

There are four foundations to the teaching of mindfulness. They are listed:

- Mindfulness of the Body
- Mindfulness of the Feeling Tones
- Mindfulness of the Mind
- Mindfulness of How the Mind Operates

Each will be explored in more detail in the video course and with the supplemental resources of this study guide. Take the time to view each of the videos and take notes, recording your new learnings and insights.

### Mindfulness of the Body

Mindfulness of the body is the starting point and anchor to the present moment.

This video, narrated by Jon Kabat-Zinn, is a guided exercise of the body scan.  
<https://www.youtube.com/watch?v=15q-N-kkrU&feature=youtu.be>

Notes:

### Mindfulness of the Feeling Tones

By being mindful of the body, all experience can be categorized as pleasant, unpleasant or neutral. Feeling tones accompany emotions.

In this video, Dr. Jamie March takes you through a guided exercise in Mindfulness of Feeling Tone. <https://www.youtube.com/watch?v=JR-OK4Uf-GA>

Notes:

### Mindfulness of the Mind

As you explore mindfulness of the mind, view this video, What Is the Stream of Consciousness?

<https://mindfulnessexercises.com/stream-of-consciousness/>

Notes:

### Mindfulness of How the Mind Operates

In observing how the mind operates, one becomes aware of the forms of existence, virtues, or enlightenment are manifest.

In this video Eckhart Tolle discusses the state of enlightenment.

<https://mindfulnessexercises.com/concept-of-enlightenment/>

Notes:

### Ethics: The Five Precepts

There are 5 ethical guidelines that are foundational to developing safety for oneself and your students.

- Not killing or harming
- Not stealing
- Not harming anybody, including oneself, with sexuality or strong desires
- Not lying
- Not intoxicating the mind with anything that leads to addiction

You also have professional ethics or a code of conduct. The ethics to who you are and how you conduct yourself are the foundation of your authenticity as a facilitator to the learning of others.

### Reflection Questions

As you practice mindfulness exercise, what are you noticing in the working of your mind? What are the shifts within your practice?

As you work with others, how might awareness of the feeling tones be healing and transformative for them?

How do your personal and professional ethics shape your mindful choices?