

# Mindfulness for Beginners

## Session 2 - Awareness of Body

- How did you get on with your practice in the week?
- Have you experimented with your time and space for formal meditation?
- What you think of the Jon Kabat Zinn video?
- Which attitude resonated with you the most and why?

### The 9 Attitudes of Mindfulness

#### Beginner's Mind

- ② Viewing our experiences through fresh eyes.
- ② Aim not to carry our past knowledge and experience to a situation but to look at it again with a new 'gaze'.
- ② Allowing room for novelty and possibility.



#### Patience

- ② Impatience that means that we are always thinking of what's ahead rather than having an awareness of the present moment.
- ② By cultivating an attitude of allowing things to 'unfold in their own time' rather than trying to rush things along.
- ② Greater sense of calm and a deeper understanding of our experiences.



#### Non- Striving

- ② Sometimes referred to as 'non-doing'
- ② To be aware of your thoughts but not try to change them.
- ② Recognising what is here, now is good enough.
- ② The practice of not trying to make anything happen or achieve any kind of specific state of mind but simply to allow things to be as they are.

## Non-Judging

- ② Humans have opinions and make judgements about everything.
- ② By merely paying attention to it, and noticing when we are making a judgement we can free ourselves of a dualistic view of the world that can inhibit the clarity of our experiences, ie. this is good and that is bad.
- ② We can begin to view our experiences with greater discernment and understanding.
- ② To make judgements is a very human trait but we also try not to judge our judgements.

## Acceptance

- ② A recognition of how things are, even if we don't like the way they are.
- ② This doesn't mean that we passively resign ourselves to 'how things are'.
- ② Rather we increase our awareness of how things are – whether it be good or bad, rather than ignoring it.
- ② Through acceptance we are able to obtain greater clarity of our situation and consequently are able to take appropriate action in response to it.



## Trust

- ② Humans tend to trust our bodies will work for us and therefore pay very little attention to them.
- ② We trust our eyes to see and our lungs to breathe and don't really notice how much trust we instill in them until they start not to work.
- ② However, we don't always trust our own mind, hearts and 'gut instinct', why should these things be any different from our trust in our physiological bodies.
- ② By cultivating a trust in our minds we ourselves become more trustworthy and trusting of others.
- ② Makes a positive contribution to our experiences, relationships and challenges we might face in the world.



## Letting Go

- ② Humans tend to cling to bad experiences; this is an innate response to danger and pain and is perfectly natural.
- ② Originally a form of learning and self preservation at a time when humans were more physically vulnerable in their environment.
- ② The practice of mindfulness enables us to cultivate a wider field of awareness where we are able see things as they really are and allow us to just 'be'.
- ② In developing this awareness we free ourselves of the habit of 'clinging on'.

## Gratitude

- ② We take being alive for granted
- ② We take our bodies functioning for granted
- ② Noticing what we have and being grateful can instil sense of wellbeing.

## Generosity

- ② Powerful when you give yourself over to life
- ② Giving joy to others
- ② Demonstrating that you care about them
- ② Giving time attention and attention and thought to something other than yourself
- ② Helps you to feel 'connectedness'.



## Journal Activity

- How are you cultivating these attitudes in your daily life?
- Think about ways in which you can integrate each of them more fully in your life?
- Remember to be non-judgemental towards yourself as you are doing this exercise. Self Love is the key.

Last week we spoke about losing the connection between mind and body and how we tend to treat our bodies as merely transport for our heads. Our bodies, however, have a lot of wisdom to share with us and when we meditate we can restore the connection between the mind and the body and tune into its messages more effectively through the signs and sensations it provides.

Through this process we obtain a greater awareness of our whole being, our completeness. When we focus on our feelings (instead of pushing them away) we become more resilient in dealing with the more negative ones creating a sense of balance, peace and calm within ourselves. When we step out of judgment we begin to free ourselves of anxiety.

**Remember:**  
**If it wouldn't stand up in a court of law,  
it's not a fact!**



One of the most effective ways of restoring the connection between the mind and body is by practising 'The Body Scan Meditation'. The added bonus is that it's super relaxing too.

### **Homework:**

- 🕒 Practice focusing on your breath for a few minutes a day.
- 🕒 Practice the body scan meditation
- 🕒 Journal your experiences – any sensations to you feel in the body, insights.
- 🕒 Think of ways in which you can apply the 9 attitudes mindfully in your everyday life and put this into practice.