

As you begin this lesson, “What is Mindfulness?”, pause to consider your understanding of mindfulness. What is your personal definition of mindfulness?

“Mindfulness is non-judgmental awareness of your moment-to-moment experience.”
(Sean Fargo)

“Mindfulness is awareness, cultivated by paying attention in a sustained and particular way: on purpose, in the present moment, and nonjudgmentally to the unfolding of experience moment by moment.” (Jon Kabat-Zinn, 2003)

“The first component of mindfulness involves the self-regulation of attention so that it is maintained on immediate experience, thereby allowing for increased recognition of mental events in the present moment. The second component involves adopting a particular orientation toward one’s experience in the present moment, an orientation that is characterized by curiosity, openness, and acceptance.” (Scott Bishop, et. al, 2004)

Pause to consider how these definitions compare to your own understanding.

When you consider your role as a mindfulness teacher, how might you unpack these definitions for your students?

There are three types of mindfulness meditation:

1. Focused attention, which is the practice of returning concentration to again and again to one object, such as breath. The focused concentration helps to calm the mind;
2. Open monitoring, which is paying attention to what comes to mind from one moment to the next, and;
3. Loving kindness and compassion meditation, which cultivates warmth and goodwill toward oneself and others.

To understand mindfulness, think of it as a practice of "sensing" instead of "fixing".

When we fail to be mindful in our thoughts and actions, there are consequences. List the potential negative consequences that may arise when we are not mindful.

View the video, "The Raisin Experience". This video is located at this link:

<https://www.youtube.com/watch?v=5YkjoXuCfWY>

Reflection Questions

What did you observe as you engaged in the Eating a Raisin Exercise?

Revisit your beginning working definition of mindfulness. Has it shifted? Refine it here:

What questions do you anticipate from your students?

Mindful Practice and Teaching Exercise

Let us take the practice of mindful eating deeper with the exercises that are located in the appendix. You will find two exercises: Eating Mindfully and Eating Meditation. Try each in your own practice. Select the one you prefer to use in your teaching.

If you are seeking a Certificate of Completion, you will teach the exercise on three occasions. Refer to the Self-Assessment Tool and collect evidence of your teaching of the exercise.

Supplemental Activity

Learning to practice Mindfulness does not have to be difficult. Rather, it can be a matter of carving out the time. In this Ted Talk Andy Puddicombe explains how a 10-minute meditation can be accomplished.

<https://www.youtube.com/watch?v=qzR62JJCMBQ>

What is your take away from this video?