

## MBSR – Week Two

Mindfulness can be defined as *“the awareness that arises by paying attention on purpose, in the present moment, and non-judgmentally”*

– Jon Kabat-Zinn, *Full Catastrophe Living*

### Ongoing practice:

*Continue working with the body scan using the recordings each day.*

*Take 10-15 minutes each day to for a focused attention meditation*

- Because the instruction is so “simple,” you don’t need to use a recorded guidance (and there are instructions on the next page).

*Fill out the Pleasant Experiences calendar (in this packet) for the week.*

- This week, take notice during the day of “pleasant” events. At the end of each day reflect back on one of these pleasant events. How did you know it was pleasant? This may seem obvious but something happens in our thoughts, emotionally and physically, which causes us to identify an event as pleasant.
- Record one pleasant experience each day in the calendar.

*Continue your informal practice of mindfulness in daily life.*

- If you feel comfortable, you can add more activities to this practice. Bring all your attention to this activity. When you notice your attention wandering, simply return to your immediate experience.

*Next week we will practice floor yoga.*

- Please dress in comfortable clothing.



“Live each moment. Practice being mindful.  
Be present in... Hold on, I have to take this.”

When the old master was asked, ‘What is Zen?’ he said, ‘When hungry, eat. When tired, sleep.’ But they said, ‘Well, isn’t that what everybody does? Aren’t you just like ordinary people?’

‘Oh,’ he said, ‘No, they don’t do anything of the kind. When they’re hungry, they don’t just eat, they think of all sorts of things. When they’re tired, they don’t just sleep, but dream all sorts of dreams.’

*-Interview with Alan Watts*

## Focused Attention Meditation

This week, spend 10-15 minutes each day practicing the focused attention meditation. After settling into a stable, supportive position, bring your attention to some part of your experience: sensations of the breath, or sensations of contact in the hands or feet, or the experience of sound.

This practice is typically done sitting down, in a comfortable and stable position. But, you can also do the practice lying down, or standing up.

When the mind wanders: notice where your mind is, and then bring attention back to the breath, the hands, the feet, or sound. Bring kindness to yourself as you notice your attention wandering and returning.

If you choose to focus your attention on the breath, here are few important things to remember:

- 1) Remember that this is not a breathing exercise, but an awareness of the sensations of the breath practice. You don't have to breathe in a particular way. Just let the body breathe naturally.
- 2) If you find yourself wanting to control the breath, for fear that you might stop breathing (don't worry you won't!) or that you might be breathing "the wrong way," then take a few deep deliberate breaths, and then let the breath find its own rhythm.
- 3) Some people find counting breaths to be a useful tool as they start this practice. You can experiment by placing a number at the very end of the exhalation. Count to ten and then start again at one. If (when!) you lose count, just notice that non-judgmentally and begin again. Remember it's not a competition to see if you can count all the way to 10 and back. If you notice that you've lost count, then just start over. The fact that you notice that you've lost count is in fact being mindful.

Just as with the body scan, the instructions for the focused meditation are quite simple. Deceptively simple, perhaps.

Experience of each of the practices can be rewarding, thrilling, boring, challenging and not always fun (and sometimes it can be all of these in a single session!). I invite you to be open and curious throughout the process. Drop any expectation as to what you think should be happening and just attend to what is happening. Explore bringing a kindly attention to your experience, regardless of what that experience may be.



## Pleasant Experiences Calendar

Be aware of a pleasant experience *at the time it is happening*. Use the following questions to focus your awareness on the details of the experience in the moment. Write it down later.

What was the experience?	Were you aware of the pleasant feelings during the experience?	How did your body feel, in detail, during this experience?	What moods, feelings, and thoughts accompanied this experience?	What thoughts are in your mind now as you write this down?
<b>Example:</b> <i>Heading back home at the end of the day – stopping and hearing a bird singing.</i>	Yes	<i>Lightness across the face, aware of shoulders dropping, corners of mouth lifting.</i>	<i>Delight, pleasure. "That's good." "How lovely." "It's so nice to be outside."</i>	<i>It was a small thing but I'm glad I noticed it.</i>
<i>Day/date: _____</i>				
<i>Day/date: _____</i>				
<i>Day/date: _____</i>				

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