



The School of Mind

Meditation/Mindfulness Course Schedule 2020



SECTION ONE - MEDITATION

10:00

Introduction

Expectations, goals, and the necessity of commitment and determination is discussed.

The importance of mental health and mental fitness.

Resistance to change and how we overcome this is touched on here and expanded on later.

10:15

Correct Posture in Meditation:

How we sit in order to be comfortable yet alert during meditation is now discussed, demonstrated, and experienced. Although some find the association of crossed-legs, cushion and mat useful, chairs are also provided.

10:30

Correct Breathing in Meditation:

How we breathe is something that is often overlooked. As a semi-autonomic function we're able to bring the process of breathing into our conscious awareness. As such, the use of controlled breathing in meditation is now discussed, demonstrated and experienced. Controlled breathing is used at the start of meditation, becoming less controlled, developing into a rhythmic and relaxed style.

10:45

Techniques and Skills:

How to meditate. In order to gently introduce students to the art of meditation, various methods used for focusing attention are now discussed and experienced.

In order for the individual to gain a sense of what is involved, each method is only experienced, for a short time.

Thoughts and feelings feedback is important now, as any unconscious resistance, can be picked up on and questioned at this early stage.

The mind does have a tendency to resist those things that can instigate rapid change.

11:45

Raising Awareness to the Nature of Thought:

The unconscious and the conscious mind.

Self-talk and auto suggestion is discussed (positive and negative).

What is thought? - Practical exercise.

What are beliefs?

What am I thinking?

How are thoughts generated?

Where is the mind (with these thoughts) the majority of the time?

Are we thinking about the past or imagined futures?

Are our thoughts fantasy?

What bearing does this have on any coping mechanisms we might have?

What is happening for us in the present moment?

After group discussion - based around these questions - we now bring together what we've learnt so far.

Sitting correctly, focusing on our breathing, the first five minute meditation session begins. Because this is guided, it is quite often found to be a new, and profound experience for participants.

Thoughts and feelings feedback.

13:00 Lunch

SECTION TWO - MINDFULNESS

13:30

Mindfulness from Meditation:

Conscious/Unconscious Conflict - Practical Exercise

What is mindfulness and the consequences of its opposite?

How does the regular practice of meditation lead to mindfulness?

The actual mechanics of mindfulness are discussed at this stage.

What we must do - and how we must be - in order to gently steer the mind into present moment focus, is discussed.

Issues relating to compassion, opinions, the ego and non-judgement are now explained.

A second five minute meditation session is now experienced.

Thoughts and feelings feedback.

14:30

Managing Stress and Enhancing Well-being from Mindfulness:

The most important question: *How do I do stress?*

How does mindfulness reduce stress - how does negative analytical thinking create it?

How the power of a calm and present mind helps us to declutter our minds, and then prioritise and place correct perspective on matters, is now discussed.

Stress tolerance very much depends on the individual. Fear has a large bearing on this, and so raising awareness to the nature of our thoughts, and then keeping them under our conscious control, is the epitome of stress management. Mindfulness skills are key.

How we create our own difficulties becomes increasingly apparent through mindfulness. How this enables us to change and improve general quality of life is discussed.

Third five minute meditation session begins.

15:00

How Mindfulness is Achieved from Meditation:

We are reminded of the importance of determination, self-discipline and commitment, at this stage. Daily meditation is a must if we're to increase and develop mindfulness skills.

How we anchor the focused attention achieved during meditation, to enhance everyday mindfulness, is now discussed and experienced. Fourth five minute meditation session (with anchoring exercises) begins.

15:30

Building Mindfulness from Daily Meditation (simple is powerful)

Keeping the mind predominantly present-moment-focused is something that grows with time. This ability builds through daily meditation practice. Through anchoring our minds, to the calm focus found during meditation, we increasingly draw our conscious attention to the nature of our thoughts. We discuss the powerful consequences of increased self-awareness through mindfulness.

Again we discuss and acknowledge how the mind will resist the process of change.

If we wish to improve the quality of our lives, and better manage stress through mindfulness, rest from meditation must never be a prolonged absence.

Meditation statements (slide presentation).

Time permitting, relaxation, mindful movement, and mindful walking exercises, will also be covered.

The fifth and final meditation session begins (ten minutes).

16:00

Presentations.

Positive suggestions to close.