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# Session 3 - Becoming Present

1. Welcome
2. Check in
3. Recap and Home Practice Review -
   1. Routine Tasks - *what were people’s observations?*
   2. Unpleasant Events feedback - *observations? Add-ons?*
   3. Body Scan - *Learning to let go of a focus as well change where attention is. Can learn to let go of old trains of thought.*

*How to deal with these problems – acknowledge them…’ah there’s criticism’, ‘there’s judgement’. Treating thoughts kindly helps to quieten them. Nagging kids/spouses/debt managers metaphor.*

*Be realistic. – A 30 minute mindfulness of the breath actually means the mind will be on the breath for less than 30 minutes, maybe a lot less. Mind wanders 100 times, bring it back 100 times, and congratulate yourself for noticing 100 times.*

*We are aiming for awareness and co-operation, rather than control.*

*Definition of Curiosity – Having an attitude of alert interest or wise attention.*

1. Tips and Obstacles for Body Scan

***Am I doing it right?***

*Feeling pain tension and judging it*

*Critical thoughts*

*Feeling relaxed and being attached to that feeling*

***I got bored, irritated***

*Be curious about that reaction. When did it occur, same time, different times? Did the feeling lead on to other thoughts and feelings? How did you react to it? Could you observe the thought/feeling and return attention to the body?*

***I don’t think I’m getting it***

*What is it you are not getting? Let go of an aim or goal for the practice and just do it.*

***I got upset***

*We may have emotions that we have suppressed or rationalised that come up when we focus on our bodily sensations. Having the focus on the body as a background to what comes up, and a place to return to, enables us to be able to acknowledge such feelings without being overwhelmed by them.*

***The conditions weren’t right***

*Noise, interruptions, disappointment, expecting conditions to be a certain way. Let go of expectation, or observe reluctance to let go, or be curious about reactions.*

***I couldn’t find time to do the home practice***

*Be curious about why. Note thoughts and feelings about doing the practice over the next week.*

*All of these are judgements…the guidance is to just do the practice and be curious about what you experience.*

1. Introducing Breathing

*Our breath is always with us. It connects and links all the events in our lives, from beginning to end, from birth all the way to death. The breath is always there, moving of its own accord. It does itself*

*breath changes with our moods – short and shallow when we’re tense or angry, faster when we’re excited, slow and full when we’re happy, and almost disappearing when we’re afraid. It can help become more aware of how we are feeling*

*The breath is with us all the time and we can use it as a tool, as an anchor, to bring stability to the body and mind simply by becoming aware of it. We can tune in to the breath at any moment we choose.*

*Mostly we are not in touch with our breathing, we don’t need to be. The breath breathes itself. Becoming aware of our breath is an important and useful skill in becoming more mindful. We can start to notice how our breath changes in response to our moods, thoughts and movements. We don’t have to interfere with it, we can just let it get on with what it does, while noticing it and getting to know it, We just watch our breath, observe it with a sense of interest and curiosity.*

*As with the body scan, we can learn to use the breath as a background to noticing when our mind has gone away and noticing what we are feeling. The breath is there for us to come back to no matter what conditions are around us.*

1. 5 minute breath spoken
2. Discuss
   1. Contrast with body scan
   2. Success and failure
   3. Judgements

*Problem – noise, frustration, thoughts, judgements.*

*Response No right or wrong…just awareness*

*Problem Does lack of practice mean failure?*

*Response No right or wrong, just awareness*

*How to deal with these problems – acknowledge them…’ah there’s criticism’, ‘there’s judgement’. Treating thoughts kindly helps to quieten them. Nagging kids/spouses/debt managers metaphor.*

*Be realistic. – A 30 minute mindfulness of the breath actually means the mind will be on the breath for less than 30 minutes, maybe a lot less. Mind wanders 100 times, bring it back 100 times, and congratulate yourself for noticing 100 times.*

1. 10 Minute Breathing – CD
2. **Break**
3. Simply seeing and Simply Hearing

*Just as with the raisin exercise, we can use simply seeing and simply hearing as a way to relate differently to the familiar.*

*Letting go of the need to interpret and label (doing mode), we can learn to have a different relationship with our experiences and just be with them (being mode).*

*In this way we can become aware that our experiences are made up of an event, such as the physical act of hearing or seeing, plus the add-ons of what we think or feel or understand about the event.*

*Simply seeing and hearing gives us practice in just being.*

*At the end of the spoken meditation we are often invited to bring with us the sense of spaciousness, of being, to whatever we are going to do next. Simply seeing or hearing is another way to bring that spaciousness to whatever we are doing.*

1. Being vs Doing modes
2. Simply Seeing and Simply Hearing

### *Simply Seeing*

***Take up a position where you can see something but are still able to hear the instructions, Maybe looking at a wall, out of the window, at the tabletop whatever.***

***Paying attention to what is being seen, as best as you can, let go of categories. Rather than seeing trees, houses, cars and so on, simply see things as patterns of shape and colour, light and shade, as if you have never seen it before.***

***When you become aware that you are thinking about what is being seen, or that your mind has wandered, gently return your attention to simply seeing what is, without needing to interpret it of make sense of it.***

***Simply hearing***

***Sitting here quietly, closing your eyes if you wish. Becoming aware of any sounds around you that you can hear. Hearing these sounds as patterns of tone and pitch. Letting go, as best as you can, of the need to make sense of these sounds, letting go of the need to label them as cars going by, rain falling on a window and so on. Not judging the sounds as good or bad, but simply allowing them to be sounds that you are hearing.***

***When you become aware that you are thinking about what is being heard, or that your mind has wandered, gently return your attention to simply hearing what is, without needing to interpret it of make sense of it.***

1. Discussion

***Simply Seeing***

*We can practice seeing patterns of light and shade, colour and texture. And for the time being, letting go of the idea that what we are seeing may be called a tree, a car, a tunnel. Whenever we become aware that we are thinking about what we are seeing, or when our mind has wandered, we can simply notice and bring our awareness back to simply seeing.*

## Simply Hearing

*Just as in the Simply Seeing exercise, we can simply hear sounds as sounds. As patterns of tone, pitch and volume. There is no need to label the sound as a cough, a phone ringing, a car revving it’s engine. It is simply sound, it does not need description. Again, when you notice that you are thinking about the sounds, just notice, ‘Ah there’s thinking’, and as best as you can, let go of the thoughts and return to just hearing sounds.*

1. Home Practice and Handouts
   1. 5-10 Min Breathing Meditation with and/or without CD
   2. See or Hear – daily
   3. Do the 10 min (track 1) or 20 min (track 3) body scan on alternate days (20 min from http://www.integrativehealthpartners.org/downloads/20%20Min%20Body%20Scan.mp3)
2. Checkout