

Mindfulness

- "paying attention in a particular way: on purpose, in the present moment, and non-judgementally" (Kabat-zinn, 1994)

Mindfulness – Loving Kindness

-This week we are going to focus on loving kindness.

-Another great benefit of practicing mindfulness is that it can increase **empathy**.

-Empathy refer to our ability to understand the way another person feels.

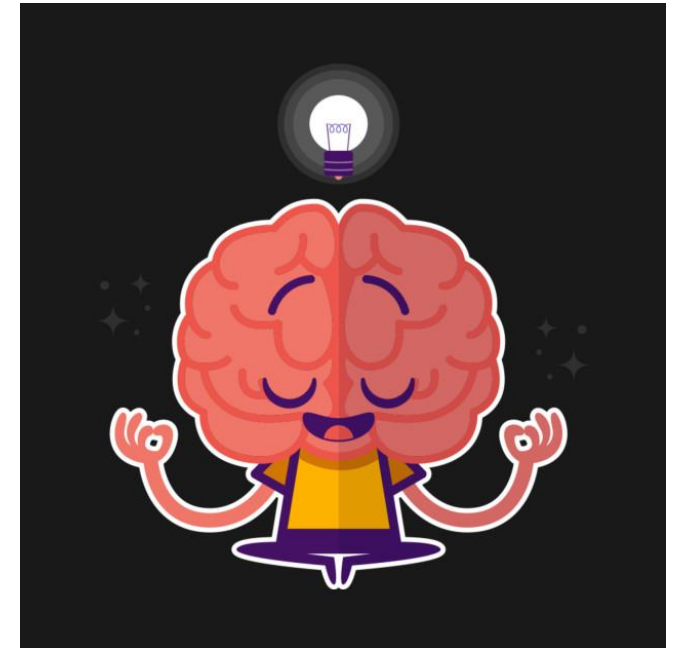


Mindfulness – The Present Moment

-In our brain, we have a small structure called the insula. This is activated whenever we practice mindfulness.

-The brain is like a muscle, if we use a part of it that part will grow stronger.

-The insula is responsible for empathy. That is why people who practice mindfulness become better at empathising.



Mindfulness – Friendly Wishes Meditation

What to do

In this meditation you always begin with sending loving kindness or friendly wishes to yourself. When you have done this, you are ready to send loving-kindness towards others.

Picture yourself and each of these people in your mind and send them “friendly wishes” each in turn such as:

May I be safe

May I be well,

May I be happy.

[Now pick a family member]

May [my sister/brother/Mam/Dad] be safe

May [my sister/brother/Mam/Dad] be well.

May [my sister/brother/Mam/Dad] be happy.

May my friend be safe

May my friend be well

May my friend be happy.

[Pick somebody who you know but isn't a friend]

May he/she be safe

May he/she be well

May he/she be happy

[Pick a person who you find difficult]

May this person I find difficult be safe

May this person I find difficult be well.

May this person I find difficult be happy.

May all of the people in the world be safe

May all of the people in the world be well

May all of the people in the world be happy.

Mindfulness – Take Away Points

- Sometimes people find it difficult to send loving kindness to people that they do not usually get along with. This is normal. Give yourself time to adjust to this new way of thinking.
- Buddha says “Holding onto anger is like drinking poison and expecting the other person to die”.
- Enjoy sending kind thoughts and relieving yourself of anger.

