SheerMind Mindfulness Training

WEEK THREE

**Homework Discussion**

* Descriptions of practice
* *What has being Present and Mindful come to mean for you – has it been* ***practical****?*

**Making Presence Personal & Practical**

* Techniques
* Know what works for you

**Introducing Cues**

* What is a cue?
* How do they work?
* Will it remind you to be Present?
* NO!
* We can only *watch* ourselves constantly and then *use* our cues
* *Sometimes it is hard to be Mindful even when we know we must*
* We have used some cues so far, what have they been?

***The best cues are personal***

**Meditation Cues**

* Regular area, regular time
* Routine
* PURPOSE

**Creating your cues to Presence:**

**Remember – Being Present and Mindful can require slightly different states of mind depending on your situation! Can you think of some of these?**

Visualization: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Physical: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Audio/Verbal: ­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**When, where and how to use your cues**

* Can you think of some situations in which you would like to stay Present and be Mindful, and could use your cues?
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2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 10. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Homework:**

* 2 x 10 Minute Meditations
* Body Scan before bed
* 2 Mindfulness exercises ([www.sheermind.com](http://www.sheermind.com))
* Watch your reactions and control your impressions
* Regularly turn your attention inward outward, mindfully watching your thoughts