

Resilience - Class 2 How Meditation - Mindfulness



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Guided Meditation



- Long Slow Breath
- Training Wheels
- **Body Scan**
- Gratitude

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Share your experiences

- First name
- Today's meditation
- Homework assignment
- Any chances to apply what you learned?

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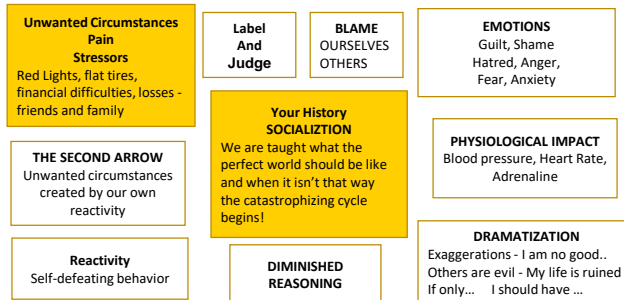
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Section 1 - Review

The Problem: we can make things worse through Catastrophizing!!




"Worry never robs tomorrow of its sorrow, it only saps today of its joy."
...Leo Buscaglia

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Examples

“My life is over” “I’m no good”

- Examples
 - 1st grade – I am not in right reading group
 - Teenager - My girlfriend (boyfriend) doesn't love me anymore.
 - College - I failed the test.
 - Young adult - I didn't get the job I wanted.
 - Senior Citizens
 - I have Parkinson's disease
 - I lost my spouse.
 - I can no longer take care of myself.
- Catastrophizing stops us from seeing what goodness is possible in spite of the situation

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The Solution

Four Approaches

- Formal Daily Practice – (Body Scan – Training Wheels)
 - No disruptions.
 - Focus on a bodily sensation
- Mindfulness – today – strange object exercise
 - Ability to be conscious of what you are doing.
 - Not lost in thought
- Aspirational Practices
 - Thinking nurturing supporting thoughts that can alter your disposition
 - Gratitude
 - Compassion
- Micro Practices – Short – Done throughout the day
 - Aspirational – Gratitude – Compassion
 - Focus and Concentration – Long Slow Breath – Counting while breathing

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Resilient Disposition Sense of Wellbeing

- Optimism
- Confidence
- Proactive
- Relaxed
- Peaceful



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Concentration Practices Get you grounded and embodied

- **CRITICAL** – Get into your body
- Notice if you have a true felt sense of the body.
 - Feel the air in your nostrils.
 - Feel the sensations of the air on your skin.
- Becoming grounded gets you out of your **CATASTROPHYZING** head.

"Attention is the beginning of devotion" ... Mary Oliver

"This is the day the Lord has made; We will rejoice and be glad in it."

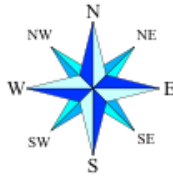
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Am I doing it right?

- **Do you have a felt sense of present moment experience**



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Section 2 Mindfulness

- "If you are depressed you are living in the past.
- If you are anxious you are living in the future.
- If you are at peace you are living in the present."
 - Lao Tzu

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Meditation vs Mindfulness



Meditation
Formal Practice



Mindfulness
Informal Practice

A regular meditation practice develops the mental discipline
That is required to be mindful during the day

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Mindfulness Practices

- Everything that we do
 - Eating
 - Walking
 - Showering
 - Reading
 - Listening to music
 - Washing dishes

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Meditation and Mindfulness

What is in common



- Jon Kabat- Zinn
 - Paying attention
 - On Purpose
 - Present Moment Awareness
 - Non judgmental

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Mindful Eating



- No talking.
- One bite at a time.
- Notice
 - How your jaw and tongue work together.
 - The smell of the food.
 - The flavor of the food.
 - The texture.
 - When you decide to swallow
- Feel a sense of gratitude for each bite

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Noting

- Be conscious of what you are conscious of.
- Talking to yourself about what you are doing.
 - I am thinking.
 - I feel angry.
 - I am lifting my foot.
- Guided Noting Practice

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Micro Practices

- Don't have time for formal practice
- 30 secs to 3 min throughout the day.
- Examples
 - **Loving Kindness - Silently wish others well**
 - Gratitude – Pause and think about what you are grateful for
 - Compassion – when others are sad, silently wish them well.
 - Soft belly breathing – throughout the day

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Part 4 - Beginner Meditations Training Wheels - Skillful Means



- Techniques that relax you and get you out of your head:
 - Long slow breath
 - Counting as you breathe
 - Breathe and notice sensations on the inbreath and outbreath.
 - Body Scan
 - Counting your breath backwards by 3's from 100 to 1
 - Experiment with all

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Tips Daily Meditation

- Start out with long slow breath
- Next do training wheel techniques
- If you feel focused
 - Drop the techniques and just focus on the breath.
 - If you get frustrated do that go back to training wheel techniques.
 - Dropping the training wheels is challenging and takes a long time

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Tips

- Noticing the thoughts not stopping them.
- Really experience bodily sensations
 - Curiosity and interest
 - Pay attention to the detail
- Patience – It takes time and practice
- Difficulties strengthen you – noises, bored, distracted
- Short meditations throughout the day

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The ultimate goal No Training Wheels

- Focus on present moment experiences without manipulating your mind.
- No effort
- Moment by moment awareness on or off the meditation cushion



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Questions?



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Other Approaches for Gratitude Practices

- Before going to sleep do a gratitude practice.
- Gratitude letters
- Gratitude journal
- Gratitude micro practices
 - Repeat "Thank you"
 - Think about what you are grateful for in the present moment.

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After class. What's next



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Homework

Choose some, all or none of the following practices.



- Choose some, all or none of the following practices.
- Do the formal guided meditation on a daily basis.
 - You choose which of the three options:
 - Option 1 - Count as you breathe in, count as you breathe out.
 - Option 2 – Notice the sensations in your nostrils as you breathe in and notice the sensations on your lips as you breath out.
 - Option 3 – Count and notice the sensations
 - You commit to the amount of time you feel you can do and set a timer.
 - There are also several guided meditations you can try instead
 - BeingMindful.com -> "Resources" -> "4-week program" -> "Meditations"
 - Recommend Counting the Breath – 7 minutes

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Homework

Choose some, all or none of the following practices.

- At the beginning of each day pick one thing that you will do mindfully
 - Shower
 - Wash Dishes
 - Eating
 - Walking
 - Noting as you walk

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Homework

Choose some, all or none of the following practices.

- Micro Practice
 - On Even days: Twice a day do a gratitude micro practice.
 - On Odd days: Twice a day just pause, and breath long slow and deep for at least 5 breaths. You can do more if you want.
- Every day at night
 - Think about all the things that you are grateful for.
 - Did you catastrophize and over react today?

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- "To a sincere Zen student every day is a fortunate day.
- Time passes and he never lags behind.
- Neither glory nor shame can move him."
- Zengetsu – (a Zen Master)