

The concept of embodiment is evolving and presents both personal and professional meanings for you as a mindfulness teacher. Consider the concept of embodiment as presented in this video, titled Metta Monday, Moving through Mindfulness and into Embodiment with Rebecca Polan.

<https://www.youtube.com/watch?v=00iV2wDt85s>

Thoughts? What are your core values or attitudes?

There are two ways that you bring your embodiment into your teaching

1. Present moment focus
2. Bringing the attitudinal foundations of mindfulness to moment to moment experience.

*“Embodiment of mindfulness involves the teacher sustaining connection and responsiveness to moment by moment arising (within self, within individuals and within the group) and bringing the core attitudinal foundations of mindfulness practice to all of this.”*

~Crane, et. al, MBI-TAC

You may recall that we learned the attitudinal foundations of mindfulness earlier in this course. To review, they are:

- Beginner's Mind
- Non-judging
- Patience
- Trust
- Non-striving
- Acceptance
- Letting Go/Letting Be

What is your evidence of bringing attitudinal foundations to your teaching?

The attitudinal foundations reside within your experience and present moment focus. Your present moment focus is evidenced by your posture, physical groundedness, steadiness, physical sense of ease, calm and alertness, rhythm, and pitch of voice tone.

Your present moment focus is found within your responses to:

- Individuals within the group by your awareness of responsiveness to “in the moment” interpersonal issues that arise within the process
- The group as evidenced by appropriate awareness of in the moment issues arising in the group
- To the teaching process by your appropriate curriculum choices and interactive teaching.

Journal your exploration of attitudinal foundations in your embodiment of mindfulness at personal and professional levels.

Reflection Questions

Practice the mindfulness exercises for teachers from the previous lesson and consider how they will help you to embody mindfulness.



What evidence will you seek to develop your embodiment of mindfulness in your teaching?

