

SESSION 1

Intro to Mindfulness

what is meditation?

a practice in which an individual uses a technique to train, direct, or focus the attention in a deliberate way

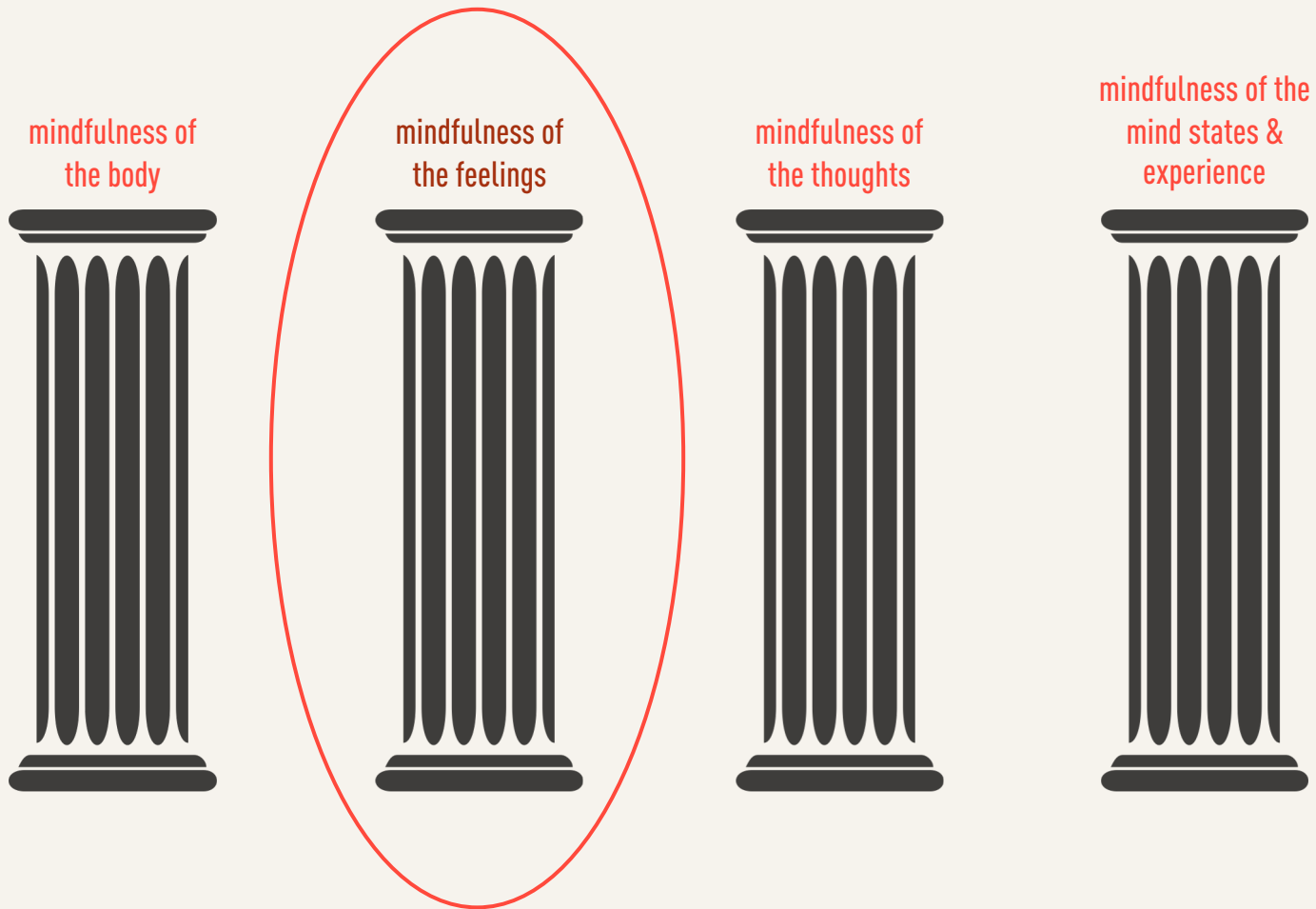
what is mindfulness (other than a modern day cliché)?

The concept of “mindfulness” traces to the Pali word **sati**, which in the Indian Buddhist tradition has the connotation of ‘remembrance’ or ‘recollectedness’.

In modern terms it can be defined as:

Awareness of the present moment, experienced with a *non-judgmental caring attention*

the 4 foundations of mindfulness



mindfulness meditation

A mental training practice that teaches you to slow down thoughts, let go of negativity, and calm both your mind and your body by being fully focused on "the now".

By learning to acknowledge and accept your thoughts, feelings, and sensations **without judgment**, it is possible to cultivate a different relationship with them.

To shift from reactivity, being caught in/identified with our thoughts, to a place of clarity and perspective, of ease and of care.



The purpose is not to stop thinking but to **change our relationship with our thoughts** and thus with ourselves and the world around us.

the breath

1. Possesses natural rhythm
2. It's always available
3. Regulates nervous system
which helps us calm down
and focus
4. Is the object of
concentration in almost
every major world practice
for these reasons



SETTLING

Begin with stabilizing your attention – sit down, turn off tech – it's difficult to be mindful when your attention is scattered



GROUNDING: ESTABLISH AN ANCHOR

Anchor your experience through breath, body, sound or mantra; some simple way to come into the present a place to return to when your mind wanders



RESTING: OPEN TO YOUR EXPERIENCE WITH KINDNESS

As we become present, begin to open to, feel, sense, experience, and learn from what is present



SUPPORT: KEEP RETURNING

Your mind will wander, keep returning to your anchor. This is part of the practice, not a failing.

if you start to
leave your
window of
tolerance...

1. Breathe
2. Name the feeling
3. Pendulate
4. Lie down with hands on stomach
5. Walk
6. Talk