

The Art and Science of Mindfulness

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46.9%

Mindfulness

“to see clearly”

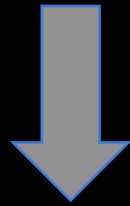
ATTENTION



WHY - INTENTION

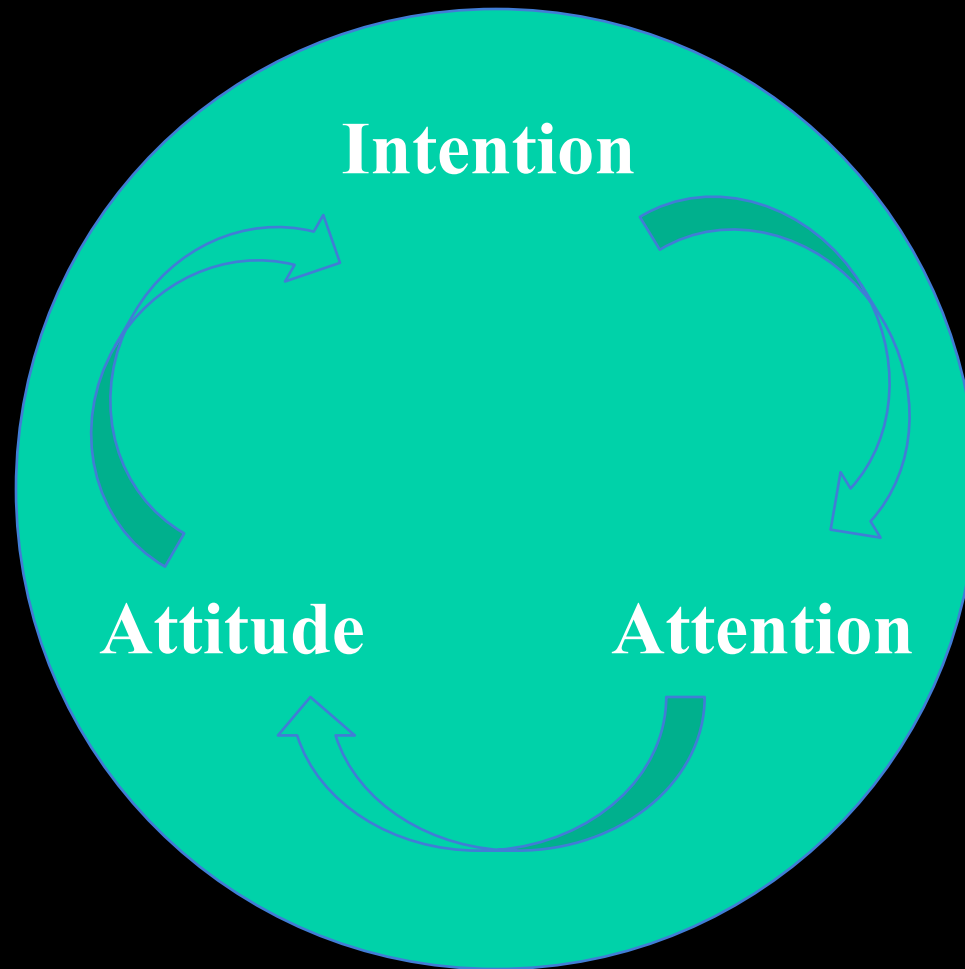


ATTENTION



HOW - ATTITUDE

Tripartite Model of Mindfulness



INTENTION

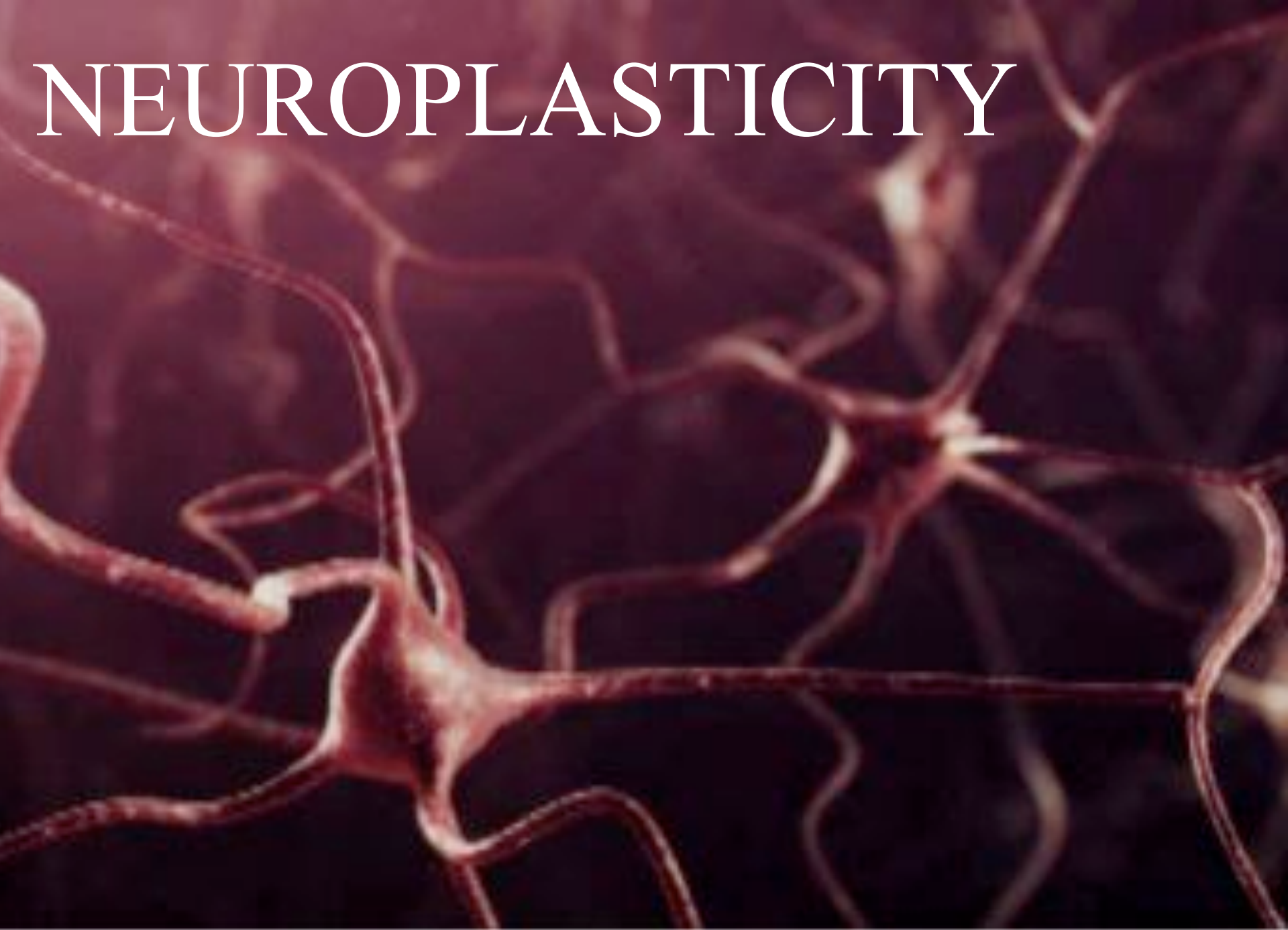


ATTITUDE



What you practice
grows stronger

NEUROPLASTICITY



Mindfulness and the Brain



WATCH "IN THE WOODS" ON NG CHANNEL, SUNDAY, MARCH 6, AT 8 P.M. ET/7 PT

NATIONALGEOGRAPHIC.COM/MAGAZINE

MARCH 2009

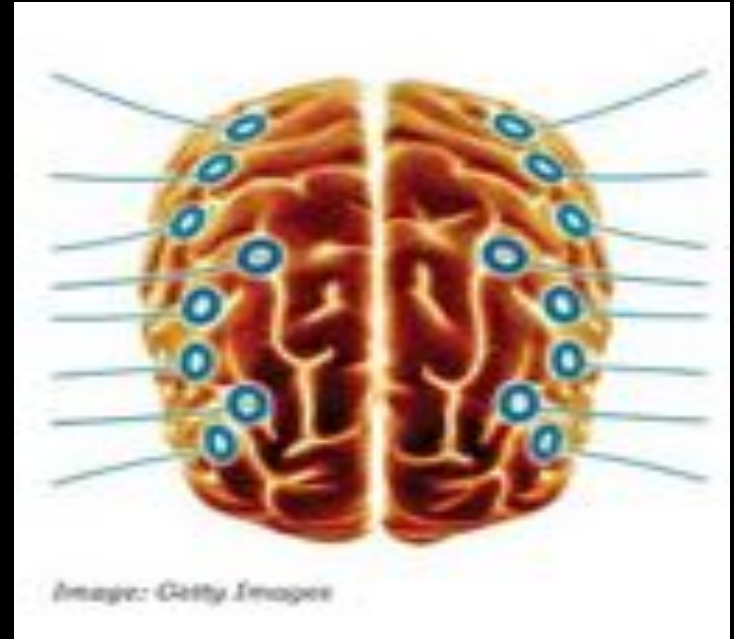
NATIONAL GEOGRAPHIC



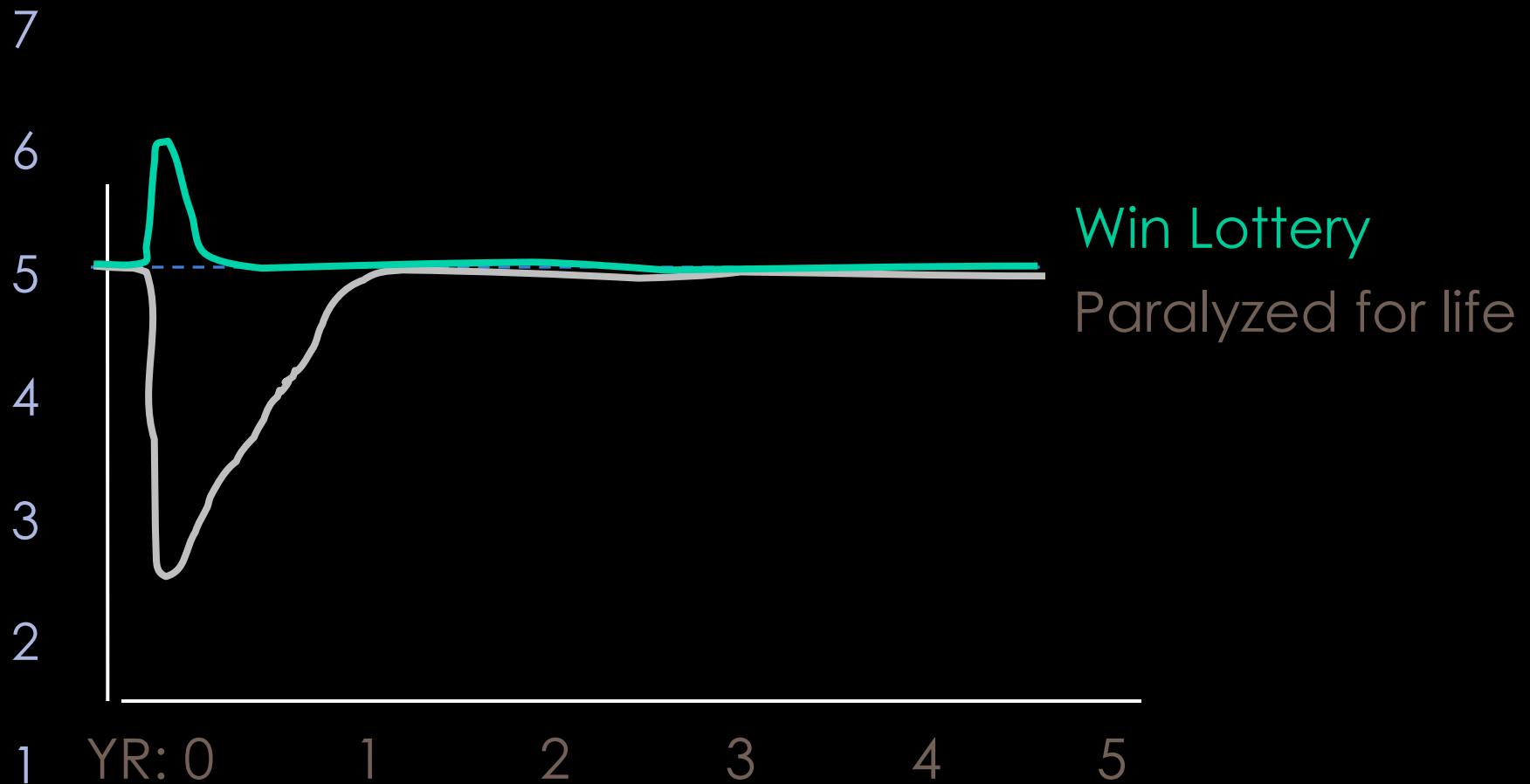
what's in your **mind**

The Park Maker 32 Ancient Persia's Power Elite 52 Life Beneath Irish Isles 58
The Mean Streets of Medellín 72 Attack of the Alien Invaders 92
Moab, Utah: Writing on the Land 108

A Randomized Controlled Trial



Happiness Set Point

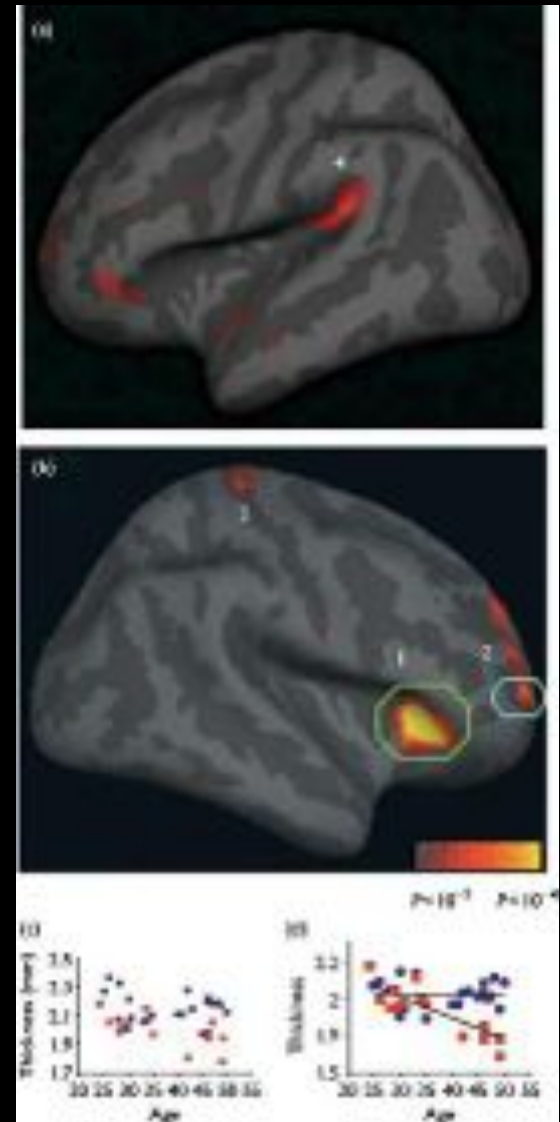


A HOPEFUL MESSAGE

Although changing exterior circumstances does not change our happiness.

Changing our interior landscape can.

Mindfulness and Neuroplasticity



THIS MOMENT MATTERS.

And yet practice is not about
becoming PERFECT



Mindfulness is not a
Self-Improvement Project

Self-Improvement

vs.

Self-Liberation





The word
compassion in
Tibetan is
considered
incomplete if it
does not include
oneself. True
compassion
always includes
ourselves.



If you can remain perfectly calm in traffic...

If you see others succeed without a tinge of jealousy,

If you can love everyone around you unconditionally,

If you can always be cheerful just where you are

You are probably ...

A dog!





Mindfulness Meditation Practice



Dyads



Seamless Continuity of Practice

- What did you notice?
- What was your experience?
- How did you relate to your experience?

Staying connected to your body, cultivate a continuity of mindfulness as you share.

Key Themes

slowing
down

accept v
resistance

Shifting
perspective

Suspending
judgment

Self-
compassion

Slowing down

When we are hurried, stressed, scared we lose touch with our natural compassion.

Mindfulness helps us slow down, see clearly and stay connected to our deepest values.

Good Samaritan Study



Acceptance v Resistance

- ✧ Suffering arises when we resist what is.
- ✧ Mindfulness, instead of trying to change our experience, simply adds the “resonance of awareness” to what is already here.
- ✧ We can accept what is here (because it is already here), see it clearly, and consciously respond.

$$S = P \times R$$

Shifting Perspective

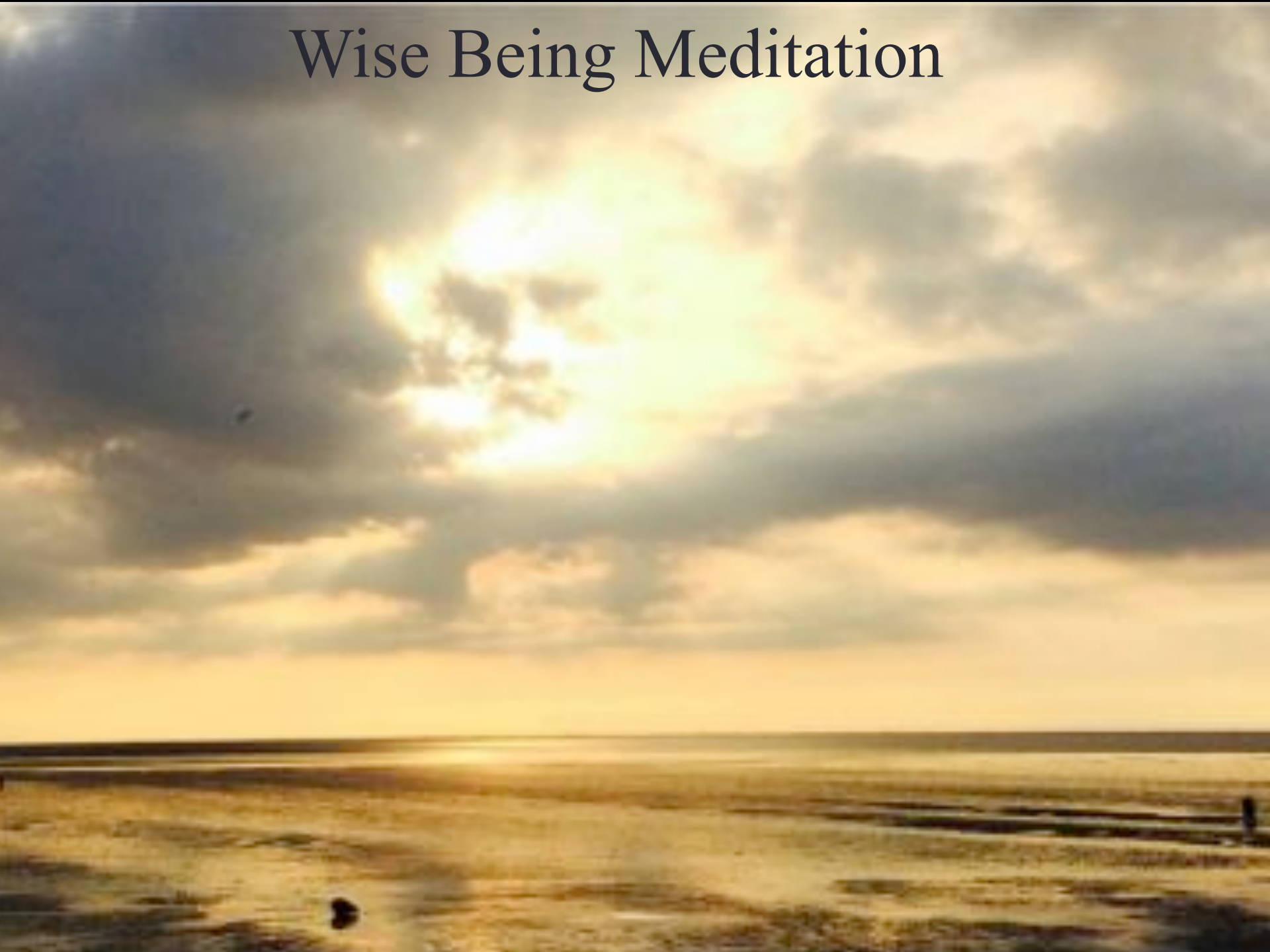
Rotation in consciousness from subject to object.



“The phenomena contemplated are distinct from the mind contemplating them.”

D.Goleman

Wise Being Meditation



Suspend Judgment



Self-Compassion

A clinical example:
Mindfulness for PTSD.

*Learning to welcome
all of our experience
with compassion...
even the seemingly
unforgiveable.*



The bud
stands for all things,
even for those things that do
not flower,
for everything flowers, from
within, of self-blessing;
though sometimes it is
necessary
to reteach a thing its
loveliness,
to put a hand on its brow
and retell it in words and in
touch
it is lovely
until it flowers again from
within, of self-blessing



Galway Kinnell

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The heart pumps blood to itself ***first*** before pumping blood to the rest of the body.



Metta Meditation

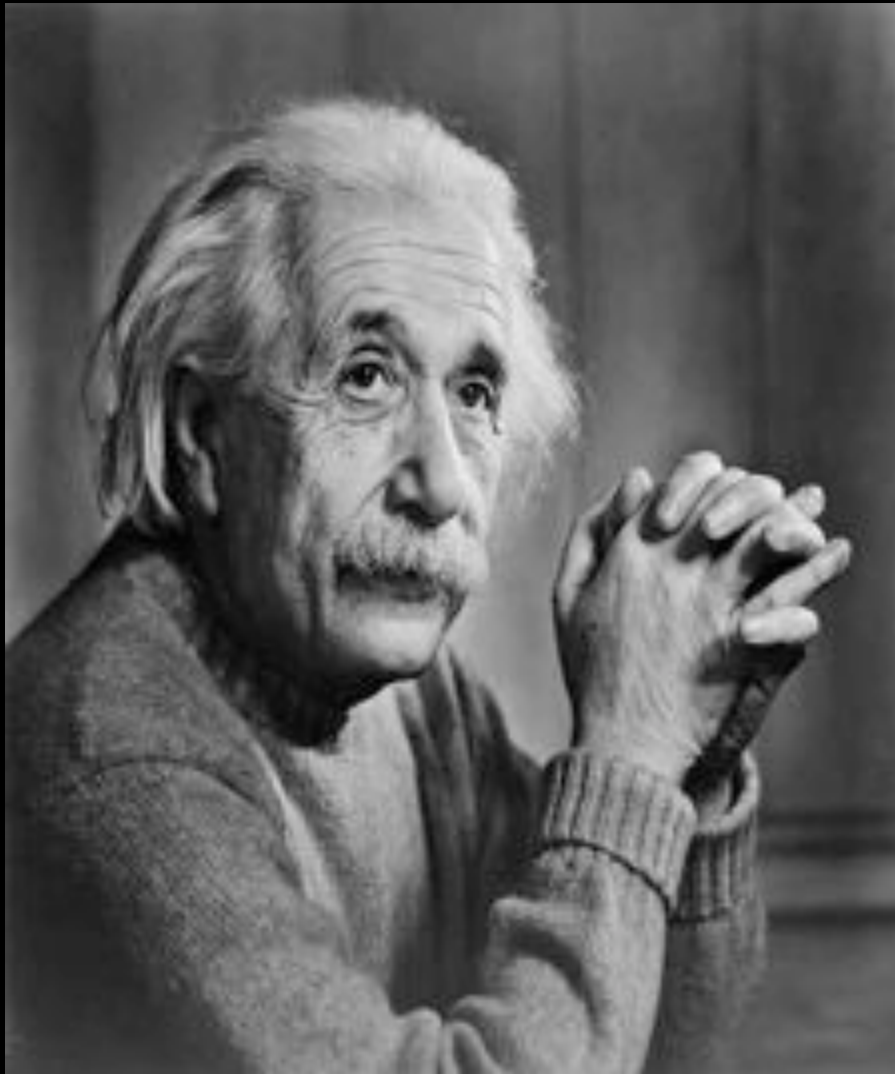
May I be
peaceful

May I be happy

May I be
healthy

May I be free





*Our task must be to
free ourselves by
widening our circle
of compassion to
embrace all living
creatures and the
whole of nature in its
beauty.*



All life is interrelated, and we are all caught in an inescapable network of mutuality, tied in a single garment of destiny.

Intention





Thank you for your kind attention.

Resources

www.drshaunashapiro.com

www.soundstrue.org

Jack Kornfield, Jon Kabat-Zinn, Tara Brach, Dan Siegel, Thich Nhat Hanh, Pema Chodren, Eckhart Tolle