How will these sessions work?

• This isn't a formal or structured programme
• There is no set curriculum – your experience and practice is paramount.
• After each practice, there will be time for inquiry and discussion
• Practices will vary each week to give you a taste of different meditation practices.
• The sessions will be facilitated by Beth or Graeme. In future, there is scope for presentation and involvement from others on the Mindfulness MSc to provide different focus and opportunities for attendees.
Checking In...

Coming into the session, taking a short space and time to be present and mindful...
Group Norms:

To create a safe and comfortable space we can agree to the following norms:

- Confidentiality
- Active Listening
- Giving People the space to talk
- Non-Judgement
- Not ‘Fixing’ Others or issues

- Humour and Enjoyment!
What is Mindfulness?

“Mindfulness is the awareness that emerges through paying attention in a particular way, on purpose, in the present moment and non-judgmentally, to the unfolding of experience moment by moment”  Jon Kabat-Zinn

Mindfulness is:

• Being Present
• Non Judgemental
• Using Supports (such as breath or sound)
• Being Curious about our attitudes
• Being Compassionate to ourselves (and then to others)
What Mindfulness isn’t...

- Counselling/Therapy – we don’t fix!
- Coaching – There is no goal setting.
- Formal Training – No agendas, aims or objectives.
- Emptying the mind completely!

Although Mindfulness derives from Buddhist practice, it is not religious in nature, but a secular practice.
What is our Intention of doing Mindfulness?

Take a moment to consider what your intention may be for practicing mindfulness today and on going. This may be useful to come back to during practice.

What is our motivation for being Mindful?

Our motivations will all very, they may be more personal in context, they may sustain a mindful attitude ongoing, during or outside formal practice.
How can we be mindful?

• Formal Practice – Meditation. Taking time when suits you to undertake a mindful practice, this can be done with guided practice (with audio instruction) or in silence using a support such as sound or breath. It can be in a group setting or alone. If a group setting, it is recommended that inquiry and discussion form part of the session after practice.

• Informal Practice – Everyday Activities! Going from A to B (by foot or transport!), making a cup of tea, mindful eating – being in the moment whenever possible!
We all have monkey minds...

‘Just as a monkey swinging through the trees grabs one branch and lets it go only to seize another, so too, that which is called thought, mind or consciousness arises and disappears continually both day and night.’

• The average person has fifty thousand separate thoughts each day!
• In a world of various distractions
• It can be difficult to pause, and be in the present moment, when there is so much going on in our heads and in the world around us!
• Just come back to your support if your monkey takes over!

Mindfulness Session
Time for a Formal Practice!

• We will do 1 – 2 of these each session. They will vary in content.

• They will vary in length from 10 – 30 minutes!

• We will then ask that you take some time for inquiry into your experience of the practice and if comfortable reflect and share with others.
What resources are there?

- To support formal practice there is an abundance of materials available!

- **Books**
- **Pod casts**
- **Mindfulness Association**
- **Online scholarly articles**
- **Online audio files**
- **Networks – Aberdeen & Grampian Mindfulness Network**
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