**MC900022391[1]**

**A**

**Students**

**Heartful**

**Hand Book**

**with**

**Mindfulness**

**Mindfulness…**

**Mindfully**

**Being**

***Me***

**Mindfulness is…**

Paying attention,

in a particular way,

in the present moment,

non-judgmentally,

with kindness and curiosity.

**PEACE**

P. Pause – stop…

E. Exhale – a sigh, a breath out

A. Accept – this is what is

C. Choose – what right action

E. Engage –live life-be your best

[Created and shared by Dr. Amy Saltzman]

**Mindfulness vs. Mindlessness**

What’s the difference?

**Mindlessness**

The Zombie approach to living

What would this look like?

* Unaware
* Drifting
* Unfeeling
* What else….?



**Mindfulness**

The Being fully Human approach to living

What would this look like?

* + - * + Awareness of feelings
        + Being present, right here, right now
        + Caring for Self
        + Caring for Others
        + What else…?



**What is the “present moment”??**

Spend 1 minute in your mindful body position…

Notice you are breathing!

Right here, right now, this breath you are breathing,

right here, right now, only this moment

Think about these questions:

* Have you been paying attention to the room you are in?
* What is the aroma? Is there one?
* What are you sitting on?
* Are you comfortable?
* And your body: How does it feel?

Are there aches/pains?

Muscles tight/relaxed?

Stomach empty/pleasantly full?

When you pause and notice, you are in this moment, the present moment.

This moment, your attention is where you are right here, right now.

Even when there is so much going on….

There are sensations – thoughts – feelings – within the body, within the mind

What ever you are doing, where ever you are, the Dalai Lama says to ask your Self, “What’s your state of mind, right here, right now?”

This is the present moment.

Using your breath, anchor to this present moment.

**Mindfulness is…**

paying attention in a particular way, in the present moment, non-judgmentally to the unfolding of life’s, your experiences, moment by moment

**The Practice of Mindfulness**

There are many ways to practice Mindfulness.

* Breathing
* Listening
* Thoughts
* Emotions
* Eating
* Movement
* Loving Kindness
* Looking at the space you are in
* And…………………

Each of these can be thought of as Mindfulness – a way of approaching each activity of life.

**Being Mindful with the Breath**

Attending to your posture, sitting with a straight back, in a comfortable and dignified position

Noticing the Breath

Breathe – giving attention, the sensation of riding the waves of your breath

Where is the breath felt?

\*\*\*Nostrils? Is the breath warm, cold…?

\*\*\*Chest? Expanding, making room as your breath is bringing nutrients to the body

The breath comes back to centre

The breath releasing what is no longer needed in the body

\*\*\*Belly (expands and flattens) one breath at a time

Feeling the breath

The body returns to centre over and over again

See how it’s possible to bring your attention right to THIS breath

This breath that can only exist in THIS moment

Noticing no two breaths are the same

Each one is unique to the moment

Noticing that THIS breath has never been here before

THIS breath brings you to this moment, right here, right now

This NEW moment, right here, right now

Sometimes attention wanders to past or future –

Noticing this, come right back to your breathing in and out.

Where is the breath most alive in your body?

Paying attention to your breath, one breath at a time

Settling into the breath…

right here…

right now…

this breath

Over and over

Finding where your attention is right now.

Is it on the breath?

Coming back, right now, feeling the breath, expanding and contracting.

Every breath a new beginning

A fresh start, over and over

Noticing the sound of the breath

Listening carefully to the in breath and to the out breath

Know that when we take this time to pay attention to the breath

We’re allowing ourselves to settle into the present moment – to be fully here… now…

Strengthening our attention

As you do this each day,

Taking some time for your Self,

By your Self

Notice you are breathing in and out

Creating a greater sense of ease in your life

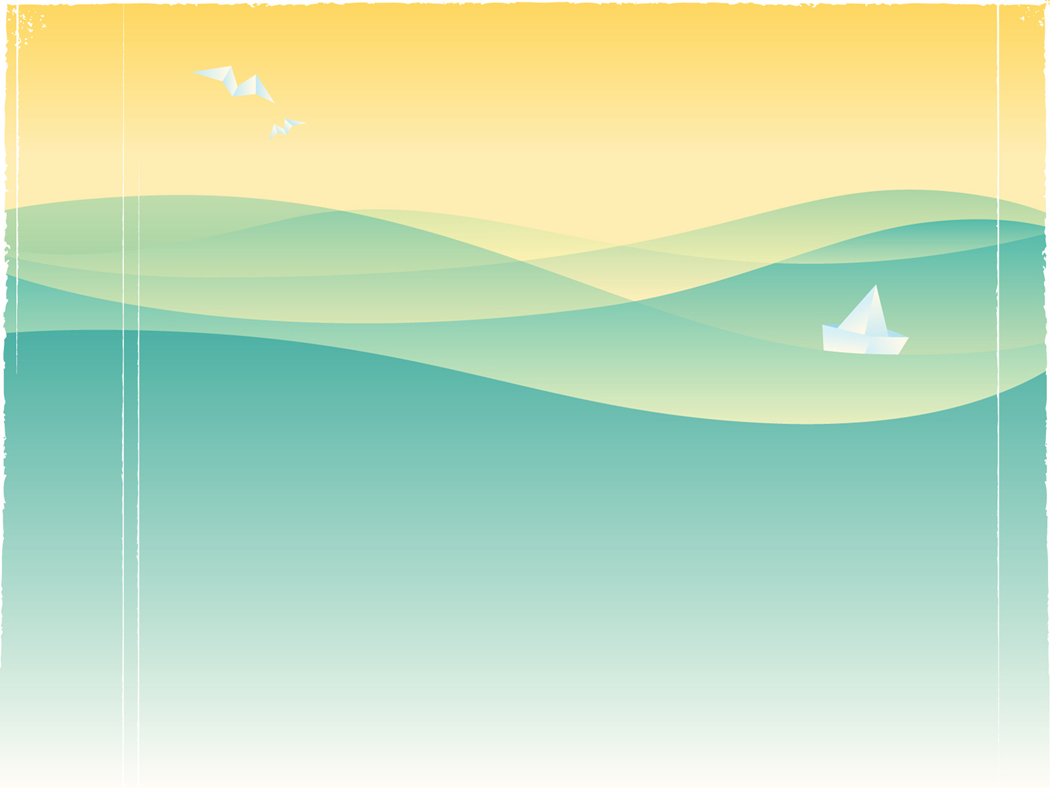
You can do this all through the day

Even if it’s just for 2 breaths

Bringing your attention again and again to the feeling of the breath

The feeling in the body

Feeling your life force is right here, right now, with your breath



**Mindfulness within Listening and Sound…**

In the stillness there is a certain quality of sound

With the mindful body ‘on’ – noticing sounds

When we become still what happens?

What do you hear?

What can you hear?

Still bodies – quiet bodies are MINDFUL BODIES

WITH MINDFUL BODIES ON…

We listened to the ring of the Ting sha

Hearing with Mindful ears

Sounds without and sounds within

Sounds of life,

Sounds of breath,

Sounds of nature,

Sounds of man-made creations,

Sounds of nothingness

Sounds of thoughts… feelings….

Sound

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**Mindfulness with Thoughts and Thinking**

Beginning with 3 mindful breaths, conscious breaths acknowledging the in breath and the out breath

Mindful body, relaxing the eyes, anchoring with the breath

Everybody thinks… We can be mindful of thoughts

If you choose, giving your self permission to go into your mindful breathing.

Breathe

When you notice thinking is happening…

Say to your Self: “thinking, thinking…” and go back to the breath.

When you notice thinking this means you have left your base, your anchor, and are drifting in the thoughts, like a boat with no anchor and attention is wandering.

Noticing how thoughts come and they go

Noticing if you were able to pay attention to your breath and no thoughts interfered

If there was “thinking…” just notice, “thinking, thinking”, and go back to your breath

Noticing if there are feelings – excited, nervous, angry, happy, bored, scared.

Be aware of these feelings and come back to your anchor, your breath.

Sometimes we have thoughts we don’t want to have.

By listening for them, by being aware in the moment, we can more easily let go, or let be, breathing in and out as the thoughts come and they go

Sometimes we are thinking when we are supposed to be listening… Each breath a new beginning, to be present, right here, right now…

Being mindful you can come back to your anchor.

Sometimes we have thoughts over and over

be mindful

be aware

Notice thoughts are like clouds or bubbles

They will move, change, come and go.

It is always like this.

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**Stress????**

**What is it?**

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Watching for signs of stress, be Mindful of how you are in body, mind and emotion.

What are some signs of stress?

Body Signs

Headache

No appetite or over eating

Tight muscles in the shoulders neck or jaw

Trouble falling asleep

Mind Signs of Stress – Thoughts/Emotions

Difficulty focusing on work, activities, sports, lessons

Forgetting directions/information given

Worries about what has happened or what might happen

Being mad at your self – Self criticism – Negative thoughts…

Stuck on thoughts that don’t stop

“Cluttered” thoughts about all the things you have to do

Feeling tense and nervous?

**Mindfulness makes space to move through stress…**

**Remembering that Mindfulness allows for Creative, Reflective Space**

Beginning with conscious breathing… breathing on purpose

Wondering… have you ever said something and then wished you could take it back ?

Wondering… have you ever done some hurtful thing to someone, hit or pushed or bullied someone, or maybe broke something when you were angry and then later wished you hadn’t?

Mindfulness helps us to STOP, take a breath, and choose before saying or doing something we wished we wouldn’t have. Mindfulness can create space between a strong emotion and our reaction to that emotion.

Try this… Using your fingers, hold up one finger to represent anger. (Hold up one finger) Hold up a finger from the other hand and put it right next to the anger finger to represent your reaction. Without mindfulness these two fingers (anger and your action) are right against each other, like they are stuck! There is no room for choice. Now, take a breath and blow as if the breath will breathe the fingers apart.

Breathing with mindfulness is the space that comes in between the two fingers and pushes them apart – so your action can be a choice that considers your best self and the best for others. Mindfulness creates space so we can make a decision of healthy, clear and strong choices.

What are some things you might do with anger if you have the space, if your mindfulness is “on”? Make a list of choices you could make that would be healthy choices for body, mind and emotions ( maybe things like: walk away, forgive, exercise, write, draw, let it be, talk to someone…).

Imagine the difference this might make…

Breathe the feeling of choosing with mindfulness in body, mind and emotion…

Creative, Reflective Space – just a breath away…

**Mindfulness – A Bubble Visualization**

Begin by sitting in a comfortable position, with your back straight and letting the shoulders relax.

Soften your body.

Relax the eyes and pay attention to this moment.

Taking a few mindful breaths… Notice…

your self,

your body,

your thoughts,

your feelings

just as you are right here, right now.

Inviting your Self to imagine…

Have you ever watched a cat who is hunting a mouse? Imagine being like the cat who waits by a mouse hole, waiting for the mouse to show itself; imagining watching for your thoughts as they come and come and come…

Imagine… bubbles slowly rising up in front of you. Each bubble contains a thought, feeling or picture or opinion. See the first bubble rise up. What is inside? Just like a cat who peers into a mouse hole, peer into the bubble to see what the bubble holds. See the thought, observe it, and watch it slowly float away. Try not to judge, evaluate, or think about it more deeply. Imagine it floating away…

Once it has floated out of sight, watch the next bubble appear. What is inside? Observe it, and watch it slowly float away. If your mind goes blank, then watch the bubble rise up with “blank” or “nothing”, inside and slowly float away.

Stay with the bubbles now for a few moments allowing your Self to see what is within the bubbles – what thoughts, feelings, emotions, senses, perceptions come. Letting them be exactly what they are. Knowing that you are in a good place to mindfully look, feel, sense whatever it is that is occurring right here, right now.

As you complete this meditation, inviting your self to the space you are in.

Knowing that you have given yourself a precious and valuable moment of mindfulness,

Of seeing without judging,

Letting be what is.

This is mindfulness – a special way of looking after your thoughts, your feelings, your body, mind, and spirit self.

And in this moment you are uniquely you, perfect and whole and present.

Giving yourself gratitude, thanking your self for this moment you have given to your self.

**Food – Glorious Food!**

Paying attention to eating, the wonderful relationship we have with food, with beverages, with all that we take into these amazing bodies!

**… mindful eating…**

“Centering yourself in your chair, in your body, gently close your eyes and bring your attention to your breath. Be aware of your breath moving in, flowing down toward your stomach, flowing out again through your nose. Relax your stomach, being aware of the gentle movements up and down. Now bring yourself into awareness of a time you are planning to eat. ….What are you planning to eat? What does the food look like? How did you choose to this food? Notice the feelings you are having, the thoughts. Are you experiencing hunger? How do you know? What does that feel like? How much hunger are you feeling? … Now imagine yourself beginning to eat as you usually do. What is your mouth doing? How fast are you eating? What are your thoughts? Continue eating as you usually would. … You have now eaten most of the food. How full are you? How do you know? … What are your thoughts? What are your feelings? What do you want to do now? … What is your breath doing?… Now bring your attention just to your breath. Take a few slow, deeper relaxed breaths. Bring your awareness back to the feeling of sitting in your chair. Bring yourself back into the space of the room, and gently open your eyes.”

By: Jean L.Kristeller in, *Mindfulness, Wisdom and Eating:*

*Applying a Multi-Domain Model of Meditation Effects.*

**Mindfulness of Body Movement**

Thinking about the body in slow motion….

When we are trying to be mindful, it is much easier to notice things and stay in the present moment when things are still and quiet. When we move very slowly, we can notice so much more than when we rush with no awareness of how the body feels, what our senses tell us and what the environment offers us. How the air feels, the aroma, the sounds of moving and of life around us, the eye may see more than usual!

Beginning with 1 minute of mindful breathing, coming to an awareness of the body… Now, beginning to go into motion, SLOW motion…

Allowing your awareness to attend to every motion it takes to first of all come to standing.

Move around the room, or space you are in, as softly as you can, as if walking on eggshells or on a delicate crystal floor.

Becoming aware of each movement you make – feeling the thigh muscle lift the leg and move it to the next position – feeling the foot coming off the floor and setting it back down – feeling the hands and arms in space. Do they move faster or more slowly at times? You might focus on the left leg for a few steps, and, then focus on the right leg. If thoughts begin to wander away from the body, or the experience of moving, simply note what you are thinking about and return to the anchor, the breath, paying attention to the part of the body you are now moving. You might even ask yourself questions like, “Whose feet are these? Who is this walking right here right now?”

When you are ready, come to stillness with the yoga relaxed mountain pose or be like the seaweed.

**Mindfulness … Loving Kindness**

**Heartfulness**

Sending kind thoughts to someone

Mindful bodies on

Relaxing the eyes

Picture someone you see everyday or very often who you are very happy to see each time you see them or think of them

Imagine that person healthy – strong, happy – smiling, perhaps doing something they enjoy, very peaceful – all around them is calm and peacefulness

Now we are going to send that person those kind thoughts

Letting your heart fill up with kindness – about to be overflowing and burst (like keeping a wonderful secret surprise)

Next, take all that kindness and let’s say these words…

**May you be free of harm and fear**

**May you be healthy and strong**

**May you be happy**

**May you be peaceful**

**May you take care of yourself with Joy**

Quietly continuing kind thoughts from your heart to theirs… Breathe, Breathe, Breathe

You have offered loving kindness

This loving kindness only takes a moment to send and to receive a wonderful feeling within your own heart and loving kindness returns to you like the ripple in the pond.

**Ripple of Mindfulness**

Mindfulness of the Importance of what we

* Feel
* Think and
* Do

What you feel, think and do does matter. It is a matter of the heart, YOUR heart!

Do we share space with Others?

Who do we share space with?

* Humans
* Nature
* Land
* What else……

HOW do we share space with Others?

* Emotionally?
* Physically?
* Mentally?
* Soulfully?
* What else……..

Exploring this space begin by noticing your breath – feel the breath, the process of the in and the out breath.

The bringing in and the letting go

The Breath is replicated in nature….. wind, waves…….





Imagine being by a pond where you can see the edges. Now imagine that you can throw a pebble, a small rock, into the pond.

When a pebble is dropped into the pond, is there an effect? What is it? See it in your imagination…

You may notice rings, circles that move out from where the pebble dropped into the pond.

Imagine your self to be like a pond – a body of water…

Imagine having a thought and acting on it, the energy, the feeling of that moves out from my Self throughout my pond touches the edge and returns to me. In life the thought hits the edge of my pond, my world, sharing with others, returning to my Self.

What you think, do and feel matters – it is a matter of the heart… your heart…

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**Breathing Mindfully,** **Following the Breath**

Breathing in, I calm my body,

Breathing out, I smile.

Dwelling in the present moment,   
I know this is a wonderful moment!

Breathing in, I know I’m breathing in,

Breathing out, I know

as the in-breath grows deep,

the out-breath grows slow.

Breathing in makes me calm.

Breathing out brings me ease.

With the in-breath, I smile.

With the out-breath, I release.

Breathing in, there is only the present moment.

Breathing out, it is a wonderful moment.

In, Out; Deep, Slow

Calm, Ease; Smile, Release;

Present Moment, Wonderful Moment.

Thich Nhat Hanh. (1960). *Present Moment, Wonderful Moment: Mindfulness Verses for Daily Living.* Parallax Press: Berkeley, California.

**Mindfulness with the Waterfall of Life**

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Begin by sitting in a comfortable position, with your back straight and the shoulders relaxed. Soften your body.

Imagine you are in a forest. The trees in the forest are ones you have loved to see and touch. The temperature of the air is perfect. The aroma of the forest is kind.

Imagining you can walk into the forest, following a path that leads to a river of fast moving water.

As you gaze down the river and through the trees you can see a waterfall.

Walking closer you can see that the path leads to a space behind the waterfall where you can crawl in and sit comfortably in complete safety.

The waterfall is flowing so fast, so powerful and is right in front of you.

The space you are in is your space, where you can be completely with your Self.

The waterfall invites you to share the thoughts, the feelings, the emotions, the physical sensations that flow within you right here, right now.

The thoughts, feelings, emotions, senses become part of the waterfall and you are now in a space, a place, where you can look at all of what you have put into the waterfall. There are thoughts of all types that flow through the waterfall and become part of the river. Sometimes the same thoughts flow over and over. There are the feelings… the emotions… the senses… all flowing.

This space behind the waterfall is a safe place where you can look at all that is going on in life, all that is going on in your mind, body, emotions and spirit self. Here you can simply be with whatever is happening, be with it mindfully, breathing with all that is happening.

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Seeing the thoughts, feelings, emotions, senses all in motion, all shifting into and out of and back into water.

There is always change. There is always movement.

There is a safe place, a comfortable place to mindfully be with whatever is happening in this moment.

Stay in this special space behind the waterfall for a moment…

Preparing now to image your self coming out from behind the waterfall… following the path back through the forest… noticing how you are in your body here, now, coming back to the rest of your day. Know that you can climb in behind the waterfall any time, any where, a safe space where you can be with your self, your world, your life. And know that by doing this simple exercise you are looking after your self in a special way, a kind way, caring for your mind, your body, your self. And in this moment, right here, right now, you are whole, you are uniquely you and in this moment you are perfect just as you are.

**Mindfully Smiling, the Inner Breath is Smiling**

Putting a smile on ones face has an almost immediate affect on your Self. The face opens and relaxes, offering openness and relaxation throughout the body. Smiling also relaxes the self image and emotions and attitudes connected to how we see our Self. We can direct the smiling breath towards our entire body. Combining conscious breathing and to our smile can lead to the production of beneficial chemical substances in our body. Mindful smiling can help with tensions, attitudes, and habits that sometimes take us away from our own health and vitality.

The purpose of the smiling breath practice is not to have a robotic smile. It’s to help us make a conscious connection with body and emotional well-being. Mindful smiling helps free our self from negativity. You can experience the inner smile breathing all the way to the outer smile on your face.

Sitting quietly, close the eyes. Becoming aware of the body, from the inside out, becoming aware of how you are feeling.

Any areas of tension and tightness? Breathe……….

Beginning to let the body relax as you practice deep natural breathing.

Breathing deeply, sense that your whole body is breathing.

Sensing your eyes by gently rotating them several times in each direction relaxing them into their sockets. Noticing that by simply relaxing the eyes the entire body can also be relaxed.

Once you feel that the eyes are relaxed, let the sensation of this relaxation spread through your entire face, even into the tongue and jaw. Now visualize someone you care about smiling at you. Let their smile be with you, and smile back at them. Noticing your eyes and face, relaxing even more.

Feeling your face breathing through your smile. Being aware of your breathing – how spacious it can be. Inhaling, sensing air entering through the nose, and also through your face and eyes. Feeling your breath being touched by the smile on your face.

**Smiling the inner smile of mindfulness through the breath.**

**P.E.A.C.E. IS WITHIN MY REACH**

**I CHOOSE…………….**  C:\Documents and Settings\mulllind\Local Settings\Temporary Internet Files\Content.IE5\6BD198TK\MC900234467[1].wmf

**BEST**

**CHOICES**

**C:\Documents and Settings\mulllind\Local Settings\Temporary Internet Files\Content.IE5\6BD198TK\MC900088978[1].wmf I THINK… I ACCEPT….**

**I FEEL… C:\Documents and Settings\mulllind\Local Settings\Temporary Internet Files\Content.IE5\6BD198TK\MC900158055[1].wmf**

**I PAUSE… I BREATHE…C:\Documents and Settings\mulllind\Local Settings\Temporary Internet Files\Content.IE5\VIJ5K4TM\MC900233300[1].wmf**

**Mindfulness - really – what is it?**

**Dear Child, you’ve been mindful all along the way**

**Mindfulness – really – what is it?**

**What is it to be in this moment,**

**this one right here, right now?**

**This present moment is a powerful one**

**It’s where life can be seen and felt**

**Seen with kindness and curiosity from that**

**Soft spot**

**Within**

**Have you ever watched an ant carrying its’ load,**

**Watched a sunrise over winter snow,**

**Or a sunset surrounded by nothing but sky,**

**The wind swirling across the street in a cone of dust?**

**Have you ever felt the blast of hot air when you get into the car on a blazing summer day,**

**Or the bite of frost on your face when its 30 degrees below zero,**

**Felt the sun on your skin?**

**Have you ever noticed the smell of a puppies’ breath,**

**Or the scent of trees in spring?**

**Have you ever been surprised by the freshness of a drink of water when your mouth is dry,**

**Or notice the moment of curiosity as you taste something new,**

**Or the crunch, the juiciness, of an apple in September?**

**Have you ever heard the first bird of the day**

**and wondered what woke THEM up,**

**Have you ever heard the wind singing its’ way through the house,**

**Have you ever heard, maybe even felt, the sound of a singing bowl...?**

**This is Mindfulness**

**A sense of being alive....**

**Elementary School students describe Mindfulness**

**…as if they were describing Mindfulness to someone who has never heard of it and explaining how it feels to rest in the Still Quiet Place. Here are some responses from the students:**

**Mindfulness is like watching a butterfly going by and feeling the sun on you. It feels peaceful because my heart can speak and I can hear it.**

**Mindfulness is a waterfall and inner peace. Mindfulness is stretching. It’s peaceful and relaxing. It’s to trust yourself and to trust others.**

**Mindfulness is to show you how relaxed you are. Mindfulness is happiness. To be Mindful is happy, relaxed, stressed, lovely, loved, peaceful, welcomed, worshiped, recognized and speachiness.**

**Mindfulness is when you breathe and feel relaxed. Mindfulness feels calm. I use mindfulness in the night to go to sleep.**

**Mindfulness is breathing, watching animals run away and relax. In the morning I work out. It’s good to be mindful because you get lots of energy.**

**Mindfulness is knowing how you feel. To be mindful it is very peaceful. I daydream all the time.**

**Mindfulness is about peaceful and being nice to yourself being calm and breathing in freshness about being ready. Being quiet and still and being in a Library.**

**Mindfulness is where you learn how to get stress away. And where you get to be in peace. To be mindful is like floating on a cloud ready to take off! I’m mindful when I sleep.**

**You just breathe and relax. In Mindfulness when doing quietness you will have time to relax and have time to think of stuff.**

**Mindfulness is peace and quiet. Not even a noise. It makes you calm when your emotions are bad. When it is quiet it feels like you’re in your quiet spot for a long time.**

**It is a place to be peaceful. Its feels good to be quiet.**

**Mindfulness is when you breathe if you are stressful or thinking too hard. If you are mad you can use mindfulness.**

**Mindfulness is Breathing visualization and engaging pausing, exhaling, choosing and being your self. Being in a comfortable spot and you just breathe and you can visualize.**

**Mindfulness is a relax program it is about breathing and peace When you sit in peace and quiet it feels good and awesome for daily life just breath and be calm.**

**Mindfulness is caring and also inner peace to me. Mindfulness is being calm and relaxed being ready before your test. Watching the pelicans fly by. I feel good and quiet in the still quiet place. I feel relaxed. I will always use the breathing practice in my daily life.**

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**This heartful hand book is offered to you with gratitude for your attentive mindfulness in the many classes I was honoured to share with you.**

**May you be free of fear and harm**

**May you be happy and peaceful**

**May you be healthy and strong**

**May you take care of yourself with joy**

**Thank you students for being exactly who you are…**

**I will remember you in mindfulness**

**Peace…**

**Ms Mullen**

**or as some call me…**

**Miss Linda**