

MINDFULNESS MEDITATION FOR EDUCATORS



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SETTING AN INTENTION

- SETTING AN INTENTION PREPARES US FOR AN ACTION, GETS OUR MIND AND BODY READY

- "WITH BOUNDLESS COMPASSION AND WISDOM, I WILL WORK FOR THE WELFARE OF ALL.

MAY WE BE FREE FROM HUNGER AND DISCORD AND HAVE JOY AND A WORLD AT PEACE."

TERGAR.ORG



HOME-BASE PRACTICE

- THE 'HOME-BASE' PRACTICE BRINGS YOU HOME TO YOUR MIND AND BODY
- USE THE BREATH BODY BECAUSE THEY WILL KEEP YOU IN THE PRESENT MOMENT AND ARE ALWAYS WITH YOU....
- LET'S PRACTICE....



WHAT IS MINDFULNESS MEDITATION?

- IN SANSKRIT, MEDITATION MEANS "TO CULTIVATE"
- IN TIBETAN, MEDITATION MEANS "TO BECOME FAMILIAR WITH"
- A TOOL TO HELP US CULTIVATE HAPPINESS AND BECOME AWARE AND FAMILIAR WITH OUR MINDS





- MEDITATION IS SIMPLY AWARENESS
- AWARENESS IS LIKE A LIGHT.... WHEREVER YOU SHINE IT IS WHAT YOU WILL NOTICE
- MINDFUL AWARENESS IS SHINING THE LIGHT ON THE PRESENT MOMENT.
- IT IS NOT ABOUT EMPTYING THE MIND OR GETTING RID OF SENSATIONS, FEELINGS OR THOUGHTS

ESSENCE OF MEDITATION

- "WITHIN US IS A TOTALLY UNCOMPROMISED, IMMACULATE AWAKENING—RIGHT NOW, IN THIS VERY MOMENT. WE HAVE ALWAYS BEEN AWAKE AND AT EASE BUT HAVE NOT KNOWN THIS."

REGINALD RAY



WHY MEDITATE?

- YOUNGEY MINGYUR RINPOCHE, A TIBETAN BUDDHIST MONK/LAMA/TEACHER, SPEAKS ABOUT MEDITATION
- [HTTPS://WWW.YOUTUBE.COM/WATCH?V=LKOOCW_TP1I](https://www.youtube.com/watch?v=LKOOCW_TP1I)

HAPPIFY WITH DAN HARRIS

- [HTTPS://WWW.YOUTUBE.COM/WATCH?V=W6T02G5HNT4](https://www.youtube.com/watch?v=W6T02G5HNT4)



HISTORICAL ROOTS

- EVIDENCE FROM WALL ART OF HUMANS IN MEDITATION POSTURE AS EARLY AS 5000 TO 3500 B.C.E.
- EARLIEST WRITINGS COME FROM ANCIENT HINDU TEXTS (1500 BCE)
- SIDDHARTHA GAUTAMA WAS BORN IN 5TH CENTURY B.C.E. - SEE SIDDHARTHA BY HERMAN HESSE



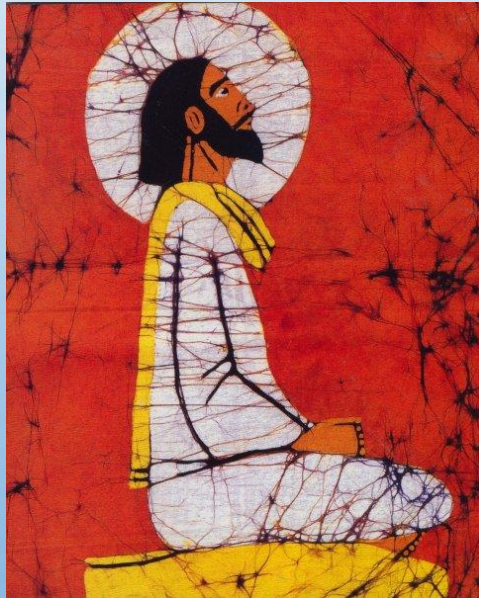
CONTEMPLATIVE PRACTICES SPREAD

- BUDDHIST FORMS OF MEDITATION SPREAD TO SOUTHEAST ASIA, CHINA AND JAPAN BEFORE MAKING THEIR WAY WEST ALONG THE SILK ROAD.



FAITH TRADITIONS INCLUDE MEDITATION

- ISLAM, CHRISTIANITY, AND JUDAISM ALL ENCOURAGE PRACTITIONERS TO EXAMINE THEIR MINDS AND HEARTS IN QUIET CONTEMPLATION.



MEDITATION REDUCES DANGER ALARM REACTIVITY

8 WEEKS OF MINDFULNESS BASED STRESS REDUCTION (MBSR) WITH PRE AND POST FMRI'S SHOWED...

→ DECREASED VOLUME IN THE RIGHT AMYGDALA

→ REDUCTIONS IN PERCEIVED STRESS

COMPARED TO PARTICIPANTS IN THE WAIT-LIST CONTROL GROUP. (DAVIDSON, ET AL., 2012).

MEDITATION STRENGTHENS THE HERO BRAIN

- INCREASES THE SIZE AND EFFICIENCY OF THE HERO BRAIN (PFC)
- INCREASES CONNECTIONS BETWEEN THE HERO BRAIN AND OTHER ORGANELLES LIKE THE HIPPOCAMPI AND AMYGDALAE
- (GREENWOOD, BN, ET AL., 2013)

MEDITATION AND SCIENCE
WITH DR. RICHARD DAVIDSON
FROM THIS EMOTIONAL LIFE - PBS

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=6ABBD
H1PFZM](https://www.youtube.com/watch?v=6ABBDH1PFZM)

