

Mindfulness in Practice:

Everyday Tools for Healing, Presence, and Connection

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Learning Objectives:

- 🌸 Identify and practice key elements of several mindfulness-based teachings and practices
- 🌸 Apply simple practices of formal and informal mindfulness into daily life for self and others and experience its many mind-body healing benefits
- 🌸 Connect more mindfully in thought, words, and action both personally and professionally



Disclosures:

- 🌸 I have no financial disclosures
- 🌸 I am humbly here in your presence as a teacher and a student of learning
- 🌸 I am honored to be with you today to share Mindfulness teachings and practices that have transformed my world and continue to bring ease
- 🌸 One size does not fit all – please take what you want and leave what you don't
- 🌸 Practices are optional, and to be done at your own comfort level
- 🌸 This is a secular sharing and not tied to any belief system
- 🌸 Being mindful of time, I will not be going through each slide – I usually teach without a PowerPoint. This is the first one I have created!
- 🌸 Please allow yourself to take credit if you leave feeling more connected, or curious, and willing to consider a daily practice of mindfulness!



“If your mind is empty, it is always ready for anything. It is open to everything. In the beginner’s mind there are many possibilities; in the expert’s mind there are few.”
– Shunryu Suzuki Roshi



Invitation for our time together:

- 🌸 There will be brief teachings/sharing interspersed with practices – again these are optional. You may pass if you choose not to participate
- 🌸 We will share breathwork practices, a short, guided meditation, a talking-listening practice, and movement practices
- 🌸 These are simple practices that you can incorporate into your daily routine in 5-10 minutes a day
- 🌸 May we allow this next hour to be one of sharing and caring in community and a willingness to look deeply into this present moment





What is Meditation?

- 🌸 Meditation is derived from the Latin “**meditari**” which means to contemplate
- 🌸 Meditation is the training of the mind, training our attention to focus in a deliberate way, usually towards an object (breath, body, mantra, visual image, sound)
- 🌸 It is steadying and centering our attention
- 🌸 Through this practice we learn to dwell more fully and frequently in the present moment
- 🌸 **Mindfulness Meditation, also known as Insight Meditation (Vipassana) is awareness meditation where the breath becomes an anchor for awareness and returning to the present moment**



Meditation

“It works so well, because it enhances what we already have: concentration, mindfulness, compassion. We practice meditation in the end not to become great meditators but to have a different life.” – Sharon Salzberg



“Now does matter. What happened before no longer exists, what will happen next has not yet been written. We have only now.” –

**Star Trek Discovery,
‘Perpetual Infinity,’ S2, E11**





What is Mindfulness?

“Mindfulness means paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally.” –

Jon Kabat-Zinn

“Mindfulness is the practice of paying attention to what is happening within us in our mind and body, and around us, in the present moment with our full awareness, without judgment to what is arising, and allowing it to be just as it is.”
– Manizeh



What is Mindfulness?

- ❁ Mindfulness is an ancient Buddhist practice around 2600 years old, and the heart of Buddhist meditation
- ❁ One does not have to be a Buddhist or practice Buddhism or be tied to any belief system to practice mindfulness
- ❁ Mindfulness can be practiced formally as in mindfulness meditation or informally in all activities of daily life – eating, drinking, listening/talking, intimacy, walking, driving, technology, parenting, school/college, playing sports, exercise, professional settings, dealing with stress, chronic pain, substance use- everywhere, and **anytime**



What is Mindfulness?

It's root word, "**Sati**" means "**to remember**" – we are remembering four qualities:

- 🌸 **Not forgetting:** staying with the object of awareness (breath, body, sound), and coming back to it when the mind wanders
- 🌸 **Presence of Mind:** being face to face with whatever is arising in all our five senses, including our thoughts
- 🌸 **Remembering "Sati":** remembering what is skillful, what is unskillful: what is beneficial/harmful – this is key to developing our own inner moral compass
- 🌸 **Close association with Wisdom – Clearly Knowing:** nonjudging awareness, not looking for the object of our attention to be a certain way, but simply listening, paying attention to what is, and receiving it in the present moment



What is Mindfulness?

- 🌸 Mindfulness notices and relaxes the space around the thought, feeling, or sensation without judging it, without interfering with it, without a desire to change it, without needing to fix it
- 🌸 It is a caring friend, bringing a friendly attitude to present moment experience with kindness, compassion, curiosity, acceptance, and warmth
- 🌸 Mindfulness is cultivated with patience, with a loving presence, not by force – one breath at a time, one moment at a time
- 🌸 The goal is not to be PERFECT!
- 🌸 The goal is to be better at living this life with mindful awareness



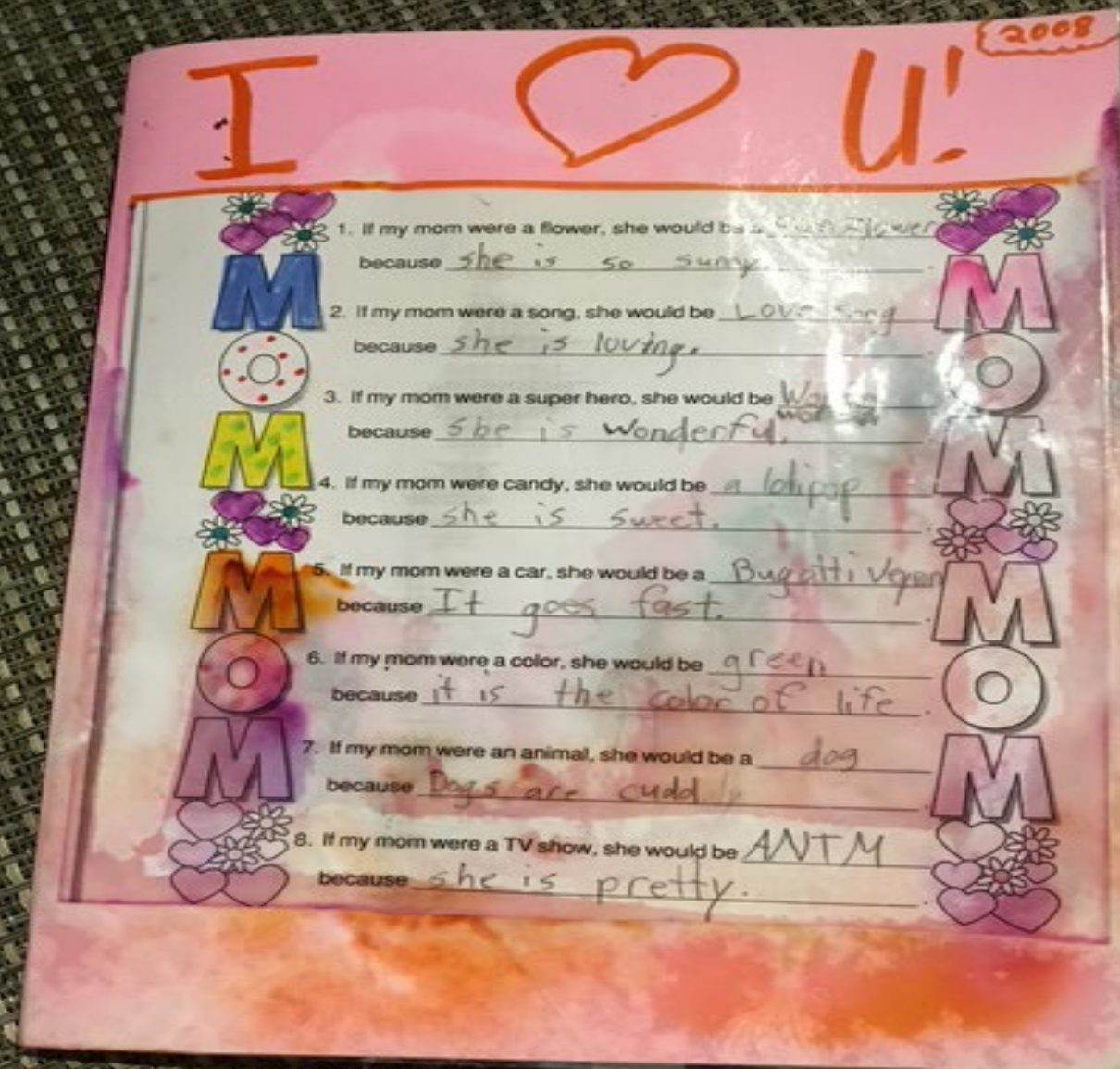


🌸 Allow yourself to notice what arises within you as you see this image

🌸 Notice the thought, or feeling, or sensation as it enters into your awareness

🌸 Give it a name

🌸 Breathe a slow deep in-breath and a slow deep out-breath



Now...

- 🌸 Allow yourself to notice what arises within you as you see THIS image
- 🌸 Notice the thought, or feeling, or sensation as it enters into your awareness
- 🌸 Give it a name
- 🌸 Breathe a slow deep in-breath and a slow deep out-breath

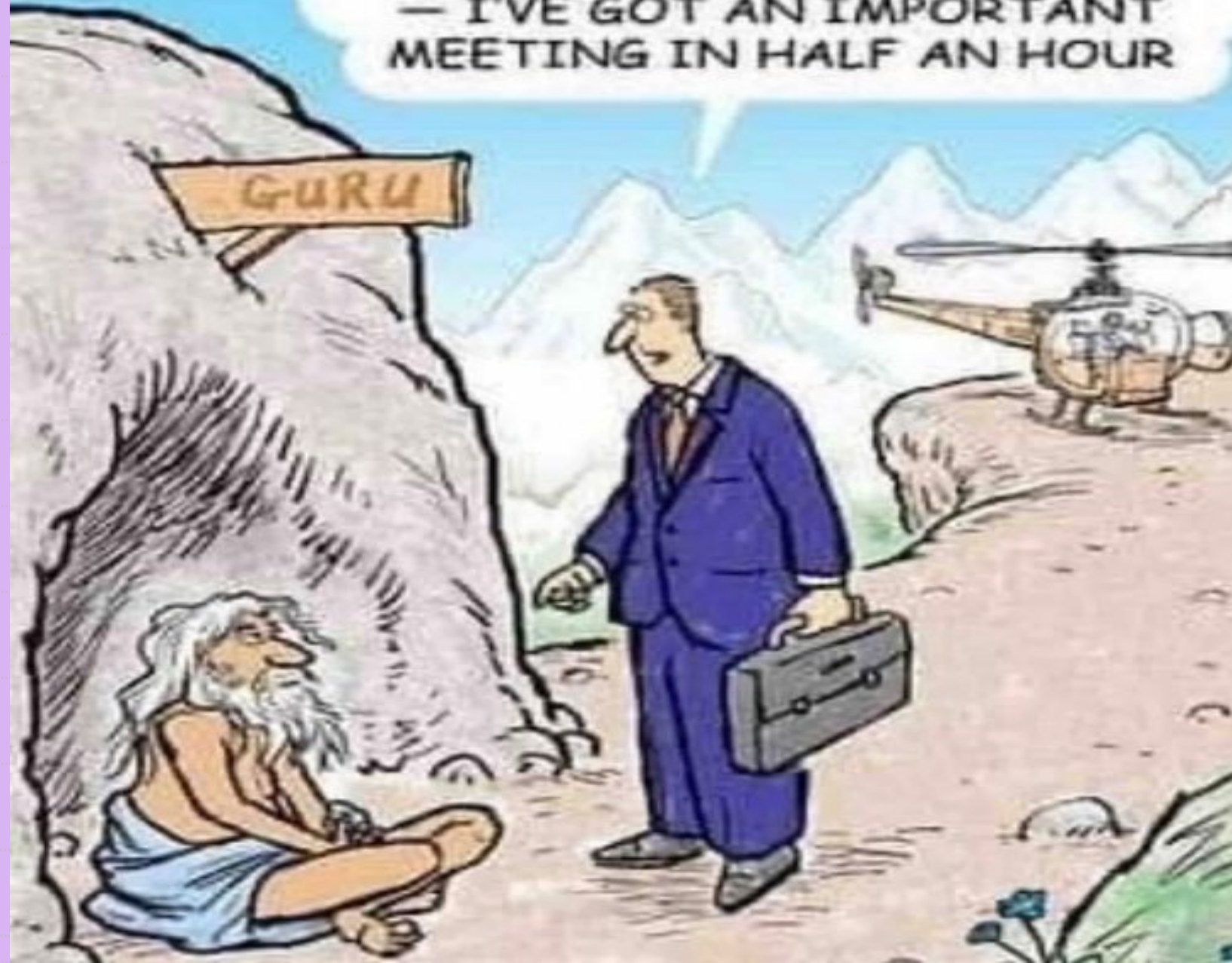


“The mind creates the abyss, the heart crosses it.”

— Sri Nisargadatta Maharaj



WHAT'S THE MEANING OF LIFE?
BUT MAKE IT QUICK
— I'VE GOT AN IMPORTANT
MEETING IN HALF AN HOUR



Mindfulness is NOT a magic solution to life

- It is an invitation for us to be with life as it arises in the present moment with kindness, not dwelling on the past which has already happened or worrying about the future which is not here
- Mindfulness allows us to take a PAUSE – without a pause our actions are reactive rather than responsive
- When we stop and pause, we can notice the actual experience as it is – in the stillness of the pause we become free from our old habitual patterns that no longer serve our well-being
- During the pause, we can take a breath, find space within for clarity, remember what is important, and **CONSCIOUSLY RESPOND** in a calm, wise way, rather than react





Lani 5 months old

How do we train a puppy?

With kindness, positive words, repetition, love

This is how we train ourselves

**In Mindfulness we learn to
SIT-STAY-HEAL**



**“Do you make regular visits
to yourself?” – Rumi**



Mindfulness is a balm for our heart-mind-body-spirit

- 🌸 In this fast-paced, multi-tasking, on-the-go life, with its myriad challenges globally, nationally, personally and professionally, it's hard to be present in the here and now
- 🌸 Research continues to show how mindfulness practice allows the sympathetic nervous system to shift from Fight/Flight/Freeze to the Parasympathetic nervous system of Rest and Digest
- 🌸 Neuroplasticity - Starting and continuing mindfulness meditation practice allows our brains lifelong ability to reorganize, and to change and rewire itself in response to when it is learning and being stimulated
- 🌸 **With Mindfulness, we remember to come back, to return to ourselves – to our inner home, to our breath and body, to our own inner light and goodness**



“Mindfulness is not another doing; it’s Being.
It is being PRESENT...
HERE and NOW” -
Manizeh



Benefits of Mindfulness:

- 🌸 Mindfulness is a kind and gentle practice that allows for mistakes and invites us to remember to begin again, remembering to return to the present moment
- 🌸 Mindfulness reduces stress, decreases anxiety, depression, and pain
- 🌸 Mindfulness increases our capacity towards happiness and resilience
- 🌸 Mindfulness improves attention, focus, concentration, performance, sleep, and mental clarity
- 🌸 Through mindfulness we allow for our thoughts, feelings, emotions, sensations to be as they are in the present moment, and accept them with kindness and gentleness, without needing to fix, change, judge, criticize



Benefits of Mindfulness:



Mindfulness is patient and offers space to shift from old habits we may stay trapped in and invites a new way of being with this one life.



Mindfulness allows us to attend to ourselves with self-compassion and relate to others as a shared humanity with compassion and kindness



Mindfulness has been shown to reduce pain perception



Mindfulness has shown to decrease cravings in opioid addiction



Mindfulness allows us to bring a sense of dignity and grace to whatever we are doing



Attributes of generosity, gratitude, service, kindness, compassion, empathy, and equanimity are enhanced through mindfulness



“I can do nothing for you but work on myself...you can do nothing for me but work on yourself.” – Ram Dass



Mindfulness in Daily Life:

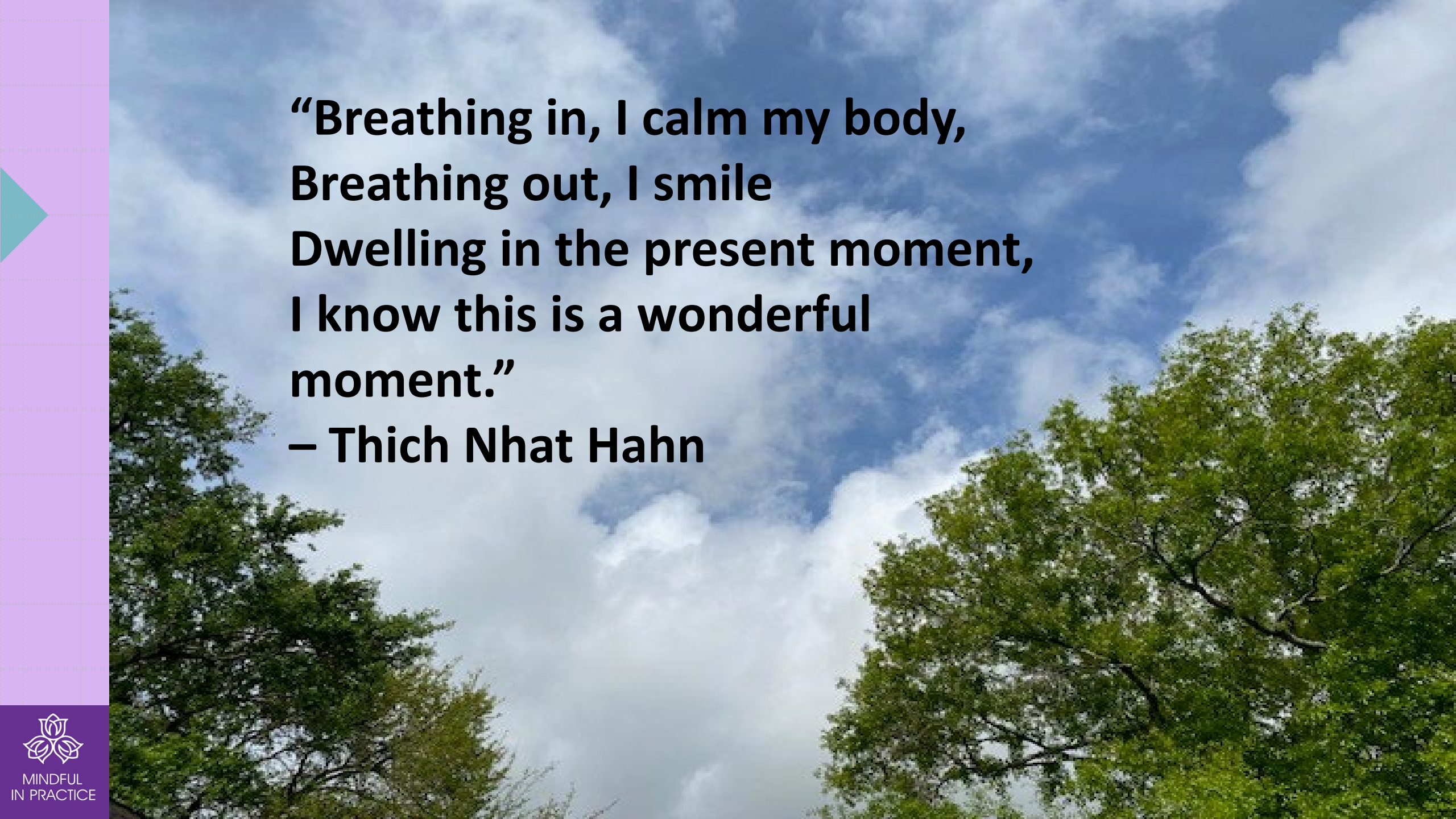
- 🌸 I am inviting you to begin a daily mindfulness meditation practice or any other meditation that resonates with you
- 🌸 Every time you practice being mindful, you become more familiar and comfortable with the loving awareness that resides within you, and the space around it that can hold it all
- 🌸 Making a commitment to a daily renewal of mindfulness practice allows us to greet each day as an opportunity to begin again
- 🌸 The hardest part is showing up! And when we do, we simply take our seat and allow the moment to unfold just as it is



Formal Mindfulness Practice:

- 🌸 Meditation: Mindfulness Meditation with breath and body as the anchor is the heart of Buddhist practice. If you prefer, any other object of focus – mantra, sound, candle, prayer can be substituted, although allowing the breath as anchor is most common
- 🌸 5 minutes in the morning on waking up, and 5 minutes in the evening before bedtime – this is your time to be with YOU just as you are – seated (most common posture), or laying down, walking, standing
- 🌸 When life becomes hectic, even one minute on waking and sleeping are enough
- 🌸 A few cycles of deep breaths/diaphragmatic breathing while still laying in bed before your feet touch the ground
- 🌸 As your feet touch the ground, allowing yourself to be with the body and breath in the present moment.
- 🌸 Feel the contact surface of the feet on the ground beneath you and for a few cycles of breath press down firmly, imagining roots from the soles of your feet entering the ground below, steadying and supporting you, feeling embraced by the Earth
- 🌸 And then mindfully taking your first steps to begin the day





**“Breathing in, I calm my body,
Breathing out, I smile
Dwelling in the present moment,
I know this is a wonderful
moment.”**

– Thich Nhat Hahn



Informal Mindfulness Practice: Every moment of everyday can be a mindful moment

- 🌸 Conscious breaths throughout the day – one minute/hour or as often as you can - or each time you receive a text/email/phone call/or social media post!
- 🌸 Mindful speech/talking
- 🌸 Mindful listening
- 🌸 Mindful Pause
- 🌸 Mindful Eating – when you eat, you eat!
- 🌸 Mindful Drinking – tea/coffee/water – when you drink you drink!
- 🌸 Mindful Walking – taking a breath as you walk, awareness of the breath and body for even one minute allows one to feel more present and centered
- 🌸 Beginning a daily mindful gratitude writing practice



Informal Mindfulness Practice: Every moment of everyday can be a mindful moment

- 🌸 Living with Intention-Generosity-Service
- 🌸 Living Mindfully with an open heart with kindness, gentleness, compassion, and empathy
- 🌸 Seeing the goodness within and around
- 🌸 Reflecting on aspirations
- 🌸 Mindful interaction with technology
- 🌸 Mindful arts and crafts
- 🌸 Mindful cooking
- 🌸 Mindfully doing the dishes either by hand or loading the dishwasher
- 🌸 Mindful hugging



Informal Mindfulness Practice: Every moment of everyday can be a mindful moment

- 🌸 Mindfully being with friends and family
- 🌸 Mindful Intimacy
- 🌸 Mindful journaling or writing practice
- 🌸 Mindfully watching when you eat, why you eat, what you eat/food choices
- 🌸 Mindful of climate change and attending to what you can do to assist
- 🌸 Mindful interaction with patients
- 🌸 Mindfully reading
- 🌸 Mindful housekeeping
- 🌸 Mindfully saying “I love you” to self and others
- 🌸 Mindful prayer

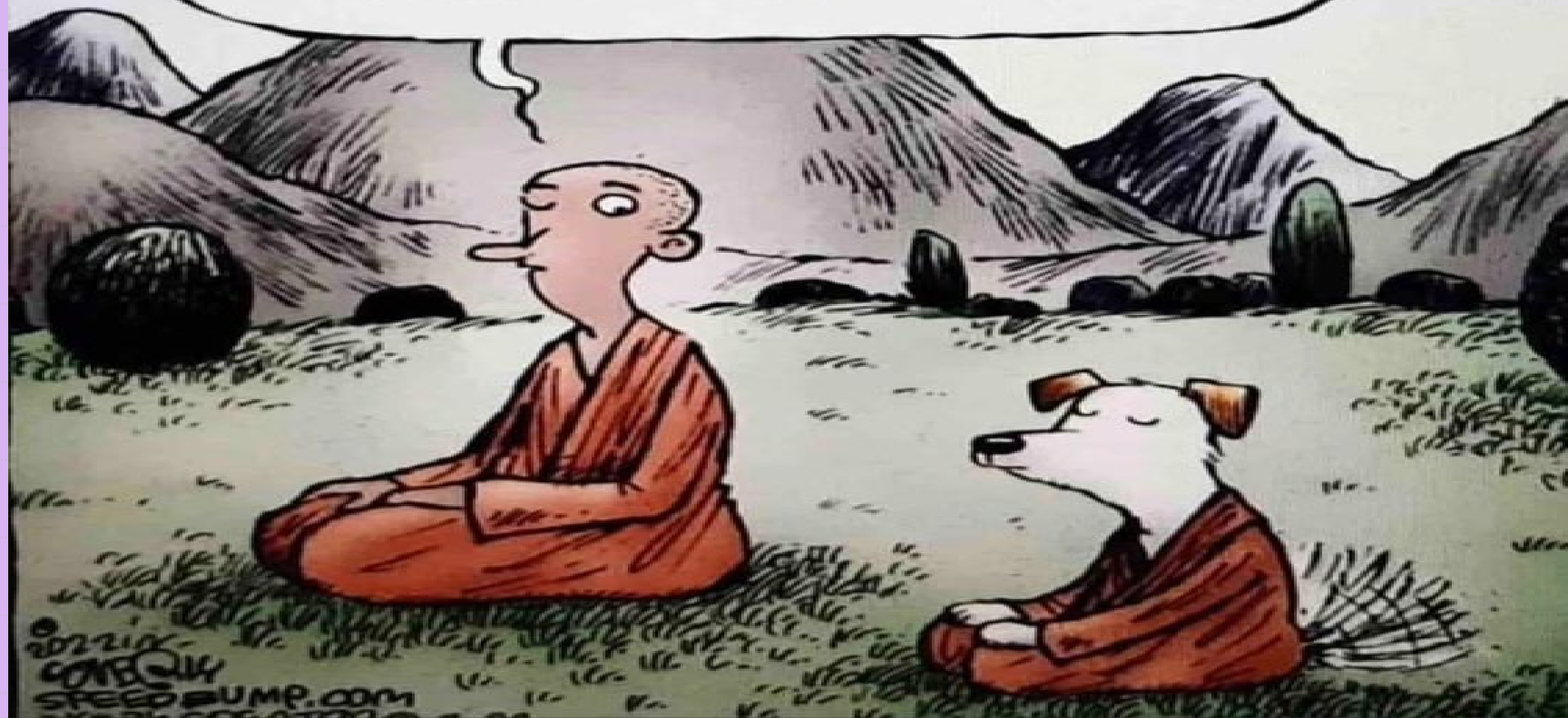


Informal Mindfulness Practice: Every moment of everyday can be a mindful moment

- 🌸 Mindful Loving Kindness – sending warm wishes of kindness to self and others
- 🌸 Being in Nature, mindfully – taking time to smell the roses, jasmine, gardenias – my favorite flowers
- 🌸 Mindfully hugging a tree/ Forest bathing
- 🌸 Mindful parenting
- 🌸 Mindfully connecting with companion animals and all sentient beings
- 🌸 ...IT'S A LONG LIST... 😊



YOU CAN'T POSSIBLY BE
THINKING ABOUT NOTHING IF
YOUR TAIL IS WAGGING.



AND WE REMEMBER...MINDFULNESS IS A GENTLE PRACTICE

THE ROOT WORD FOR MINDFULNESS, “SATI” IS TO REMEMBER:

- 🌸 THINGS WILL NOT GO ACCORDING TO PLAN
- 🌸 THERE WILL BE MISTAKES
- 🌸 THERE WILL BE MANY MOMENTS OF “MINDLESSNESS”
- 🌸 THE PAST WILL BE REVISITED AND THERE WILL BE WORRYING ABOUT THE FUTURE....

AND THROUGH IT ALL WE REMEMBER TO RETURN AGAIN AND AGAIN TO OUR PRACTICE...

- 🌸 TO MINDFULNESS...
- 🌸 TO ANCHOR IN THE BREATH...
- 🌸 TO ANCHOR IN THE BODY...
- 🌸 TO ANCHOR IN GRATITUDE...
- 🌸 TO ANCHOR IN LOVING KINDNESS...
- 🌸 TO ANCHOR IN COMMUNITY...
- 🌸 TO ANCHOR IN BEING INTERCONNECTED...
- 🌸 TO ANCHOR IN LOVE





“Abandon any hope of fruition. The key instruction is to stay in the present. Don’t get caught up in hopes of what you’ll achieve and how good your situation will be some day in the future. What you do right now is what matters.”

– Pema Chodron



Metta: The Mindfulness Practice of Loving Kindness

Phrases of Loving Kindness/Warm Wishes for oneself and others:

May I be safe and strong

May I be happy and healthy

May I find peace in this moment and feel protected by the inner light that
shines within

May I be at ease and free from suffering

May you be safe and strong

May you be happy and healthy

May you find peace in this moment and be protected by the inner light
shines within

May you be at ease and free from suffering...





We live in a world
that is full of
beauty charm
and adventure.
There is no end
to the adventures
we can have
if only we seek them
with our eyes open.



***May we each have the mindfulness,
compassion, courage, kindness, grace,
patience, resilience, wisdom, and love to
walk our own path.***

***I could not have made it to this moment in
my life without my ancestors, family,
cheerleaders, naysayers, mentors, teachers,
wise guides, patients, companion animals,
and our Beloved Earth who grounds me
every day and shows me the way.***

- Manizeh



With deep gratitude to TSPP for inviting me to share Mindfulness in Practice in this beautiful space we have co-created.

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Manizeh leads ***Thankful Tuesday*** every Tuesday from 12:00–12:30 PM CT – a free, virtual, guided meditation on Zoom. You are invited to join the Mindful in Practice community by subscribing to our free connection newsletter for the private Zoom link, personal reflections, mindfulness tips, and information about workshops/groups, and more...



Mindfulness Authors (a few) and further reading if you choose.

Several authors are my mentors and teachers

- 🌸 Tara Brach, PhD
- 🌸 Judson Brewer, MD, PhD
- 🌸 Pema Chodron
- 🌸 Ram Dass
- 🌸 Richard Davidson PhD
- 🌸 Thich Nhat Hahn
- 🌸 Rick Hanson, PhD
- 🌸 Joseph Goldstein
- 🌸 Daniel Goleman, PhD
- 🌸 Jack Kornfield, PhD.
- 🌸 HH The 14th Dalai Lama
- 🌸 Peter Levine, PhD
- 🌸 Sharon Salzberg
- 🌸 Daniel Siegel, MD
- 🌸 Jon Kabat-Zinn

