

## MBSR – Week Three

“... meditation is not about feeling a certain way. It’s about feeling the way you feel. It’s not about making the mind empty or still, although stillness does deepen in meditation and can be cultivated systematically. Above all, meditation is about letting the mind be as it is and knowing something about *how* it is in this moment. It’s not about getting somewhere else, but about allowing yourself to be where you already are.”

– Jon Kabat-Zinn, *Wherever You Go, There You Are*

### Ongoing practice:

*Alternate mindful movement and body scan practice this week*

- Using the recordings (a new recording for floor stretches and poses will be provided this week).

*Take 20 minutes each day to for a focused awareness meditation*

- Continue to consider anchors which are supportive and which you can explore in the meditation.

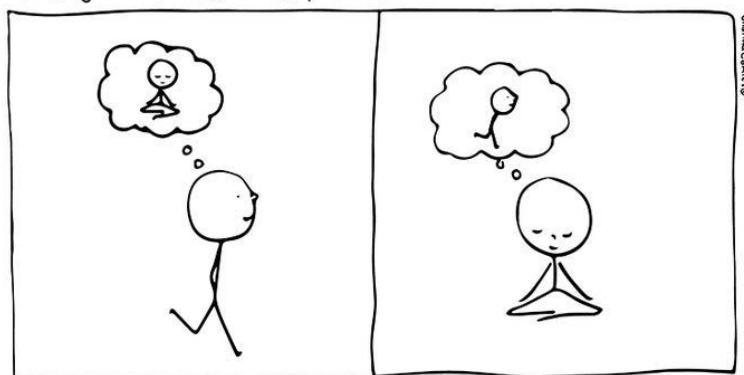
*Fill out the Unpleasant Experiences Calendar (in this packet) for the week*

- Continue to take note of pleasant experiences in your day.
- And, take notice this week of “unpleasant” events. At the end of each day reflect back on one of these unpleasant events. How did you know it was unpleasant? This may seem obvious, but just as we did with pleasant events, we can bring some curiosity to how it is that we know something as unpleasant.
- Record one unpleasant experience each day in the calendar.

*Notice “ordinary” moments in the day*

- Consider how you can bring awareness to ordinary moments in your day, “capturing” in awareness what is happening in the body, feelings, and mind.
- Also, notice times when you go into “autopilot” – what happens when you bring your awareness to these moments? Do they stay automatic? What shifts? Without a need to change anything, bringing curiosity and interest to these experiences.

if only mindfulness interrupted life



as much as life interrupted mindfulness.

Leah Pearlman, *Drawn Together*

## MINDFUL MOVEMENT (YOGA)<sup>1</sup>

Many of us are reluctant to exercise because it involves discomfort or strain, or requires special equipment or others to work out with, or going to a special place to do it. If this has been the case for you, then mindful hatha yoga may be just the practice you have been waiting for.

The word "Yoga" means "yoke" in Sanskrit, and implies a harnessing together and a unifying of body and mind. Yoga is a form of meditation, and when done regularly, is an excellent mind/body discipline for people who wish to move towards greater levels of health.

Hatha yoga consists of postures done mindfully and with awareness of breathing. They are easily learned and have dramatic effects if practiced regularly. The ones we are doing are extremely gentle. Regular practice will increase your musculoskeletal flexibility, strength, and balance, as well as help you to enter states of deep relaxation and awareness. Many people experience a greater serenity about life in general, improved circulation, and less illness as a result.

In practicing yoga, you are advised to practice in the same way that you do when meditating, namely maintaining moment to moment awareness, and not striving to get somewhere, just allowing yourself to be as you are, and letting go of any judging of yourself. Move slowly and consciously. Mindful yoga involves exploring your limits but not pushing beyond them. Instead, you play with dwelling at the boundary and breathe. This requires honoring your body and the "messages" it gives you about when to stop and when to avoid doing a posture because of your particular condition.

Yoga requires no special equipment and can be done almost anywhere. You can learn it from the recordings and illustrations and then go on to invent your own postures, and get other ideas from yoga books or from classes. It is fun to do to slow music! Experiment mindfully.

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<sup>1</sup> Lightly adapted from Dr. Jon Kabat-Zinn's introduction to mindful movement for the MBSR course.

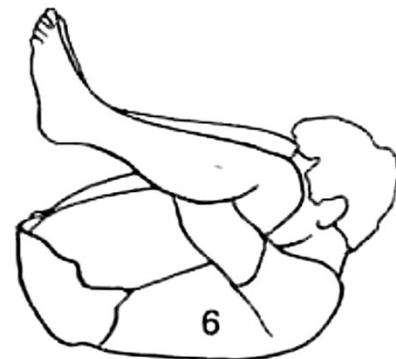
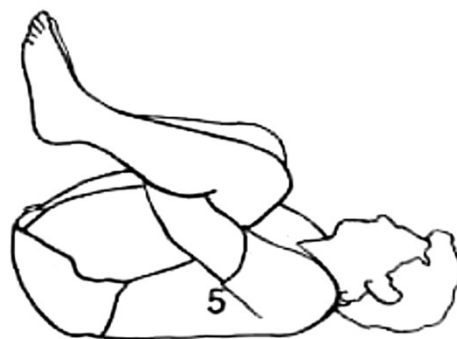
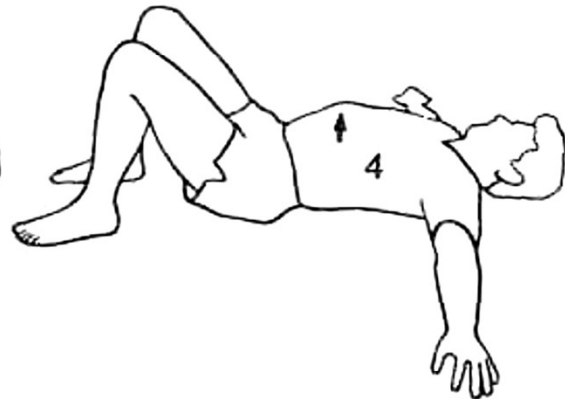
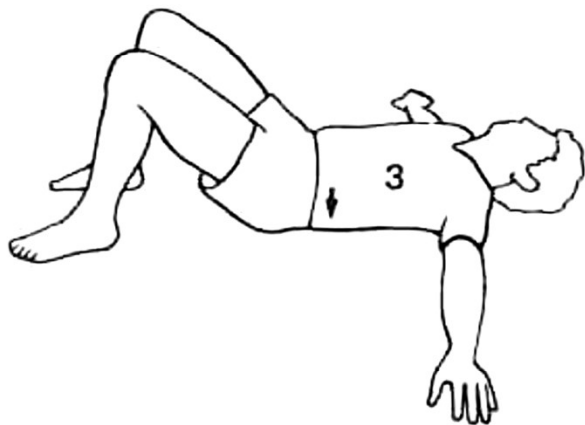
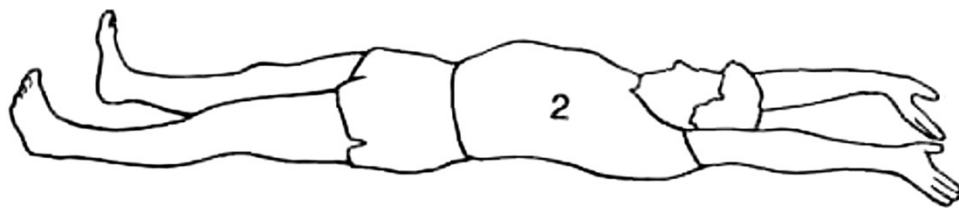
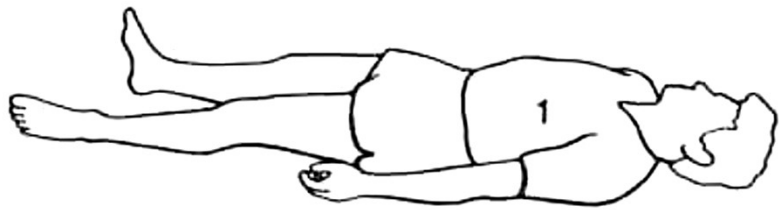


## Unpleasant Experiences Calendar

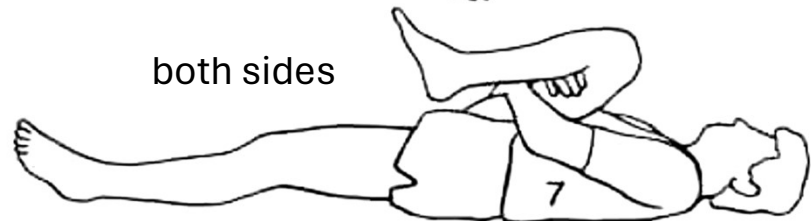
Be aware of an unpleasant experience *at the time it is happening*. Use the following questions to focus your awareness on the details of the experience as it is happening. Write it down later.

What was the experience?	Were you aware of the unpleasant 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>Realizing that I have an important email that I forgot to send.</i>	Yes	<i>Tightness in the jaw, tension in the shoulders, upset stomach.</i>	<i>Anxiety, racing thoughts, "Is it too late to respond now?"</i>	<i>Annoyed with myself (for forgetting).</i>
<i>Day/date: _____</i>				
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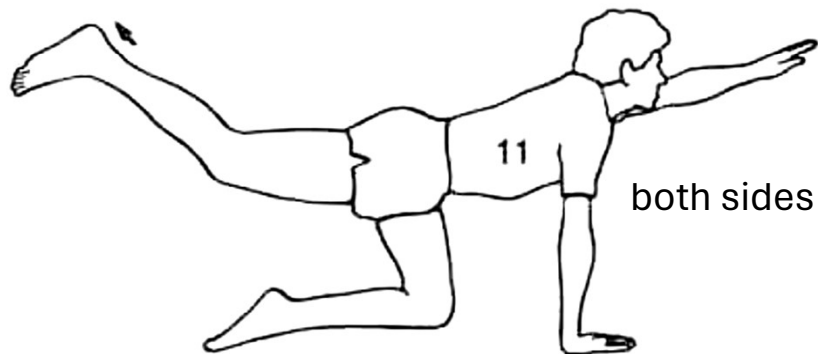
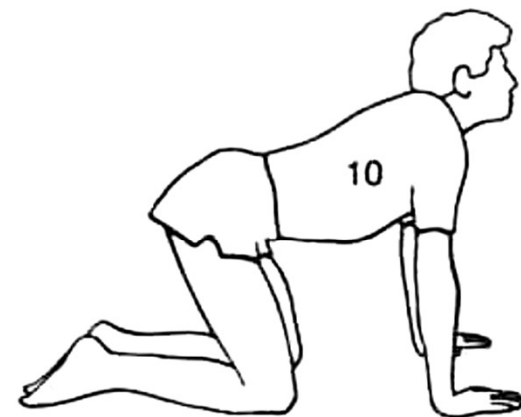
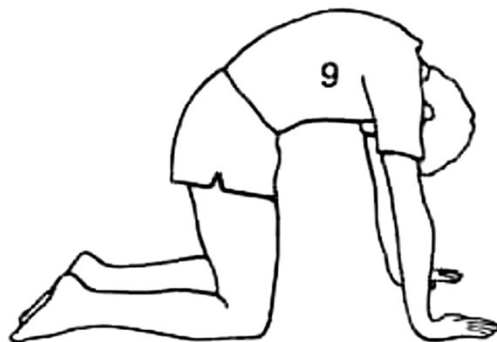
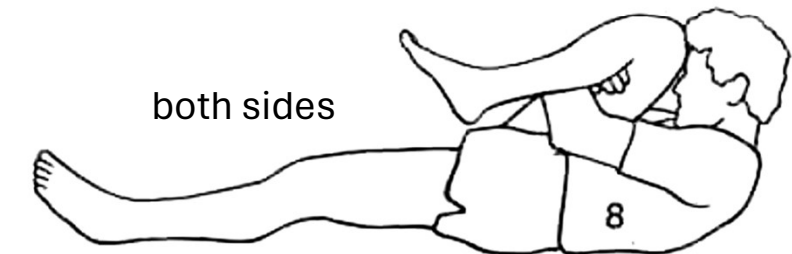
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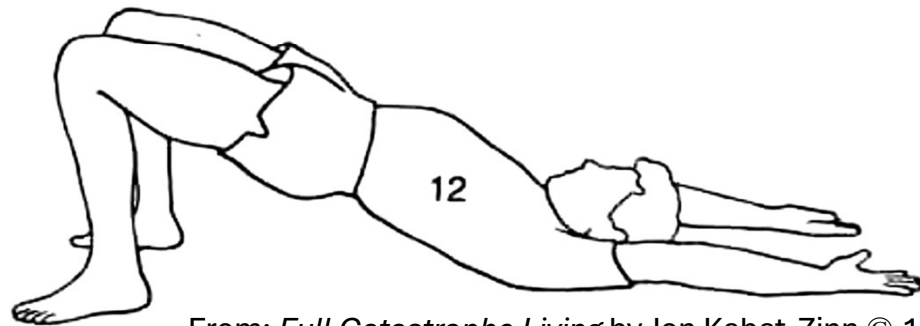
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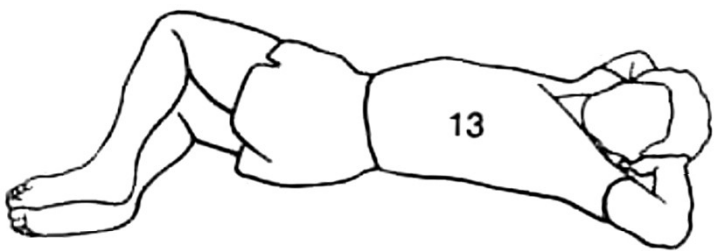


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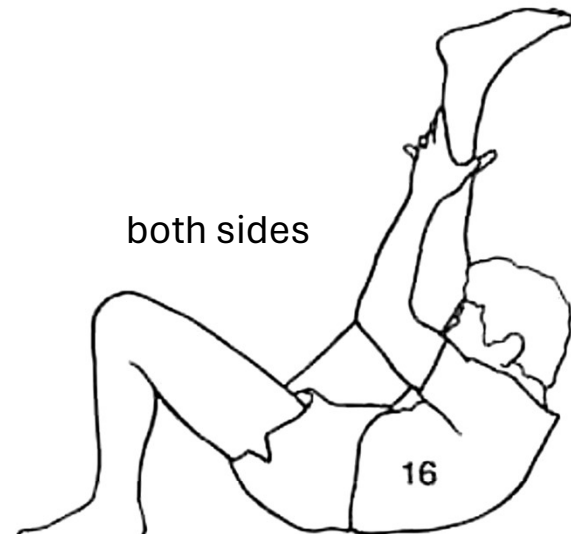


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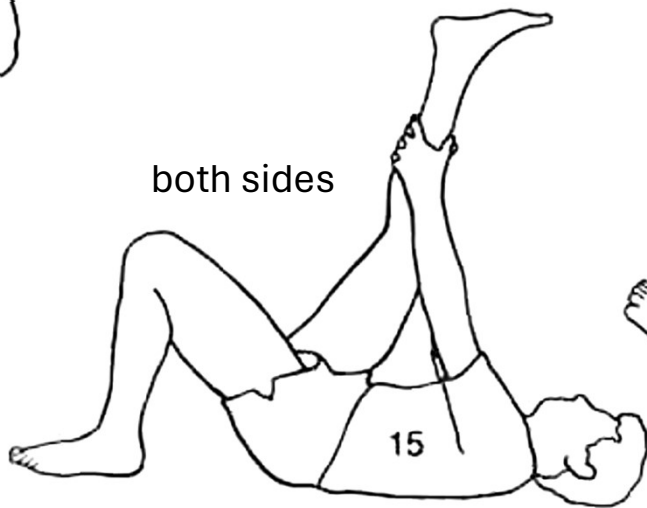




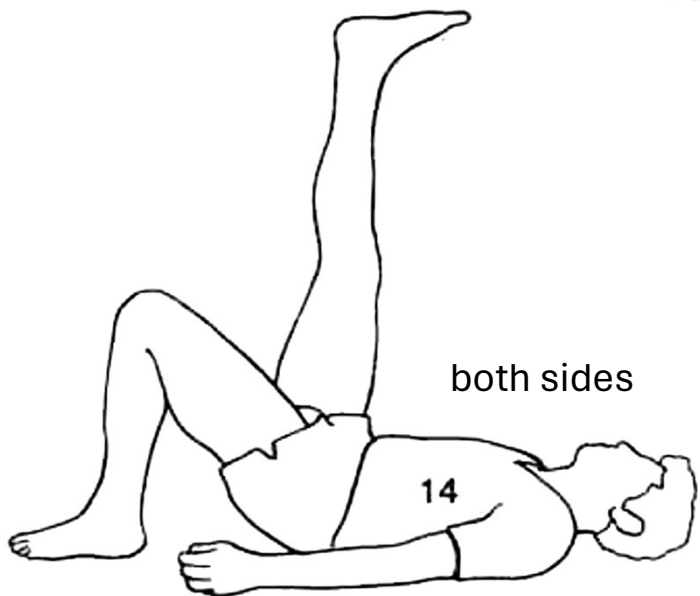
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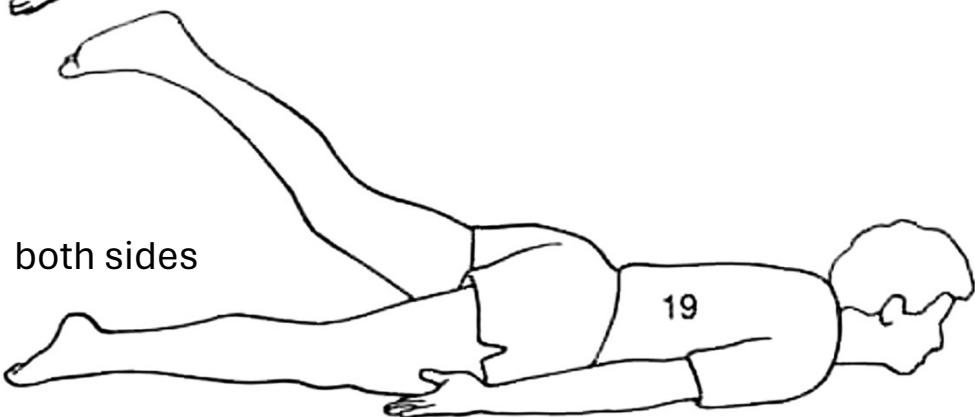
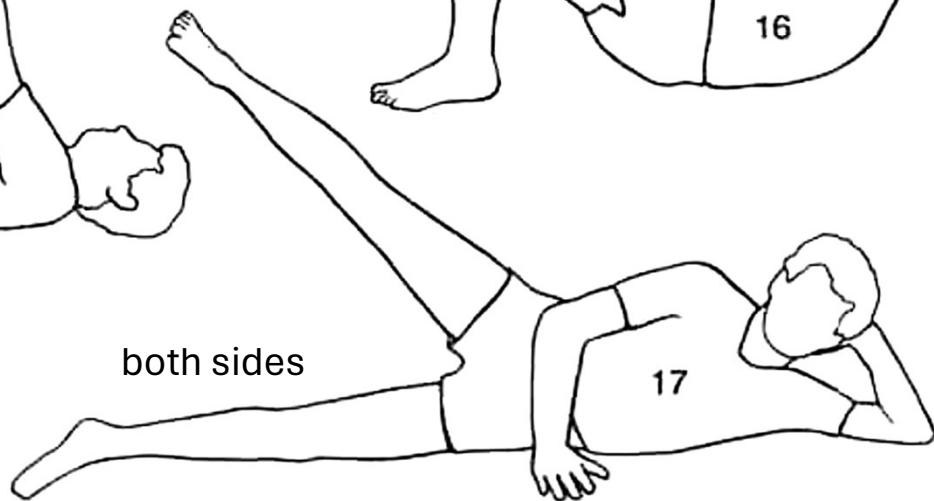
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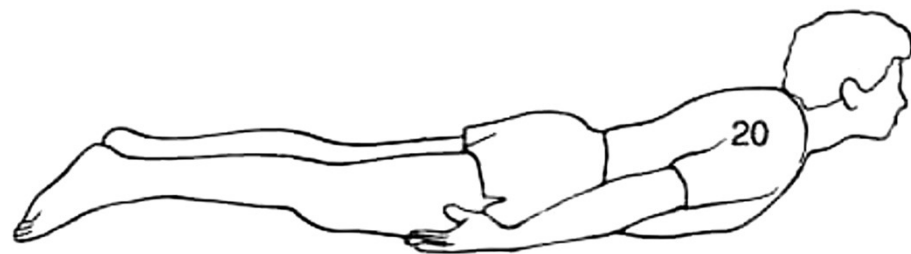
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