SheerMind Mindfulness Training

WEEK ONE

**Introduction:**

* Definitions – mind vs self
* Functions of the mind

1. Your mind is a tool!
2. Your ‘spotlight of attention’ must work for you, not against you

* When our minds run away from us

1. Reactions / Distractions
2. Moods
3. Mind patterns

* Presence ... Consciousness... **Mindfulness!**
* How do we capture this?
* **“Stepping out”**
* Flame & Void

*Why we’re doing this – where can we take this?*

**Intro to Presence:**

* The Past, The Present & The Future

1. What does each offer us?
2. Which one is real?

* Practical & Philosophical benefits
* Why is the Present so powerful?

1. Awareness
2. Appreciation
3. Using your mind as a tool
4. Applying yourself to do-able challenges
5. ***Release the burdens of the Past and Future***
6. ***You are able to become the Watcher of your mind***

**How do we get to Presence?**

* Meditation
  + Long term clarity of mind
  + The base-layer of Presence
  + Methods
* Constant mental awareness
* Staying conscious, being the Watcher

*Being Present is not a goal or an end point – the way we get there is Presence itself*

**First Practice – a look inside...**

**Meditation:**

Sit up straight

Relax shoulders, arms, hands, legs etc

Breath normally

‘Follow’ breath

When thoughts arise, gently return to following breath

**Homework:**

* 1 x 10 Minute Meditation
* 1 – 3 Mindful Listening songs
* Try to be aware of your *reactions, moods & mind patterns*

**Mindful Listening:**

Choose a song

Pick out a sound; focus on that sound

When ready to move on, open awareness and choose another song

Use the flame & void if needed to end the initial thought