SheerMind Mindfulness Training

WEEK TWO

**Homework discussion**

* Descriptions of practice
* Taking charge of our practice – making it work for you
* Flame & Void
* Breath ( 3 – 3 – 3 )

**Understanding Presence – being Mindful of yourself and your surroundings**

**What *IS* Presence?**

* Observing
* Describing
* Participating
* Describing the outside world with another person
* Listen to their words and identify their concept (Observe)
* Recognize and analyse it (Describe)
* Let it pass and move on to another sensation (Participate)
* Inner focus

5 inner physical sensations, letting other thoughts pass through the Flame

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* ***Relaxing with the Body Scan***
* Breathe ‘into’ all the parts of your body, in top to bottom order, feeling them relax as you exhale.

**How is Mindfulness different from normal observing, describing and participating?**

* **Without Judgement of our thoughts**

1. Impressions – How we view things is instinctive and habitual, see diagram:
2. ‘Step out’ & create a checkpoint – accept or decline?

* **One-Mindfully (*Single purpose*)**

1. Do things with one aim – focus your spotlight of attention

* **Effectively**

1. Make effective decisions about your desires and direction
2. These are often difficult, unattractive options!

* Inner focus

5 Feelings or emotions about certain things in your life: try notice where you *judgements* are, where you are not *one-minded* and where you do or do not make *effective decisions*

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**A glimpse into a Mindful state and how it might help us**

* Negative scenarios
* Can you think of a ‘bad’ situation?

1. 3-Breath – relax your tension and facial muscles
2. Make use of detachment and look at your impression – is it helping you?
3. Using your body to tell your emotions that you can handle it – try the *Half-Smile*

**Homework**

* 1 x 10 Minute Meditation
* Must-do-Mindfulness (do a difficult task in a Mindful way)
* Perform a Body Scan before bed