M & M’S FOR THE SOUL
MINDFULNESS & MEDITATION
Spoonful of science to satisfy the heart

BEGIN WHERE WE ARE
What curiosity bubbled forth when you read:

M & M’s for the Soul:
Mindfulness & Meditation
<table>
<thead>
<tr>
<th>Mindfulness</th>
<th>Meditation</th>
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<tbody>
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<td>&quot;the awareness that arises from paying attention, on purpose, in the present moment and non-judgmentally.&quot;</td>
<td>&quot;a family of mental training practices that are designed to familiarize the practitioner with specific types of mental processes.&quot;</td>
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Jon Kabat-Zinn

COMMON HUMANITY

“Just like me”

Mindfulness helps us get better at seeing the difference between what’s happening & the stories we tell ourselves.
“PAY ATTENTION”

NEW WAY OF BEING
TRANSFORMATION IS POSSIBLE
CHANGE TAKES TIME

DIRECT EXPERIENCE VS. THOUGHT EXPERIENCE

Thoughts = Mental Constructs
Thoughts ≠ Reality
Mindfulness = Curiosity about Direct Experience
Direct Experience = Reality
MINDS WANDER

FORMS OF MEDITATION

Ethical enhancement
(Loving kind, compassion)

Focused Concentration

Observation (open monitoring)
EXPERIENTIAL

• Posture
• Practice- focused concentration

SEEING CLEARLY WHAT IS RIGHT NOW
PURPOSE OF MINDFULNESS

• **Inhabit experience**
  - hold space (‘be with’)
  - first foundation is BODY (feeling body from within)

• **Insight**
  - understand lives
  - interconnectedness

PRESENCE & RESPONSE

EXPERIENCE : “PRESENCING”
PURPOSE OF MEDITATION

- Train brain - reap attentional benefits
- Become familiar with moments
- Increase awareness
- Come back to home (i.e. focus; shift to relief & allow)
- Enhance relationship with self

SUPERPOWERS OF MEDITATION
WHY PRACTICE?

We practice in order to...

- Cultivate a sense of agency
- Understand that a range of responses is open to us
- Remember to breathe
- Have space in the midst of adversity
- Recall our values, what we really care about
- Find support in our inner strength, & in one another

Sharon Salzberg

“Real Change: Mindfulness to Heal Ourselves & Our World”

EVERYDAY INFORMAL MINDFULNESS

- Breathe before phone or email response
- Slow movement
- Washing dishes with all sensations
- Journaling
- Making coffee
- Playing or listening to music
- Waiting (in line checkout/on phone hold)
- “Stilling any activity” counts!
VALUE OF PAYING ATTENTION TO "MUNDANE" TASKS

- Balance
- Cultivating awareness
- Awareness leads to consciousness (what else?)
- Conscious decision to be Responsive vs. Reactive
- Life filled with less prejudice & illusion
- Spending less time in symbolic/thought experience
- More time in direct experience

BRINGS FORTH QUALITIES INSIDE

- Attention
- Emotional balance
- Compassion
FRUITS OF PRACTICE

NEXT STEPS: TOES IN THE WATER
WAKE UP!

RESOURCING

- **Mindful Mondays** 12:05-12:45
- *Opening to Our Lives* with Jon Kabat-Zinn; 8 week online thru Sounds True

*You can’t stop the waves, but you can learn how to surf.*
- Jon Kabat-Zinn -
REFERENCES

- https://centerhealthyminds.org/
- http://www.pnas.org/content/104/27/11483.long#sec-5
- https://sivli.org/resources/5-strategies-for-the-burnout-pandemic