

KORABEK TRAINING

Building *Resilience* Through Mindfulness

Mindfulness is the ability to be present, undistracted with an open curious mind and a kind heart. The gentle, warm kind of feeling. On the other hand, meditation is an exercise where we learn to be more mindful, but away from everyday life. It's a bit like going to the gym and going on the treadmill so we can be fit and active and functional in everyday life.

Andy Puddicombe, founder of Headspace and former monk

Be clear about your intention

Mindful meditation is not about getting rid of our thoughts or just being peaceful

Posture

- Grounded - feel your feet on the floor, seat on your seat, weight of the body
- Upright - feel the length of your spine, long but not rigid
- Open - relax your shoulders, soften and open your front
- At Ease - rest your hands in your lap comfortably

3 Types of Practice

1. Focused - purpose is to settle the mind, cultivate focus, let go of distractions
Rest your attention on a single experience: breath, physical sensation, object
When you notice that your attention has wandered, bring it back again and again and again.
2. Open - purpose is to calm the mind by refraining from attaching
Use sound as the anchor for the mind. Try to let in all the sound around you.
When you notice you are closing down around one thought or sound, bring your attention back to all the sound.
3. Contemplation - purpose is to cultivate a particular quality like noticing good or sending loving-kindness
Example - Taking in the Good practice. Bring to mind something that is good or when good things happen, pause and stay with the positive experience longer (5, 10 seconds - a minute!), allow it to sink into your body.

Walking practice - transition from formal meditation to everyday activity.