

## Introduction to Mindfulness

### 1. Mindfulness of the Body

- The body as a source of wisdom
- Leading with the senses, rather than thoughts
- Obstacles to embodiment
  - Excessive thinking
  - Judging (self and others)
  - Hyperactivity (lack of stillness)

### 2. Mindfulness of Thoughts

- Noticing the thinking nature of the mind (Default Mode Network)
- Automatic proliferation of thoughts (Like asking the ears not to hear)
- Don't believe everything you think (some thoughts are just that, thoughts)
- The inner critic (see it, hug it, toss it in the back seat)

*Tip: The Three R's*

1. *Recognize that you're caught in a story*
2. *Release your attachment to the narrative*
3. *Return your attention to your intention*

### 3. Mindfulness of Reactivity

- How are you meeting each and every moment? Resisting vs Grasping vs Allowing
- Inquire with a gentle kindness
- Why should I care how I am meeting the present moment?
  - Resistance is usually futile and holding onto it short lived
  - What do you do when bored? Distract vs being in the present
  - When we allow whatever is happening, we develop insight, strength, courage, compassion, gratitude and wisdom

*Tip: The Three C's*

1. *Contact. What is happening on the physical level*
2. *Curiosity. How am I meeting this moment? Why?*
3. *Care. What will serve me now? What doesn't serve me?*

### 4. Mindfulness of Emotions

- Realizing that thoughts and emotions are different phenomena
- Understanding that emotions are part of being human
- It's really helpful to be able to identify emotions. Hard to become emotionally competent if we can't name the emotion

*Tip: RAIN*

1. **RECOGNIZE.** *Pause and notice physical sensations. Name it. Turn towards the experience rather than turning away (if it feels safe). Listen to your heart*
2. **ALLOW.** *This is about letting be, not pushing away. Notice the softening of resistance as space opens up. Hold the experience in your awareness. Notice the urge to fall back into old habits and patterns of reactivity. I consent, doesn't mean I like what I am*

*feeling but I will allow it. Should notice a softening of harsh edges and a feeling of spaciousness.*

3. **INVESTIGATE.** *If you feel safe with what you're feeling, maybe begin to unpack what is happening at a deeper level. You may realize that your just hungry or that you need some sleep. Or, you may develop some deeper insight. Ask, what do I need in this moment*
4. **NON-IDENTIFY.** *This is a sense of freedom or spaciousness between you and your conditioned/usual emotional reaction.*