

Introduction to Mindfulness and Mantra Meditation

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Agenda

- ▶ Overview of meditation and mindfulness
- ▶ Practice mindfulness meditation
- ▶ Group discussion
- ▶ Overview of Jyoti meditation
- ▶ Practice Jyoti meditation
- ▶ Group discussion & final questions

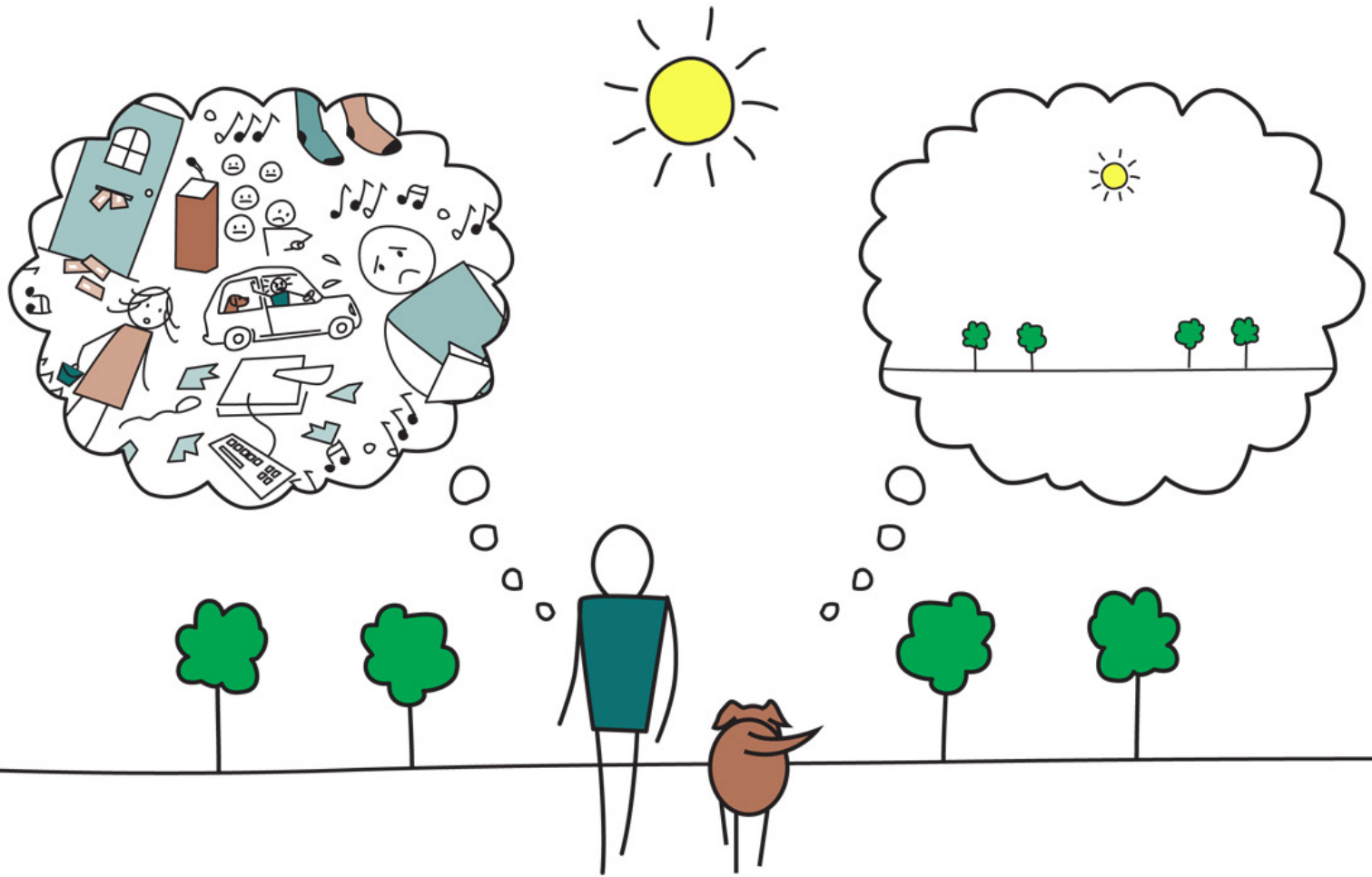
What is Meditation?

- ▶ A family of techniques engaging the attentional process
- ▶ Three common elements
 1. a particular way of focusing attention
 2. use of repetition
 3. nonjudgmental (rather than analytic or evaluative) thought process
- ▶ Types
 - ▶ **Concentration:** mantra, breath, phrase, prayer, object, guided meditation, guided imagery/visualization
 - ▶ **Contemplative:** spiritual text, relationship with the divine, prayer
 - ▶ **Mindfulness (Insight, Vipassana):** may include concentration but keeps field of awareness open to notice anything that arises without judgment

What is the key?



Intention



Mind Full, or Mindful?

Mindfulness Definition

Paying attention in a particular way:



- ▶ On purpose
- ▶ In the present moment
- ▶ Non-judgmentally
- ▶ (Kabat-Zinn, 2005)

What is mindfulness?

- ▶ Based on Eastern meditation tradition; however, it is not dependent on any belief or ideology.
- ▶ Contrasted with states of mind in which attention is focused elsewhere (e.g., pre-occupation with plans, worries, memories, fantasies, rumination, etc., and behaving automatically without awareness of one's actions).
- ▶ A sense of approaching all experience with openness and kindly curiosity, rather than avoiding difficult experiences or judging them or ourselves.
- ▶ Can be practiced in meditation or other activities (e.g., eating, walking, housework, driving, etc.).

Foundations of Mindfulness

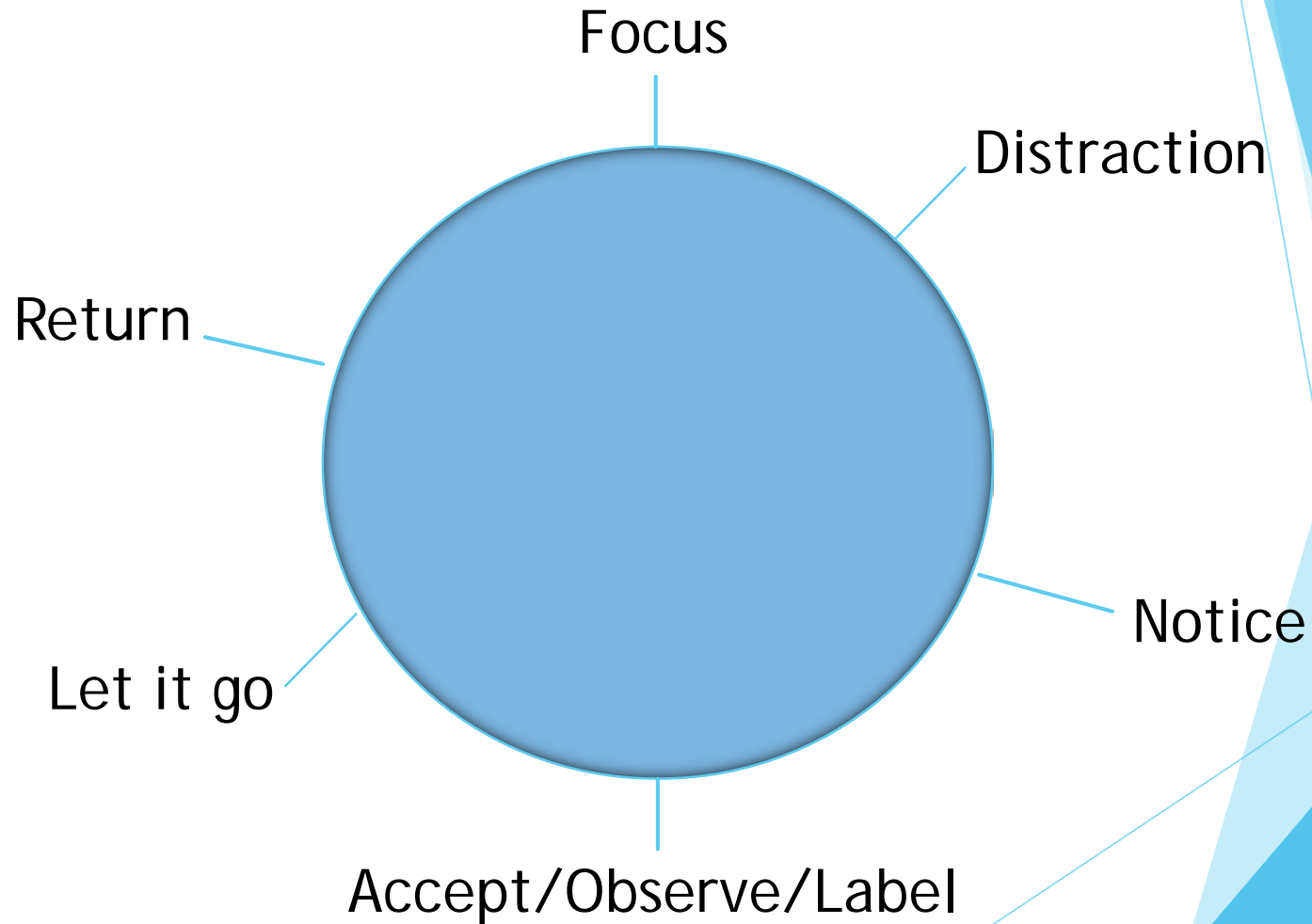
- ▶ Seven Core Attitudes
 - ▶ Non-judging
 - ▶ Patience
 - ▶ Beginner's Mind
 - ▶ Trust
 - ▶ Non-striving
 - ▶ Accepting
 - ▶ Letting be/non-attachment

(Kabat-Zinn, 1990)

Quote

- ▶ *Our mindfulness will take care of everything, as the sunshine takes care of the vegetation. The sunshine does not seem to do much, it just shines on the vegetation, but it transforms everything.*
 - ▶ ~Thich Nhat Hahn, *Peace in Every Step*

Meditation Process



Intention

- ▶ May I bring kindness, curiosity, and openness to my awareness during this meditation.

Mindfulness Meditation



Discussion

- ▶ Comments about meditation experience
- ▶ Questions

Meditation 101

- ▶ <https://www.happify.com/hd/meditation-101-animation/>
- ▶ Dan Harris, journalist (ABC News, Nightline) & Author (10% Happier)

Jyoti Meditation



Discussion

- ▶ Comments about meditation experience
- ▶ Questions

Resources

- ▶ Authors:
- ▶ Dan Harris, Jon Kabat-Zinn; Sharon Salzberg; Thich Nhat Hanh; Jack Kornfield, Daniel Siegel
- ▶ Happify.com
- ▶ Buddha Dharma Education Center, Inc., 1999, <http://www.buddhanet.net/metta.htm>
- ▶ Mindfulness Awareness Research Center (MARC) <http://marc.ucla.edu/body.cfm?id=22>
- ▶ Kristin Neff : www.self-compassion.org
- ▶ Center for Mindful Self-Compassion: www.centerformsc.org