

WEEK 7
LISTENING
& SILENCE

Listening, reflecting, examining, the who, what, where, how and why, stepping back we see the whole picture

The practice of listening, to not just do something, to sit, seed and sew with loving kindness and reflection is a gift. We are not human doings, we are beings

Our homework includes practice sheets, diary and our focus on listening, silence, hearing our inner voice and having patience



Homework Practice Week Seven

Continue to alternate and combine the practices of your choice on a daily basis and to reflect on what you are learning in the homework sheets.

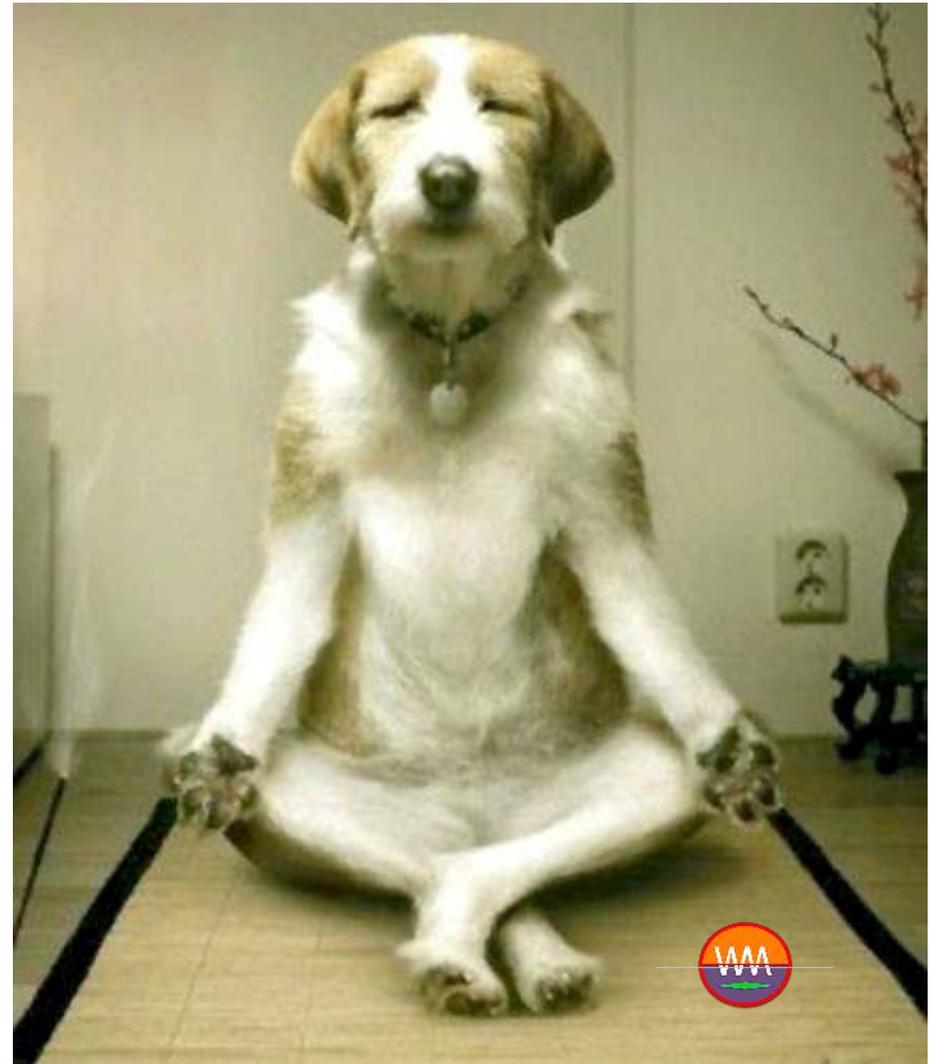
Continue to bring mindful awareness to the activities of your everyday life and watch out for opportunities for silent practice (e.g. turning off the radio when you are driving; eating a meal in silence; finding quiet spaces for non-doing; taking a break from talking).

Over the following week, bring mindful attention to your patterns of communication and in particular to stressful communication experiences, recording them in the homework diary.

[Http://www.workmindfulness/week5-9](http://www.workmindfulness/week5-9)

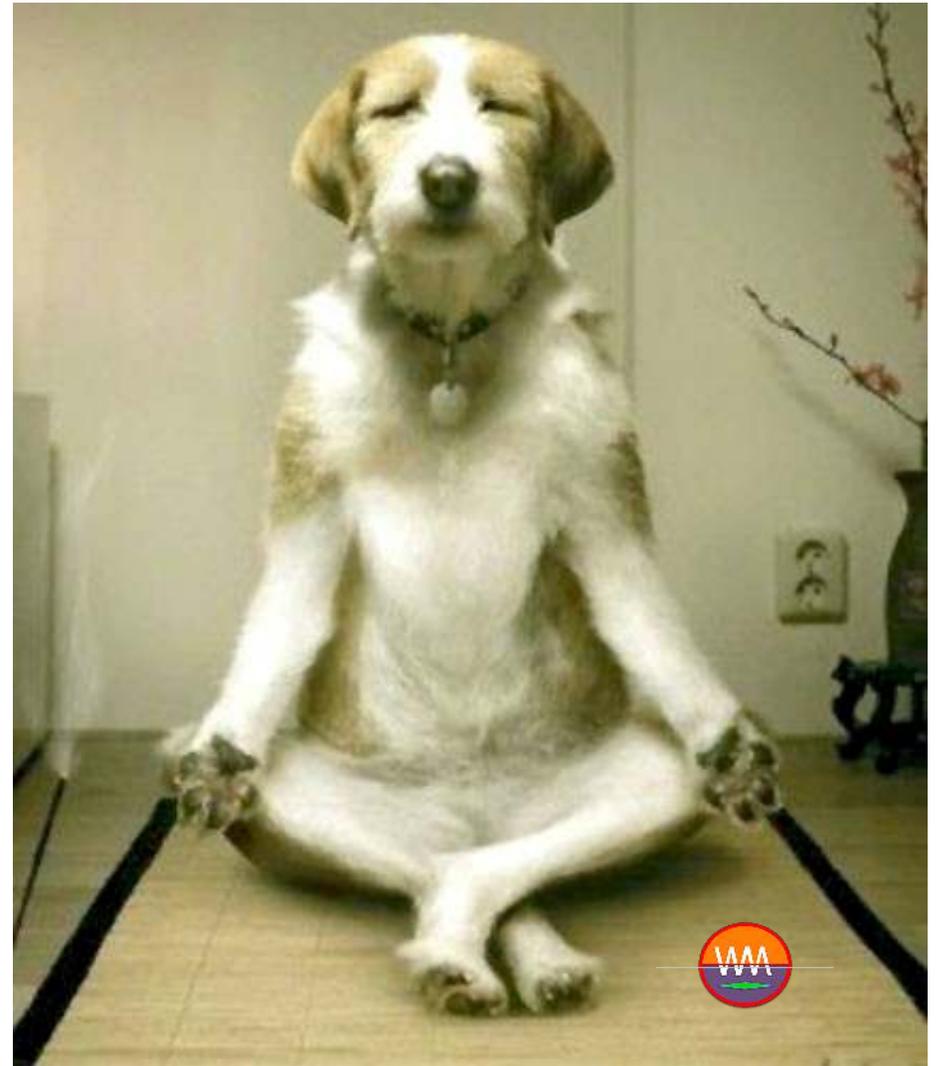
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Practice Attitude: Acceptance



Homework - Groups

Pairs/Shares



Week 8 – Self Care

Time	Time	Activity
Time (in minutes)	Cumulative Time	Activity
5	5	Welcome
10	15	Week 7-9 Listening & Silence
20	35	Pairs & Shares – What is Self-Care?
15	50	Jon Kabat Zinn – Challenging Negatives
10	60	Six Approaches to Challenging Negatives
2	62	Rumi Poem
3	65	Choiceless Awareness – What is it?
20	85	Choiceless Acceptance - Meditation
5	90	Wrap up & Homework Discussions (Certificates)

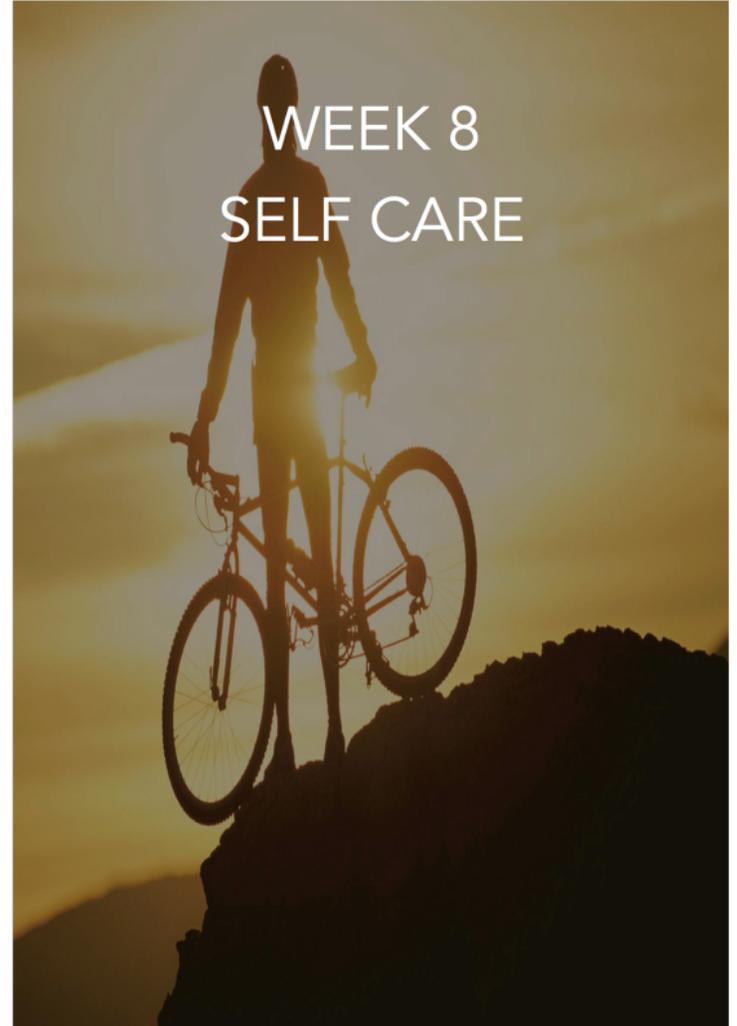


All you have is you. Your body. Your vehicle. We need to get and stay in good shape to go anywhere

Physical, emotional, spiritual, mentally, socially, environmentally, how can we nourish our lives with what pays rent, dividends and substantial returns

Our homework includes practice sheets, diary and our focus is on mindful communication of our needs and kindness to ourselves and others

WEEK 8 SELF CARE



Challenging Negative Self Images



Challenging the Negative

1. Break free of time. Don't live by the clock and remind yourself that "time is thought" and bound by our expectations, agendas, and goals. We can let go of "time urgency" by bringing our minds back to the present moment and asking ourselves, "Is it worth dying for?" We can intentionally protect some of our time each day for *non-doing*, and we can choose to drop into the richness of the present moment by stepping outside of clock time altogether.
2. Look at how you are filling up your daily hours and aim to create spaces for *non-doing* by simplifying your life – this may mean consciously choosing to give certain things up or saying "no" to some requests, obligations or commitments. It may lead you to ask if you really need to be working as much as you are and whether you could manage with less money. In this way, we can make our time our own, and even if we are unable to reduce the many demands upon our lives at this time, we may be able to find more stillness in the midst of our busyness by letting our minds rest more in the present moment as we engage in the activities of our lives.
3. Be aware of your relationship to information. How much do you read the news or magazines? How do you feel afterward? When do you choose to read them? Is this the best use of these moments for you? Are you aware of cravings for your device, for news, information or social connections, to the point where it suggests addiction? How is your behavior affected by the need to be stimulated and bombarded? Do you keep your device, the radio or TV on all the time, even when you are not watching or listening? Do you read the papers for hours just to "kill time"?

Challenging the Negative

4. Be aware of how you use your devices, screens, or TV. What do you choose to read, watch and how often? What needs does it satisfy in you? How do you feel afterward? What is the state of mind that brings you to turn it on in the first place? What is the state of mind that brings you to turn it off?
5. What are the effects of taking in bad news and violent images on your body and state of mind? Notice if you feel powerless, angry or depressed in the face of world stress. Try to identify issues that you care about and do something, no matter how small, that will give you a sense of meaningful engagement. This could be something within your family or local community, or simply taking your recycling to the recycling banks. Try taking a “fast” from world news from time to time, and come home to the real news that is happening on your own doorstep, in your family, your relationships, your environment and your own state of mind.
6. Become aware of the types of conversations you get yourself into, with colleagues, family or friends. Are you picking up the phone and having a conversation? Are you mostly on your device, social media platform, or texting? Be aware of the impact upon your states of mind and the conversational styles built around complaining, moaning, gossiping, exaggerating, talking behind people’s backs and so on. What do you choose to talk about or become engaged in? How do you feel afterward? How do you feel when we have had an interaction with another built upon harmony, truthfulness, and kindness? How can you build more nourishing conversations into relationships with others, and when could you choose to keep quiet?

The Tent

Outside, the freezing desert night.

This other night inside grows warm, kindling.

Let the landscape be covered with thorny crust.
We have a soft garden in here.

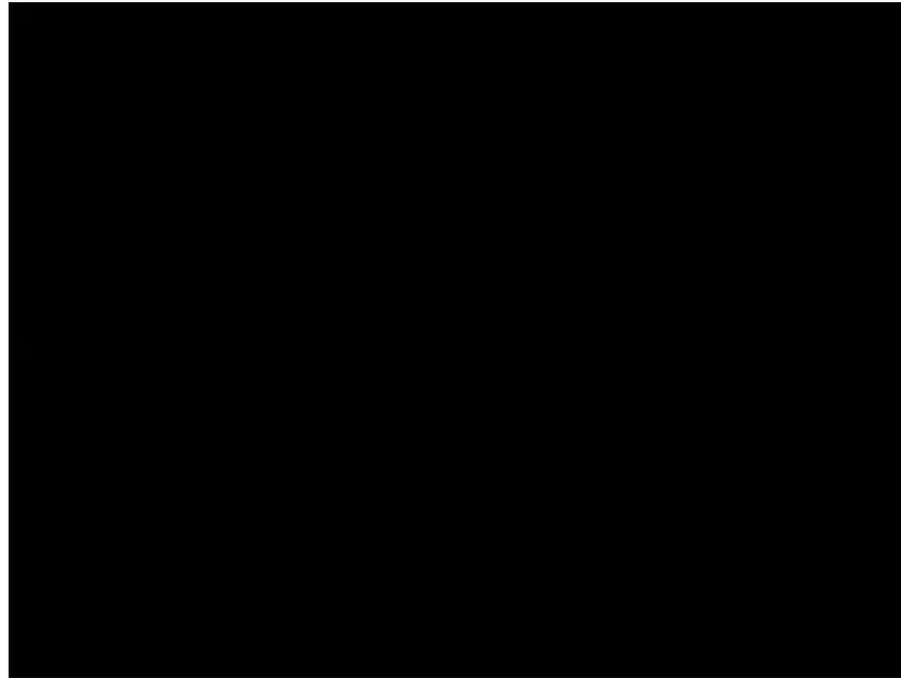
The continents blasted,

Cities and little towns, everything
Become a scorched, blackened ball.

The news we hear is full of grief for that future,
but the real news inside here
is there's no news at all.

RUMI

Choiceless Awareness



20 MINUTE VOICELESS AWARENESS MEDITATION

Guided by Dr. William Br...



Choiceless Awareness – what is it?

- In this practice, we rest in awareness itself. We even let go of the idea that we are “meditating” or doing anything at all.
- The practice of choiceless awareness is one of dropping focus upon any particular object of awareness, and simply attending to whatever arises within our experience. In Zen practice it is described as “*just sitting*”. It is like sitting in the middle of those concentric circles, allowing our awareness to be open and expansive. Simply attending to whatever arises and to all aspects of our experience, arising and passing away, coming and going, appearing and disappearing – not holding to anything. The mind is like the radiant blue sky: clear, bright, totally accepting, fully knowing and recognizing, like a mirror, reflecting all that is there, clinging to nothing, pushing nothing away. The landscapes of our experience are like rainbows, bubbles arising on the stream, shadows and light patterns, continuously flowing and changing, leaving no trace.

Homework Practice Week 8

1. Continue to alternate and combine the practices of your choice on a daily basis. Attempt to practice without guided meditation, finding your own way and pace around the practices.
2. Watch the videos and listen to the meditation on choiceless awareness and practice the concept of choiceless awareness into your life. For a few minutes at the end of a period of formal practice, or experiment with whole periods of choiceless awareness, simply returning to a support such as the breath for a while, if you get lost, before returning to open sitting.
3. Complete the reflection on “What nourishes and depletes me?” and identify some changes that you may wish to make with your daily “diet” of sensory experience

<http://www.workmindfulness/week8-9>

Password: Week8

Practice Attitude: Choiceless Awareness

