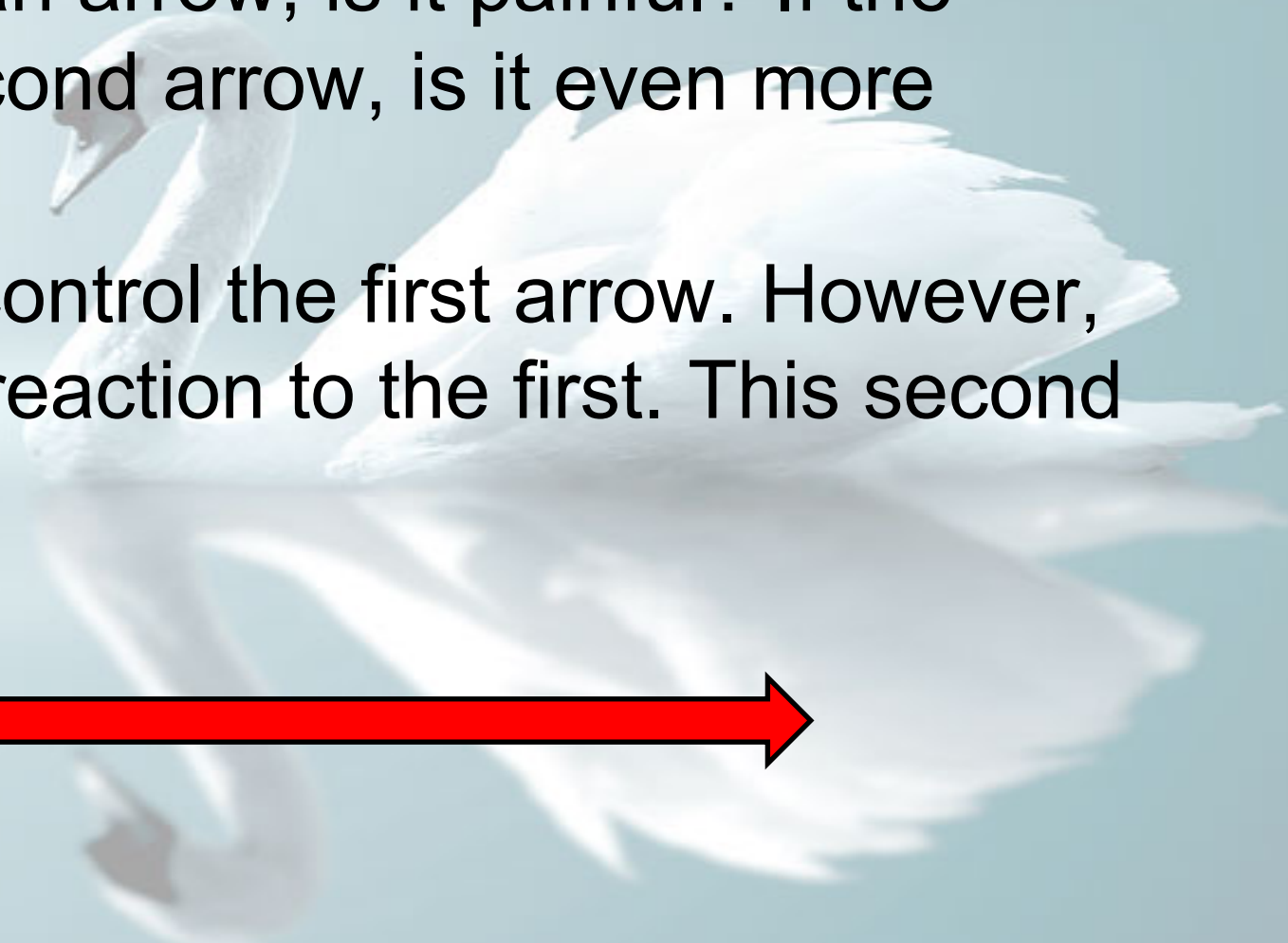
Pain X Resistance
= Suffering



Two Arrows



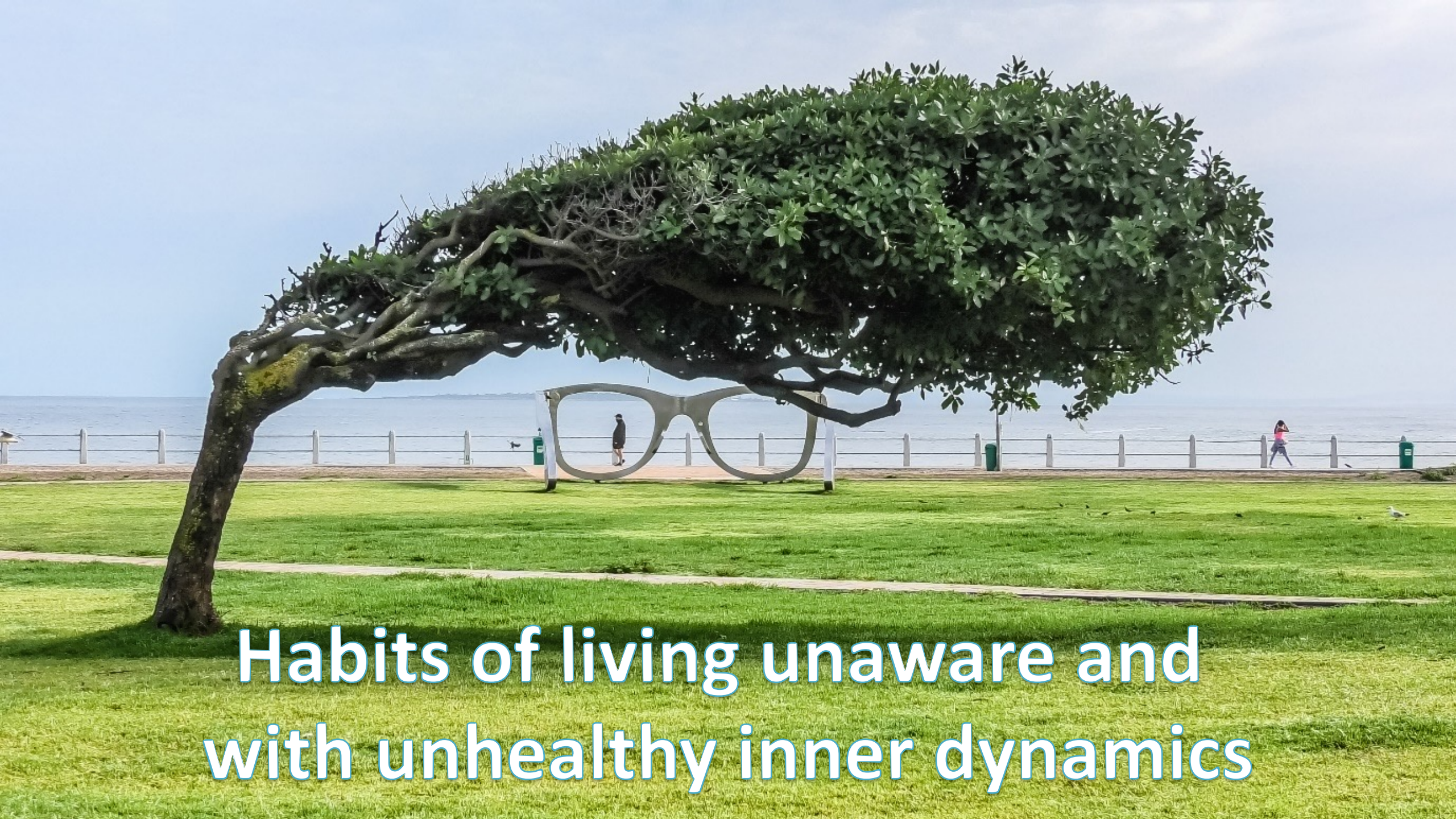
- ‘If a person is struck by an arrow, is it painful? If the person is struck by a second arrow, is it even more painful?’
- ‘In life, we can’t always control the first arrow. However, the second arrow is our reaction to the first. This second arrow is optional.’



Ed Diener

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





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

Building blocks of Mindfulness Meditation

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)



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MEDITATION

- Move the focus of attention to anchor / home base
- Noticing that attention moved? (Non-Judging, curious, accept
- Physical or Emotional pain / Unease / Frustration / Bored / Mental noise
RAIN: recognize, allow, investigate, non-identification
- Peace, joy of elation? (gratitude, interested, no grasping!, back to home base)
- At the end of meditation: intent to stay in attentive and awake.

WHY THE BODY?


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





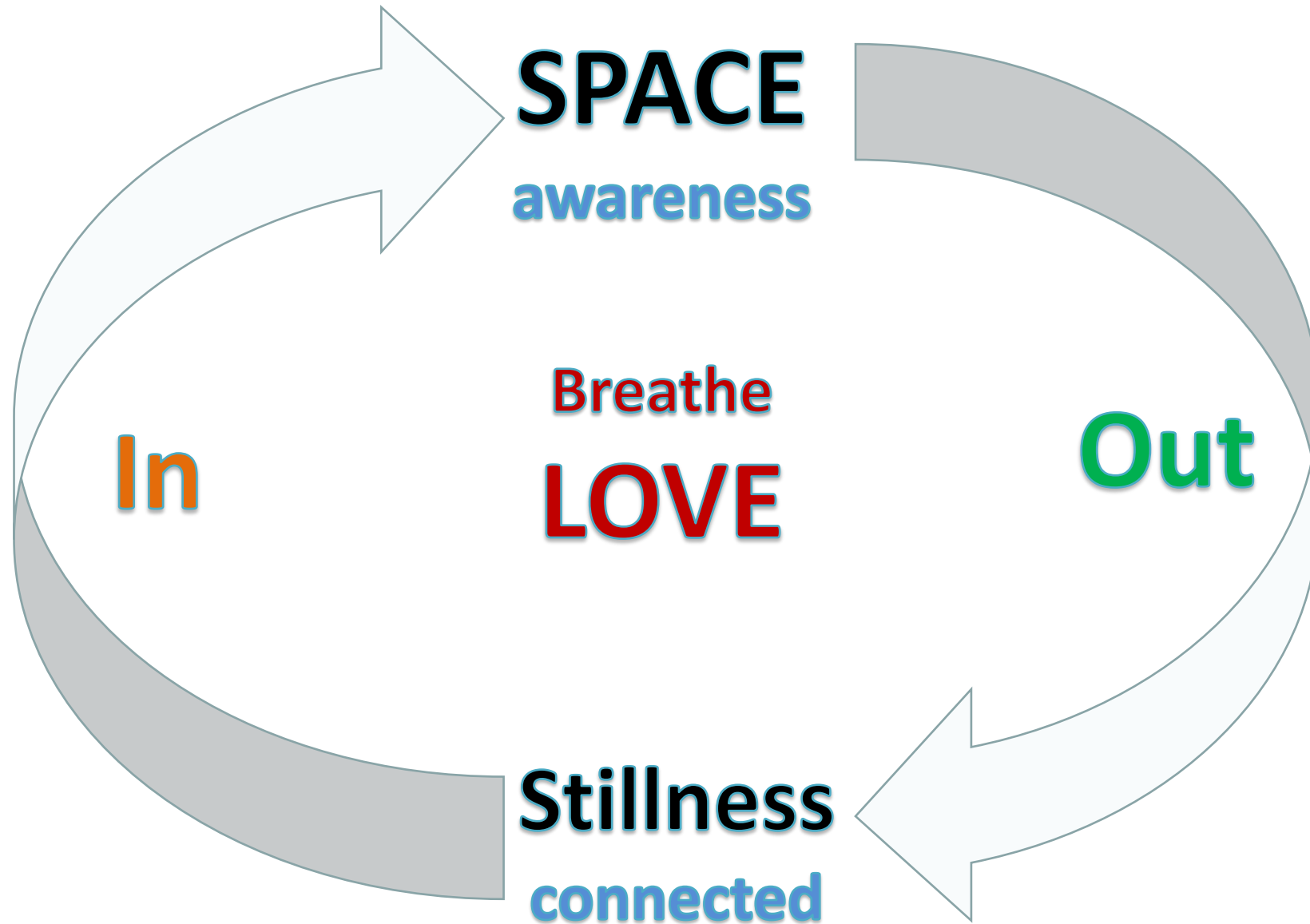
WHY THE BODY?

**You can not wash off
blood
with blood**



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Mindfulness

Meditation

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



Insight Meditation timer

Download, Signal, Bluetooth, Wi-Fi, 47%, 16:00

FRIENDS **EVERYONE** NEARBY

3,526 meditating now
home to 1,555,989 meditators >

1 sec left in Huntington
Shane is Meditating for 54:01 minutes

365 1 sec left in Saint Joseph, Mo
Elaine is meditating to **Centering Prayer: It Is Time (Christian Practice)**
We are all one

Home Guided Timer Groups Profile

Signal, Bluetooth, Wi-Fi, 32%, 20:58

? **TIMER** PRESETS X

Starting bell

1 2 **3**

Duration Walking, 30:00 >

Interval bells None >

Ambient sound None >

Ending bell Wood Block >

93% **START** ⋮

Donate?

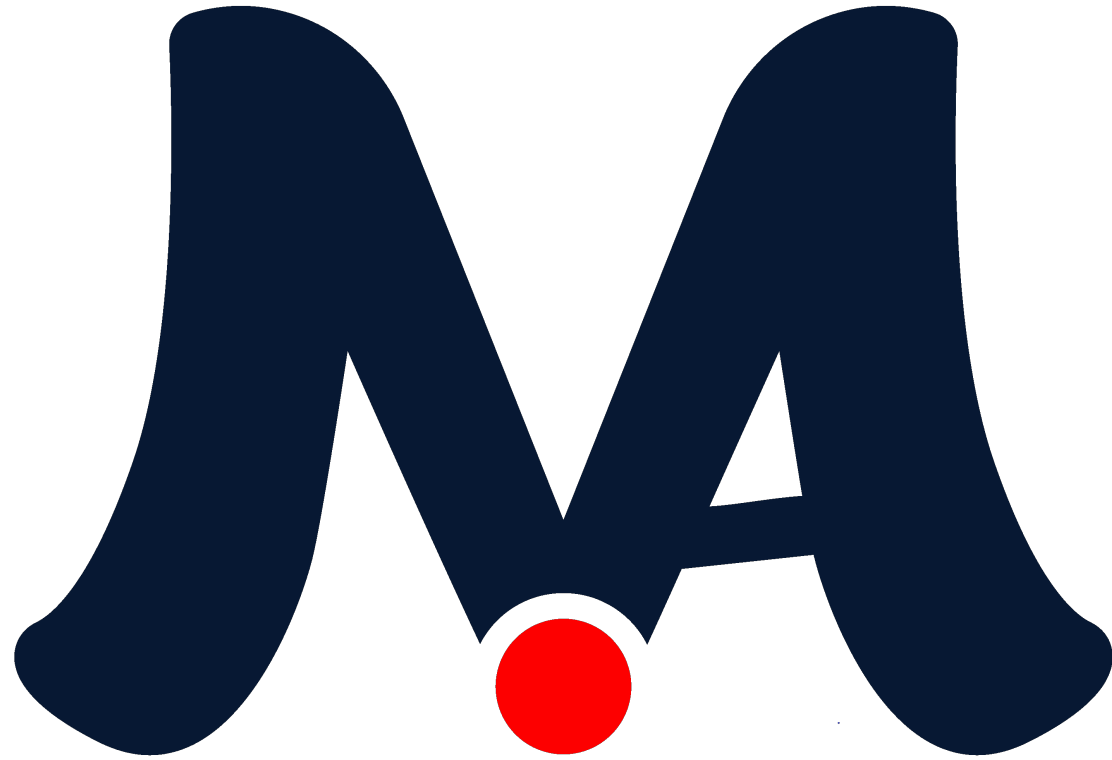
Enough...

Enough. These few words are enough.
If not these words, this breath.
If not this breath, this sitting here.

This opening to the life
we have refused
again and again
until now.
Until now

- David Whyte





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