

Overview of Workshop 2

- Review of the first week
- Reconnect – Body scan with Purpose
- Bringing Mindfulness to a Stressor
- Waking to Experience: Magic Moments
- Cultivating Relaxed and Positive Focus
- Why *body* awareness?

Review of the First Week

Step 1: In groups, review the key points we covered in the first workshop. Please nominate one person to take notes (and if that's you, here's a space to write them!)

Step 2: What worked well for you in the first week? What did you learn?
Take notes for your partner here:



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Dropping in a Question

Conscious mental processing happens in just one part of the brain – the pre-frontal cortex. Estimates vary wildly about how much of your processing power is unconscious – from 90% to 99.9999%! Whatever the truth is, it's clear that we can get tremendous benefit from utilising the unconscious mind well. That means conscious and unconscious processing being more connected – in particular, bringing more conscious awareness to otherwise unconscious processes.

Here's one way: dropping in a question.

It's like dropping a pebble into a still pond, and watching what happens next. You drop the question in, and wait to see what happens. You might get an answer in all sorts of ways – a thought, an image or an emotion, for example.

Or you might get nothing at all. That's perfectly normal and fine. Even dropping in the question makes a difference. At the very least your mind will be more ready for the question another time.

“Reconnect”

The Reconnect is a Brief Body Scan with one extra step: dropping in the question, “What's my purpose now?”

As before, guide yourself by saying the instructions to yourself in your mind

- Notice your feet
- Notice the position of your legs
- Notice the depth of your breathing
- Notice the sensations in your shoulders
- Notice what you can feel at your fingertips
- Notice how your head is balanced on your neck and spine
- Notice the feelings at the centre of your chest

Drop in the question:

- What's my purpose now?



Waking to Experience: Magic Moments

What are we aiming for in mindfulness?

To "wake up" to our experience, so we can really enjoy it. (After all, what's the alternative? Live in a past you can't change? Live in a future that isn't here yet - and miss it when it comes??)

So the moments to *really* value are the moments when we do wake up to our experience. These are "Magic Moments."

Cultivating a Relaxed and Positive Focus

Remember: the mind is naturally curious. It responds to stimulus – that's what keeps us alive! Thoughts keep arising in the mind - don't criticise yourself for that – it's just what minds do!

Instead, enjoy the magic moments when you wake up to your experience – *whatever it is*. I can't emphasise that enough – *whenever* you wake up to experience in the here and now, that's magic! Coming alive to your experience in the moment is progress, the best kind of progress in mindfulness, so enjoy it and make the most of it.

Now you could try to simply enjoy being present with whatever arises in your awareness. But that's surprisingly hard to do (incredibly hard, in fact – it's one of the most advanced meditation practices there is). Without considerable reserves of mindfulness, you quickly get lost in the stream of thoughts.

It makes it easier to have a focus. It's like having a buoy bobbing around in the sea – it gives you something to navigate by, instead of just being lost in all the waves.

Also, you might actually want to have a focus! If you've got some work to do or you want to enjoy the company of a loved one, then a mind wandering far and wide isn't very helpful. Whether you want to be effective, to enjoy yourself, or both, it's much more helpful to have a relaxed and positive focus.

The way to cultivate a relaxed and positive focus is very gently and with a great deal of patience.

Say you're doing a body scan. When you have a magic moment, and wake up to your experience, stop and appreciate the moment. Wherever your mind happens to be. Then, with great kindness towards yourself, gently welcome your body back into your awareness.

It might go something like this:

1. "Aha! A Magic Moment :-)"
2. "What's in my experience now?" (briefly noticing it, don't explore)
3. Gently welcome your body back into your awareness



Planning Your Week 2 Activities

Tips for formulating intentions:

- Make them really specific
- Make them small enough that you know you will do them
- Make them appealing enough that you actually want to do them!

Reconnect + Mindful Activity

What is your chosen Mindful Activity?

How will you remind yourself (to Reconnect at the start of the activity)?

10 Minute Body Scan

When will you do your 10 Minute Body Scan each day?

How will you remind yourself?



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Week 2 Diary

	10 min Body Scan		Reconnect and Mindful Activity	
	When did you do it?	Notes (how did it go? What did you learn?)	When did you do it?	Notes (how did it go? What did you learn?)
Tuesday	<i>In the class!</i>		<i>In the class!</i>	
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				
Monday				
Tuesday				





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