



4 ways to practice Mindfulness



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Contenu

1	Grateful thanks	4
2	Introduction	5
2.1	Presentation	5
2.2	Meeting the Dharma	5
2.3	Meeting with the MBI (Mindfulness Based Interventions) and start of the « ArianeGroup Mindfulness association »	5
2.4	Start of the « Mindfulness association » within “Budo-Club Le-Haillan”	6
2.5	Goal of this book.....	6
3	4 ways to practice Mindfulness	7
4	Mindfulness practice training courses structure	8
4.1	Typical session structure	9
4.2	Typical week structure	9
4.3	Personal engagement of attendees	9
4.4	Bibliography:.....	9
5	Reminder of the goal of Mindfulness	10
6	Environment	11
7	Sitting	12
7.1	My experience feedback.....	13
8	Session 01 - Breathing	14
8.1	Commentary	15
8.2	My experience feedback.....	15
9	Session 02 – Body scan	17
9.1	Commentary	18
10	Session 03 – Meditation in motion	19
10.1	Walking meditation.....	19
10.2	Commentary	19
10.3	Aiki Mindfulness	21
11	Session 04 – The 6 consciousness	22
11.1	Commentary	23
12	Session 05 – Feelings	24
12.1	Commentary	25
13	Session 06 – Thoughts and emotions	26
13.1	Commentary	27
13.2	My experience feedback	27
14	Session 07 – Loving kindness	28
14.1	Commentary	29
14.2	My experience feedback	29
15	Session 08 - Synthesis : Stillness / Peace / Serenity + Clear view / Clear understanding / Wisdom + Loving kindness / Compassion	30
16	Session 09 - Refuge + Internal weather forecast + Dedication	31
17	Session 10 - Stress	33
18	Sessions 11-12-13 – Don’t know mind	35
18.1	Impermanence (everything change and evolve perpetually)	35
18.2	Interdependency (everything depends on multiple causes and conditions, nothing is autonomous).....	35
18.3	Inter-being (everything relies on everything else in order to manifest).....	36
18.4	Commentary	37

19	Session 14 – Mindful communication	39
19.1	Mindful listening	39
19.2	Mindful speech	39
19.3	Interpersonal Mindfulness	40
19.3.1	Insight dialogue (Gregory KRAMER)	40
19.3.2	Nonviolent communication (NVC - Marshall ROSENBERG).....	40
20	Session 15 – Just like me, Namaste	41
20.1	Just like me	41
20.2	Namaste.....	42
21	Session 16 – The 4 immeasurables	43
22	Session 17 – The 4 Noble Truths, the eightfold path, ethics	45
22.1	The 4 Noble Truths	45
22.2	The eightfold path	45
22.3	Ethics (5 precepts)	46
23	Session 18 – Brotherhood	48
24	Session 19 – Tonglen.....	49
25	Session 20 – The 8 consciousness, ego and karma.....	50
25.1	The 8 consciousness	50
25.2	The Ego.....	50
25.3	The Karma	51
26	Mini retreat in silence during half day	52
27	Mindfulness, benefits in daily life and at work	53
28	Conclusion	56
29	Dedication	57
30	Addendum	58
30.1	Satipatthana sutta extract	59
30.2	ArianeGroup CSE-Atlantique Mindfulness association - Charter	60
30.3	Tribute to Jon KABAT-ZINN.....	61
30.4	Mindfulness in France.....	62
31	Colophon	64
32	Bibliography.....	65

1 Grateful thanks

I thank my parents, Dominique and Frédéric, who take care of me (when I was not able by myself: which was quite long...), educated me, teaches me how to keep a critical eye and to build my own opinion and gave me the freedom to make my choices by myself (even if I'm sure they did not approve each of them...).

I thank my brothers, Charles and Donatien, the first who teach me the necessity to share and with who I have spent a lot of time playing, in the countryside (Latresne) and at the seaside (Lacanau et Le Porge).

I thank my paternal grandparents, Yvette and Jean, who hosted me for noon lunch for a while and offered me wide playgrounds (La Bastide et Perignon).

I thank my maternal grandparents, Christiane and Pierre, who took me with them on holidays very often, made me discover skiing and walking in the mountains, which was my very first contemplative and meditative experience.

I thank all the other members of my family: aunts, uncles, cousins, nephews and all my family in law who welcome me with open arms.

I thank all my parents' friends, who provided me other point of views.

I thank all my friends, for the quality time we share together.

I thank all my school and university teachers, who gave me the opportunity to learn many things and especially how to be organized, how to lead a scientific investigation and how to manage problem solving.

I thank my wife, for her love and tenderness and for the exemplarity of her engagement to support and help others.

I thank my daughters, Sarah and Anna, that I'm very proud of and who teaches me the immense pleasure we got from taking care of others (with unconditional love).

I thank all my Dharma teachers, who inspire me and guide me on the right path.

I thank my employer, who enables me to increase my skills, competencies and to grow. And who gave me the first opportunity to guide Mindfulness practice for my work colleagues.

I thank Stéphane FAURE who performed my supervision during the start of the first group of Mindfulness practice I guided with the « ArianeGroup CE-Atlantique Mindfulness association ».

I thank all members of the « ArianeGroup CE-Atlantique Mindfulness association », for their confidence and trust, their feedbacks and their kind support.

Finally, I thank Mother Earth and all living beings, may we respect her, as she allows us to live on her ground and feeds us. May by our presence, our acts, our speech and our thoughts contribute to a better world.

2 Introduction

2.1 Presentation

I'm born the 27th of August 1967 in France near Bordeaux, I'm married, I have two daughters, I'm Engineer (Arts et Métiers), I'm LEAN-Black-Belt, working for ArianeGroup and I'm volunteer Mindfulness instructor since 2013.

2.2 Meeting the Dharma

I discovered Dharma during the 90's, thanks to Kadam-Tcheuling Bordeaux.

At this time I knew nothing about Buddhism and I have immediately been seduced by the rigorous scientific approach and description of Mind ways of working.

I have discovered soon the immense treasure of knowledge accumulated by the Buddhist on the subject.

With simple, practical and pragmatic methods to work in order to increase its own well-being and make the others benefit of it.

I started to read a lot of books and the more I was reading, the more I was convinced and the more I wanted to continue to investigate.

I spent a lot of time learning from masters from different Buddhist traditions.

Then, I started to practice following their teachings and I have been able to verify by myself the truth and power of Dharma and to really integrate it in my daily life activities.

That's how my personal transformation journey started. I'm still at the very beginning, but it already brings me a lot and allowed me to help (more wisely and more effectively) all the people I get in contact with.

2.3 Meeting with the MBI (Mindfulness Based Interventions) and start of the « ArianeGroup Mindfulness association »

In 2010, I bought my first book of Jon KABAT-ZINN, who convinced me that Mindfulness could be taught in a complete non-religious way, with a huge benefit for the practitioners.

Other readings on MBSR, MBCT, Emotional-Intelligence, Mindfulness at work (SIYLI, ...) and others, showed me that it could also be integrated at work.

Since 2013, I then started to speak about it around me in the company I work for.

I wrote a little memo, with executive summary about Mindfulness and especially about the scientific proofs of its benefits and with I presented it to our Director, HR, occupational Doctor,...

My first contact was quite warm, but I did not discourage, I continued to improve my memo, to share it with more people, staying in touch and regularly coming back.

In 2015, there was the first « Quality of working life event » on the premises where I worked.

The HR of the site who was organizing it, proposed me to make Mindfulness awareness sessions for those who may be interested.

I have had the huge pleasure to share Mindfulness with a little bit more than 45 people (3 groups, during 45 minutes: theory + practice).

The days after, I have been contacted by some of the attendees who asked me if it would be possible to continue to learn and practice Mindfulness.

I have created an informal Mindfulness club, with sessions during lunch break in a booked meeting room.

End of 2016, I have been contacted by people with links with the “ArianeGroup Social & Economic Committee”, who proposed me to formalize the initiative and offer more widely the possibility to learn and practice Mindfulness.

We build a proposal to create an « ArianeGroup CSE-Atlantique Mindfulness association » and to open a dedicated room to practice meditation on site. In June 2017 we have obtained all the green lights to start.

Today, 5 groups have been trained, which represents a little bit more than 200 people and a 6th group started in February 2020 with 40 people.

2.4 Start of the « Mindfulness association » within “Budo-Club Le-Haillan”

In May 2019, I met Madam André KISS, Mayor of Le-Haillan city, and just after Mister Michel SIMON, President of “Budo-Club Le-Haillan” (martial art association for Le-Haillan town) and I proposed them to initiate a “Mindfulness association” to offer, free of charge, a Meditation practice training courses for the local citizen.

Very quickly the project was up and running.

Today, 1 group have been trained, which represents 40 people and a 2nd group started in February 2020 with 40 people.

2.5 Goal of this book

The goal of this book is to share with you all what I learned from my masters, hoping you will take benefit of reading it.

Nothing comes from me, all arise from my teachers.

Especially, the structure of my teachings is based on the well-known « Satipatthana sutta », key teaching of Vipassana.

3 4 ways to practice Mindfulness

As a Mindfulness instructor, my first question was: how to share what I learned and how to structure training courses that could benefit to a maximum of people, in the frame of the “ArianeGroup CE-Atlantique Mindfulness association”.

I quickly choose to build it based on the « Satipatthana sutta », and its commentaries by Vénérable Henepola GUNARATANA.

I respect the 4 progressive investigations:

- Meditation on the body
- Meditation on the feelings
- Meditation on the mind
- Meditation on the mental objects / categories of phenomena

Developed like this:

- Meditation on the body
 - Sitting
 - Breathing
 - Body parts
 - Movement
- Meditation on the feelings
 - Pleasant / Unpleasant / Neutral
 - Unfolding : appear / stay / disappear
 - Desire, aversion and ignorance
- Meditation on the mind
 - Consciousness (6 spheres)
 - Thoughts
 - Emotions
- Meditation on the mental objects / categories of phenomena
 - Wisdom, compassion and loving kindness
 - Impermanence / interdependence / inter-being

Due to lack of time, I do not work on the 5 obstacles, the 7 awakening factors, the 4 nobles truths and the noble eightfold path.

In addition, I propose some specific focus on topics of interest, which from my point of view are beneficial.

Finally, the training courses I built is quite similar to MBSR (which is normal because Jon KABAT-ZINN built it based on his Vipassana practice), but a little bit more open on the development of peace and well-being (not only on stress reduction, even if of course it's part of it), with loving kindness as the core practice (for yourself and toward the others).

4 Mindfulness practice training courses structure

Mindfulness program for « ArianeGroup CE-Atlantique Mindfulness association »

1 welcome session to provide context and some explanations (including meditation definition booklet)

Foundations, 8 sessions of progressive practice

1. Breathing
2. Body scan
3. Meditation in motion
4. The 6 consciousness
5. Feelings
6. Thoughts and emotions
7. Loving kindness
8. Synthesis : Stillness / Peace / Serenity + Clear view / Clear understanding / Wisdom + Loving kindness / Compassion

Additional sessions to deepen knowledge

9. *Refuge + Internal weather forecast + Dedication*
10. *Mindful communication*
11. *Stress*
12. *Impermanence*
13. *Interdependance*
14. *Inter-being*
15. *Just like me, Namaste*
16. *The 4 immeasurable*
17. *The 4 noble truths, the eightfold path, ethics*

1 mini retreat in silence during half day

3 conferences with external experts => *Mindfulness, benefits you could expect in daily life*

In addition, I recorded MP3 guided meditation (in french):

- <https://www.moudure.fr/mindfulness/Souffle.mp3>
- <https://www.moudure.fr/mindfulness/Scan-corporel.mp3>
- <https://www.moudure.fr/mindfulness/Meteo-interieure.mp3>
- <https://www.moudure.fr/mindfulness/Meditation-express.mp3>
- <https://www.moudure.fr/mindfulness/Mouvement.mp3>
- <https://www.moudure.fr/mindfulness/Pensees.mp3>
- <https://www.moudure.fr/mindfulness/Emotions.mp3>
- <https://www.moudure.fr/mindfulness/Amour-bienveillant.mp3>

4.1 Typical session structure

- 5 minutes of guided meditation on breath
- 15 minutes to teach some theory
- 15 minutes of guided meditation to practice what have been learned
- 10 minutes to debrief all together
- 5 minutes to give some advice for the personal meditation practice of the week

4.2 Typical week structure

D Day	D+1	D+2	D+3	D+4	D+5	D+6
Group practice	Personal practice	Personal practice	Personal practice	Personal practice	Personal practice	Personal practice
Breathing Specific theme	Breathing	Specific theme of the week practice	Breathing	Specific theme of the week practice	Breathing	Specific theme of the week practice

4.3 Personal engagement of attendees

- participation to weekly group practice (8 sessions)
- personal practice, from 3 to 40 minutes, every day, following guidance, based on MP3
 - possibility to use the on-site dedicated meditation room

4.4 Bibliography:

- Venerable Henepola Gunaratana
- Ajahn Brahm
- Thich Nhat Hanh
- Joseph Goldstein
- Jon Kabat-Zin
- Christophe André

5 Reminder of the goal of Mindfulness

Why do we practice Mindfulness, what is the purpose?

It could be interesting to read some masters inspiring books

From my point of view, Mindfulness enables to develop peace, happiness and harmony.

What are the root causes of peace and happiness?

Of course, some basics must be available, such as:

- security
- having
 - a house
 - clothes
 - enough to eat
 - medical care when necessary

Then, when these prerequisites are fulfilled, it's our mind which determines if we are peaceful and happy or not.

Consequently, to know how the mind works is key to develop peace and happiness.

What is quite funny is that in our modern world, we learn a lot of things (during the 15 years minimum we spend at school and university), but not how works our own mind...

By chance, Buddhist have studied in a rigorous scientific approach how works the mind and how to improve it, for our own benefit and for the others benefit ; they shared freely this knowledge with all the people wishing to investigate and understand (without being obliged to adopt a religion, without being obliged to trust in god and without being obliged to apply rules without understanding and without being obliged to follow masters teachings blindly, but just develop your own wisdom by practice and systematic verification of teachings).

Mindfulness is an extraordinary wonderful method to understand how mind works and to transform it in a smooth progressive way for our benefit and for the others benefit.

Knowing starts with seeing and understanding, the think to achieve to progress on the path to peace and happiness is to start an internal investigation using Mindfulness meditation.

I sometimes compare Mindfulness to a telescope (internal telescope to see inside the mind). To observe the moon with a telescope you have to be stable and have the adequate lens amplification. In a similar manner, to see the mind ways of working, you need stillness (Samatha) and wisdom (Vipassana), these two qualities are developed progressively through Mindfulness practice.

Let's start together the journey.

6 Environment

As you just start practicing, it's very important to find the appropriate place to mediate, with the minimum of possible distraction and no interruption.

You have to find a place as quiet as possible, with warm temperature, away from disturbance.

Stop all the modern communication channels.

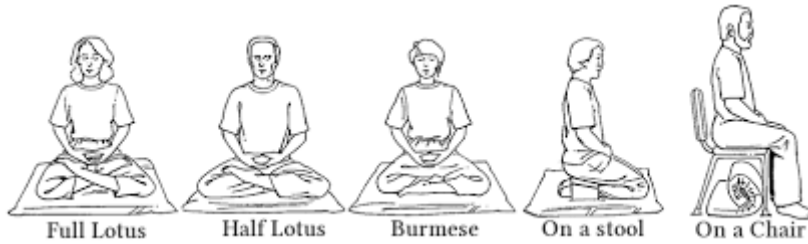
You are ready.

Nothing to « do », nothing to accomplish, no goal to reach, just being, fully in the here and in the now.

This moment is a precious moment to refuel and restore yourself, re-center and transform progressively (for your own benefit and the others benefit) that you offer to yourself. Enjoy fully...

7 Sitting

Sitting is a key element of meditation that should not be overlooked.



A stable and still posture influence the mind positively and trigger the mind to cool down.

Sitting have 3 contact points :

- Butt and knees, or
- Butt and feet

The back should be straight.

Lotus and half lotus posture are not recommended for beginners.

I warmly recommend Burmese posture.

Be cautious: when sitting on cushion (zafu), butt should be located at the front of it (not in the middle).



Meditation posture is quite unusual for us at the beginning, so you should be patient and let it time to flourish.

7.1 My experience feedback

At the very beginning of my meditation practice, I needed two cushions (one on top of the other) for my knees to touch the ground.

My flexibility and my muscles were not yet developed and I could not help but move and adjust it regularly.

After months of practice (perhaps one year), I have been able to sit on only one cushion, with knees touching the ground.

In parallel, my muscles have strengthened; my back became more straight and stillness births slowly.

As an additional benefit, I sit in a better position in my chair at work during meetings and in my car when I drive.

Which contribute in a virtuous loop to have a better posture during meditation practice, my body stop moving, find stillness quickly and could stay like this longer with less effort.

Even after several years, my meditation posture is still evolving and improving.

8 Session 01 - Breathing

Goal: become aware of the breathing process, being mindful to physical sensations linked to the air movement, coming in during inspiration, coming out during exhalation

Help:

- Belly
 - expansion and release
- Nose
 - air sensation

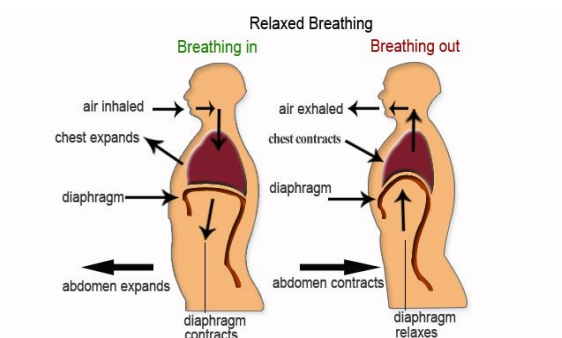
Advice:

- Do not try to influence / change / modify breathing cycle, let it be, naturally and evolving by itself
- Do not think of breathing, but feel it, live it
- Each time you lose contact with the physical sensations of the air coming in / coming out
 - Be aware of it
 - No complaint, no judgment
 - Gently come back to it

Benefit: develop our capacity of awareness and concentration => mindfulness

Practical exercise: contact the physical sensations linked to breathing several times per day

Additional benefit: relaxation (activation of parasympathetic system), stillness, peace and well-being



Note:

Breathing is a very interesting process (most of the time overlooked)

- It's vital (impossible not to breath more than few seconds)
- At the border between body and mind
- Automatic, even if we can voluntary influence it (partially)
- It reflects state of the body and mind
 - Breathing accelerate or slow down, in respect of body energy consumption (stillness, moderate activity, sport)
 - Breathing rate is modified by thoughts, feelings and emotions (peace, stress)
 - And could be automatically "requisitioned" in case of danger, becoming top priority (with heart, with who they work as a duet)

8.1 Commentary

Key meditation phrase for guided meditation:

- I breath in, mindful and fully aware of the physical sensations of the air coming in
- I breath out, mindful and fully aware of the physical sensations of the air coming out

Breathing meditation is a key practice, even a seasoned meditator practice breathing meditation on a regular basis, it's vital and essential.

Nothing could be developed correctly without an omnipresent practice of breathing meditation, as you could not build a house without solid foundations.

Breathing meditation follows us as our shadow and is part of our daily life integrated in all our activities.

Formal breathing meditation practice should be back-up by informal one:

- Each time you sit or stand up, you take three mindful breaths
 - In your office seat, in the meeting room seat, in the waiting room, in bus, train plane, in your car seat, ...
- Before taking a phone call
- Before pushing send button for a SMS or an email
- Before going to bed or getting out of it
- Etc...

It could be useful to use a phone alarm, every ½ hour or every hour and each time it rings to take three mindful breaths.

You could also use unplanned ringing such as: other people phones, church bell, door bell, gong ...

8.2 My experience feedback

At the very beginning, I was asking myself a lot of questions about the real interest of breathing meditation, how a so simple practice could be beneficial, why is it needed to use it so much and how contemplating a so repetitive process could not become boring and meaningless.

It was clearly because I had a lack of practice and understanding.

Staying quiet for several minutes, keeping in touch with the physical sensations of breathing could be extremely awakening:

- It's not at all so simple
 - An incredible amount of distractions appears and make you lose contact with breathing
- You start very soon to realize that tons of things are happening in your mind at a very quick pace, so quick that you have not yet identified the first one that another one replaced it
- One thought generate the next one which generate the next and you could be totally be caught in it for a long time before noticing it

At the beginning our capacity to be mindful is extremely weak; to stay in contact with breathing even just for 3 breaths is a real challenge.

But progressively, step by step, it strengthens and grows.

We also develop meta-awareness, the capability to become aware that we have been distracted and lost our focus on breathing (which permit to come back on it more often and quicker).

We start to see the wonderful dimension and complexity of mind and rising of sensations, thoughts, emotions ...

In addition, what arise in the mind become more and more subtle, breathing sensations become thinner and start a kind of dance:

- If our mindfulness is not enough developed, we lose contact with the physical sensations of breathing
- Each time we lose contact, we have an opportunity to strengthen our mindfulness, if we catch it our mindfulness increases
- Then we perceive more subtle sensations
- Again they become even more subtle and we lose contact again and then loop

Finally, the practice of breathing meditation is dynamic and evolving process (inside a meditation session and from one session to another).

And even after several months or years, what is observed (perceived/seen/known/under the light of mindfulness) is always different and more subtle.

To conclude, breathing meditation practice enables us to really truly experience mindfulness, the vast space of consciousness/awareness, warm and peaceful, where all (whatever appears) could be welcomed without being disturbed. Mindfulness could not be described by words but only experienced.

9 Session 02 – Body scan

Goal: Being aware of our body, of the bodily sensations we perceive in each part of it

Help:

- Dichotomy systematic scan from toes to head

Advice:

- For each body part that is scanned, we welcome the bodily sensation that arise from it without trying to influence / change / modify it
- No sensation is also OK
- Each time we lose contact
 - Be aware of it
 - No complaint, no judgment
 - Gently come back to it

Benefit : develop our mindfulness capability

Practical exercise: contact our body sensations several times per day, perceive our bodily sensations when we pay attention to them



9.1 Commentary

Our mind is over developed in regard to our body knowledge and link.

It's vital to reactivate our link to our body, to pay attention to it on a regular basis.

In addition, our body has its own intelligence and if « listen » to it, the information we get could be very useful to better understand the world we live in (inside and outside world).

When mind and body disagree about a decision, it's sometimes wise to listen to our body advice (gut feeling).

Formal body scan should be back-up with informal practice:

- Do an internal body weather forecast on a regular basis
 - How do I feel in my body today and just now?
 - What are the bodily sensations I perceive?
 - Are some parts of my body want to say something to me?
 - Be careful, the goal is to be aware of what is here just now, without any judgment, without wanting to change it
 - If you do the exercise a little bit later, the results could be completely different
 - Also, silence sometimes is more relevant than speech...
- Like for breathing, contact our body and sensations several times a day to really live in our body (not only in our mind).

10 Session 03 – Meditation in motion

10.1 Walking meditation

Goal: Become aware of body in motion

Help:

- Dichotomy systematic investigation of walking movement

Advice:

- Walk very slowly and cut the movement in step by step phases
 - going up / going forward / going down
- Each time we lose contact
 - Be aware of it
 - No complaint, no judgment
 - Gently come back to it

Benefit: develop mindfulness even when moving

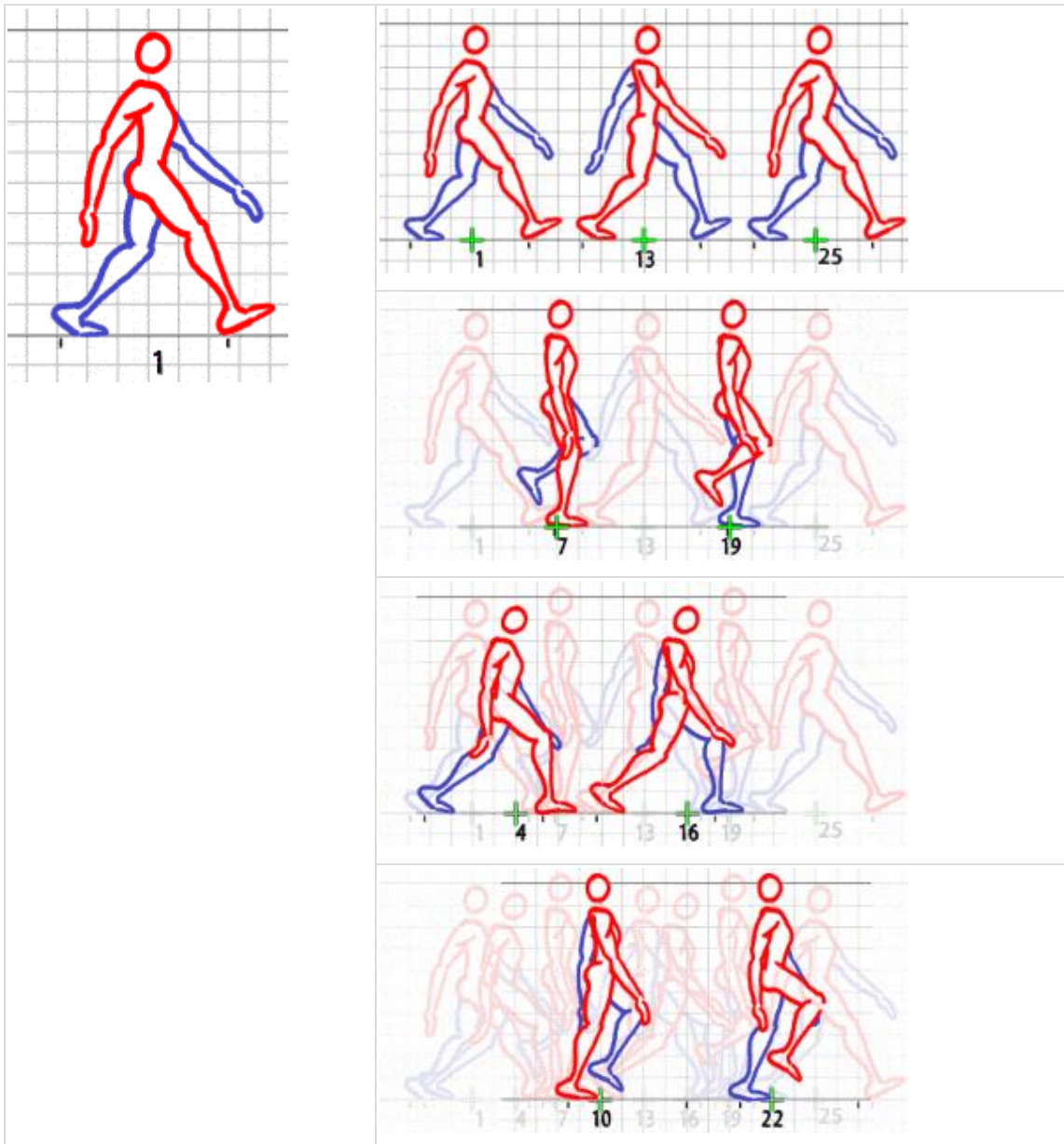
Practical exercise: use walking to become aware of the body in movement, being mindful about the feet sensations when touching the ground

Additional benefit: capability to stay in touch with body sensations whatever the activity is

10.2 Commentary

Formal walking meditation practice should be back-up with informal practice on a regular basis:

- For each travel (even very small), use it to develop mindfulness of feet sensations when touching the ground (even through shoes)
 - When going to the toilets
 - When going to your car
 - When going from one building to another
 - When going to school to get your children
 - When going to buy your bakery or newspaper
 - When making your dog pee outside
 - Of course, when going for a walk in the countryside, or when trekking in the mountains
 - But also when pushing cart in the supermarket



10.3 Aiki Mindfulness

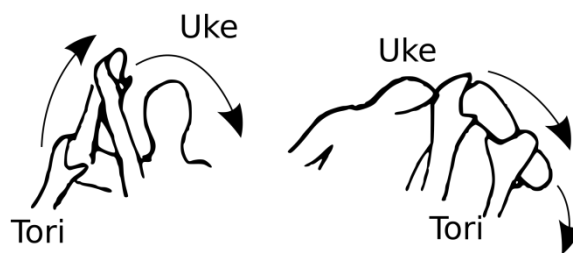
Goal: Become aware of body in motion

Aikido: Aikido is a Japanese martial art (budo), developed by Morihei Ueshiba ōsensei

Ai: Harmony / Ki: Energy / Do: Way, Path => The way of energy alignment in harmony

Aikido is based on different techniques using the opponent force. These techniques are used to defend themselves while also protecting their attacker from injury, based on principle or tactic of blending with an attacker's movements for the purpose of giving the attacker peace.

Exercise : Making Ikkyo technique mindfully



Help:

- Feel if energies are aligned or opposed (fluid and harmonious movement versus tension and force)

Advice:

- Make the movement very slowly and cut the movement in step by step phases
- Be aware of body sensations
 - Alignment or opposition in the move (ease or tense)

Benefit: develop mindfulness even when moving

Additional benefit: capability to stay in touch with body sensations whatever the activity is

Practical application for martial art practitioners: contribute to make move more fluid, more harmonious and more efficient (with less effort)



11 Session 04 – The 6 consciousness

Goal: Deepen our understanding on the ways of working of body/mind

Help:

- Split in 6 spheres
 - The 5 senses : touch / sight / hearing / taste / smell
 - The mind : thoughts & emotions
- Sense (working correctly) / object in the field of perception / contact between the sense and the object => apparition of the conscience

Advice:

- Abide contemplating unfolding of consciousness linked to the 5 senses
 - appearing / staying / disappearing
 - naked sensation, without judgment and interpretation
- Each time we lose contact
 - Be aware of it
 - No complaint, no judgment
 - Gently come back to it

Benefit: develop mindfulness

Practical exercise: contact several times a day the 5 senses and what is perceived through them (with clear focus)



11.1 Commentary

We are immersed in a very rich sensory environment, but we do not pay attention to the ¾ of it.

Formal meditation practice on the 5 senses should be back-up by informal one on a regular basis:

- Having a shower and wash your hands mindfully
 - Feel the contact with the water, its temperature
 - Smell the fragrance of soap and shampoo
- Contemplate wide natural scenes (dawn and aurora)
- Listen to nature noises and all the others
- Smell odors in the nature and all the others perfumes (natural or artificial)
- Eat mindfully
 - Pay attention to colors and texture
 - Enjoy smell and tastes
- Do enjoy friend warm contact during hug
- ...

12 Session 05 – Feelings

Goal: Deepen our understanding on the ways of working of body/mind

Help :

- feeling tone split
 - pleasant / unpleasant / neutral
- applied to the 6 spheres of consciousness

Advice:

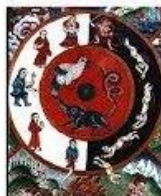
- Abide contemplating feelings unfolding (linked to the 5 senses)
 - Appear / stay / disappear
 - Evaluation / judgement
- Each time we lose contact
 - Be aware of it
 - No complaint, no judgment
 - Gently come back to it

Benefit: observe the sequence: perception => evaluation / judgement => reaction

Practical exercise: investigate how feelings make us react in an automatic way (mostly without control)

Feelings	Category	Associated suffering	Reaction
Neutral	Ignorance	Confusion / Delusion	Non investigation
Pleasant	Desire	Clinging / Jealousy	Maintain / Keep
Unpleasant	Aversion	Hatred / Dislike	Avoidance

The Three Poisons



Desire, Hatred, Ignorance

12.1 Commentary

Sitting meditation practice gives the opportunity to experience unpleasant feelings linked to sitting still for a long time ☺

Observe how sitting posture could be pleasant at the beginning and after a while become unpleasant.

Abide if even the slightest unpleasant body sensation urge you to make a little move to release the tension.

Verify if you are able to perceive the naked sensation, just before judgement and before an automatic reaction is triggered.

Try not to react, to let it be, to wait still.

What happens?

Is the sensation evolving?

- Is it stable?
- Is it pulsating ?
- Is it growing?
- Is it diminishing?
- What shape?
- What color?
- Do it disappear ?
 - If yes, where?

Is the associated feeling evolving?

As soon as the sensation has become too tiny to notice, come back to breathing (if the sensation come back again, you could shift back to it again).

Note: of course, in case of strong/violent suffering, please adjust without waiting your posture to make it stop

13 Session 06 – Thoughts and emotions

Goal: Deepen our understanding on the ways of working of body/mind

Help:

- split
 - thoughts linked to the past / future / present moment
 - thoughts linked to a stimuli from one of the 5 senses door
 - thoughts arising from nowhere by themselves

Advice:

- Abide contemplating thoughts unfolding
 - Appear / stay / disappear
 - Recognize them for what they are
 - Tag them
 - Let go
 - Become available for the next one
- Each time we lose contact
 - Be aware of it
 - No complaint, no judgment
 - Gently come back to it

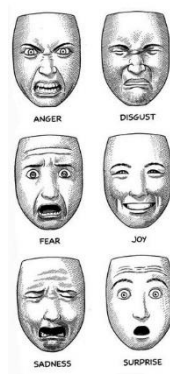
Additional exercise:

- Notice thoughts with embedded emotions in it
- Identify gap between thoughts and reality
- Identify recurring patterns, habits and conditioning
- Notice associated feelings : pleasant / unpleasant / neutral

Benefit: see thoughts as mental events, keep distance, do not systematically follow them or react to them

Practical exercise: investigate how thoughts invade our mind constantly, disconnect ourselves from reality (here and now) and trigger automatic reaction

Additional benefit: transform progressively and shift from automatic reaction to wise answer and gain serenity



13.1 Commentary

Meditation on thoughts and emotion is quite complex, that's why it is done after all the others.

Especially, without a strong breathing meditation practice which have develop a strong mindfulness, it's impossible not to get immediately involved and lost by thoughts and emotions and to keep enough distance with them in order to be able to observe them.

So, if meditation on thoughts and emotions is too tough for the moment, that's ok, it only means that you have to spend more time to strengthen your mindfulness using breathing meditation and come back later to thoughts and emotions.

The traditional comparison to describe mindfulness, thoughts and emotions are:

- The sky and the birds or the clouds which are passing by without changing or altering it
- The sea and the waves, small or big, even if the surface is stormy, underneath it is always quiet and still

13.2 My experience feedback

I'm an engineer, my job is to think, organize, plan, investigate root causes of the problems, find solutions, run them and verify.

In addition, I have another side artist oriented, non-conformist, innovative and creative, I love to brainstorm and most of the time I have a lot of ideas.

My mind is very often full of different kind of thoughts.

Also, I have never been trained to master my emotions: identifying emotions, knowing when an emotion is here, describing it, speaking about them is not my cup of tea.

So, the meditation on thoughts has been and is still a very interesting challenge for me.

The first significant step forward for me on the subject was the day I have been able to say: I have some anger and sadness in me (and not I'm angry or I'm sad).

The second time is when a manager has shouted after me with no true reason and that my instinct pushed me to come back to my office and seat on my meditation cushion:

- I seated
- I took contact with my breath
- I abided the physical impact of what I was confronted to
 - I fully felt the pulsating energy of anger and sadness in me
 - In all its dimensions and details
 - Without trying to escape or to reject
- And I proceeded like with my daughters when they were young and ill
 - I imagined « taking in my arms » these unpleasant physical sensations and rock them slowly
 - And I stayed still for a long moment paying attention to the physical sensations being there and at their evolution
- And like magic, by the full acceptance to what was here, being totally and plenty mindful of them, the unpleasant physical sensations progressively dissolved et finally disappeared
 - And the associated thoughts and emotions also

A little bit later I cross again the same manager in a corridor and I sincerely smiled at him...

Note: you may remark that what allowed this breakthrough is the fact that this time I did not start thinking about it: why that, why me???

14 Session 07 – Loving kindness

Goal: Deepen our understanding on the ways of working of body/mind

Help:

- split
 - someone for who it is easy to generate loving kindness
 - myself
 - family
 - relationships
 - neutral people
 - people we don't like
 - everybody
 - all living beings

Advice:

- silent recitation of the wish : may all beings everywhere be free from suffering and may all beings be peaceful and happy

Benefit: develop our loving kindness (from partial to unconditional)

Practical exercise: for every people you encounter, send the wish « may you be happy », and observe the impact (in you)

Gain: develop empathy and compassion; take into account the global interest more often in our choices



14.1 Commentary

I warmly recommend this informal loving kindness practice.

During one full week, every time you encounter someone, you send him the wish « may you be happy ».

- To your family members
- To your neighbours
- To your work colleagues
- When you drive, to all the other drivers and pedestrian
- When you are doing some shopping, to all the other people you encounter
- When you walk outside, to every people and animals you see...

Observe what you feel inside when you send this happiness wish to others (including people who are strangers for you).

Feel the associated body sensations you could perceive.

Observe if the feelings evolve during the week.

Check if it changes your relationship to others in any way.

See if others change their behavior toward you, or not.

Debrief your practice at the end of the week.

14.2 My experience feedback

I do love this informal loving kindness practice, to wish to others to be happy fill my heart with joy.

I do it very often and especially every time I go shopping in my preferred supermarket.

A smile blossom naturally while I encounter people to who I wish to be happy.

And regularly, strangers send me back a smile (but if no-one do it, I'm nevertheless totally satisfied).

15 Session 08 - Synthesis : Stillness / Peace / Serenity + Clear view / Clear understanding / Wisdom + Loving kindness / Compassion

Goal: Look back to all previous sessions and link them together

During the first sessions, we have tried to stabilize the body and mind, to cool them down, using present moment as an anchor, thanks to mindfulness to the breathing and the body.

This beginning of stillness and peace, started to enable us to see things we could not see before and start to enable us to understand a little bit more deeper how works our body and mind.

We have studied progressively the relationship between a perception (input coming from one of the 6 consciousness), the birth of feelings (pleasant / unpleasant / neutral) and how it triggers, most of the time, an automatic reaction.

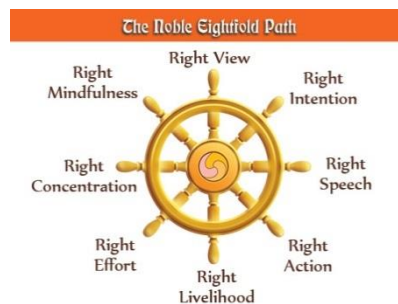
This deepened our understanding of our human common ways of working: our own first and by extrapolation others who act similarly.

This new strengthened capacity of mindfulness makes blossom our clear understanding and wisdom.

In addition, since the very beginning, we have developed our capacity to abide contemplating unfolding of everything which arises, without reacting, with patience, which increased our loving kindness (unconditional acceptance).

These three capacities: serenity, wisdom, loving kindness, working together enables progressively to:

- Be able to better understand situations
 - Registering more information (even low signals)
 - Identifying links between cause and effects
 - Perceiving our internal « state » and how it modifies our perception and behavior
- Take better decisions (based on a better understanding) and then act (acts, speech and thoughts) in a more appropriate calm manner
 - Change progressively from reacting automatically to answering in a wise manner
- Transform our mind
 - Suppress toxic and negative habits
 - Grow our good qualities



This is the end of the core sessions; others are optional, even if worth it.

16 Session 09 - Refuge + Internal weather forecast + Dedication

Goal : Reinforce our practice

Help

- Personal practice space
 - A small space dedicated to meditation
 - A cushion
 - A print of an image or inspiring photography
 - Representative of a quality we want to develop
 - A fixed time
 - A regular practice : daily
- Group practice
 - Appointment with other practitioners
- Unformal practice
 - Breathing pause, mindful activities: walk, movement, shopping, cooking, cleaning, hand washing, teeth brushing, ...
- Smartphone app or MP3 player

Refuge

- Qualities we want to develop
 - Remind ourselves our goal, why do we make the effort to meditate
- Teaching which enables to develop these qualities
 - Remind benefits we have already obtained thanks to practice, applying teaching
- Community which practice like us to develop these qualities
 - Remind we are not alone, millions of people practice mindfulness all around the world

Internal weather forecast

- Body / mind
 - How am I feeling today, here and now, if I pay attention to it?
 - Do not try to influence / change / modify
 - Remind that if we do the same exercise few minutes latter, the result could be completely different

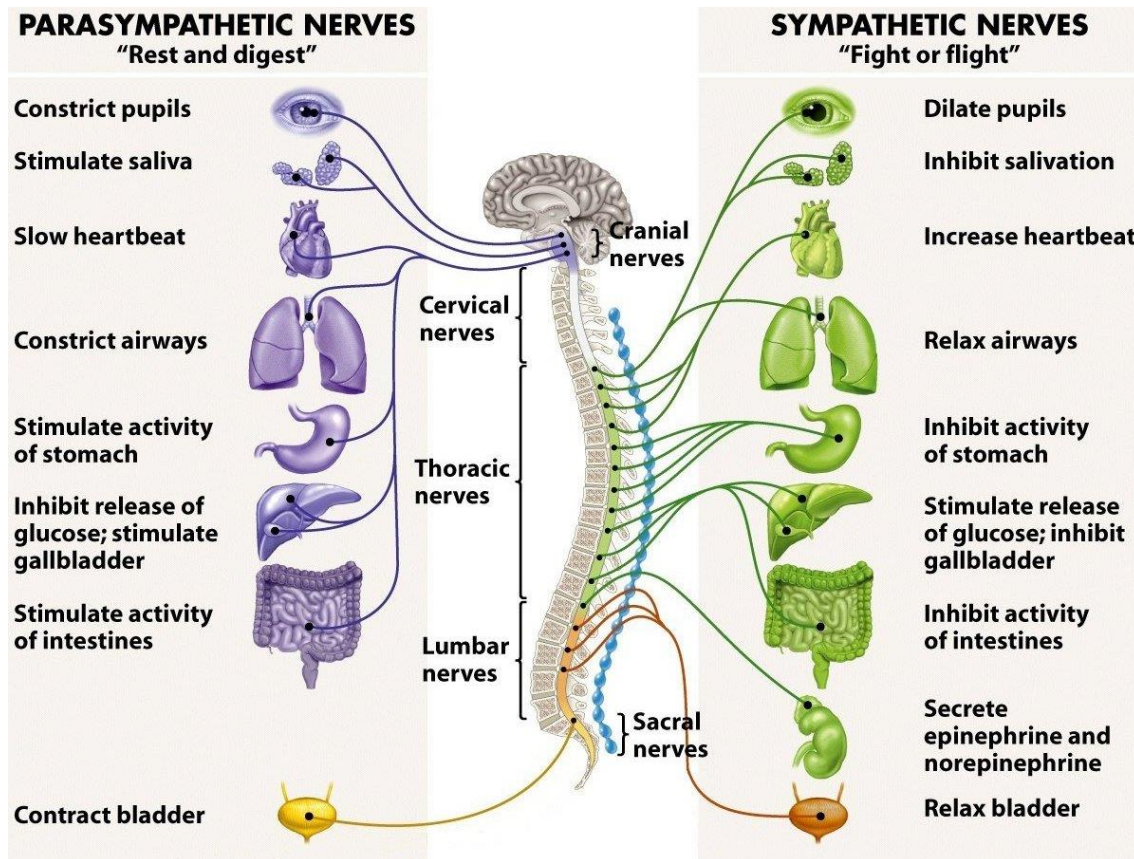
Dedication

- Dedicate our merits, qualities and virtues, developed thanks to the practice of mindfulness, to the benefit of all living beings (including ourselves)
 - Be peaceful and happy



17 Session 10 - Stress

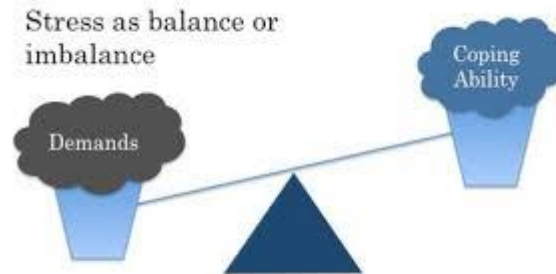
Goal: understand stress mechanism and how mindfulness and meditation could help us to manage it (on purpose activation of the parasympathetic side)



Sympathetic mode is triggered and activated in each situation we feel endangered, real danger or imagined one (now, reminded or anticipated)

Examples:

- bear / tiger appearing on our path during one trek
- rope on the road misunderstood as a snake
- fear (subjective) not to have the coping abilities to fulfill demands or to successfully win a challenge



We understand easily the toxic effects of frequent activation of the sympathetic system:

- cardiovascular problems
- digestive problems
- ...

The parasympathetic system is activated when you are relaxed, at ease, especially during meditation

- Meditation opens a privileged time frame window, for the body and mind to reset and repair

Each time you meditate, you offer yourself a space to take care of yourself by yourself.

18 Sessions 11-12-13 – Don't know mind

Goal: develop "don't know mind", challenge our beliefs

"Knowing yourself is the beginning of all wisdom."

~Aristotle



18.1 Impermanence (everything change and evolve perpetually)

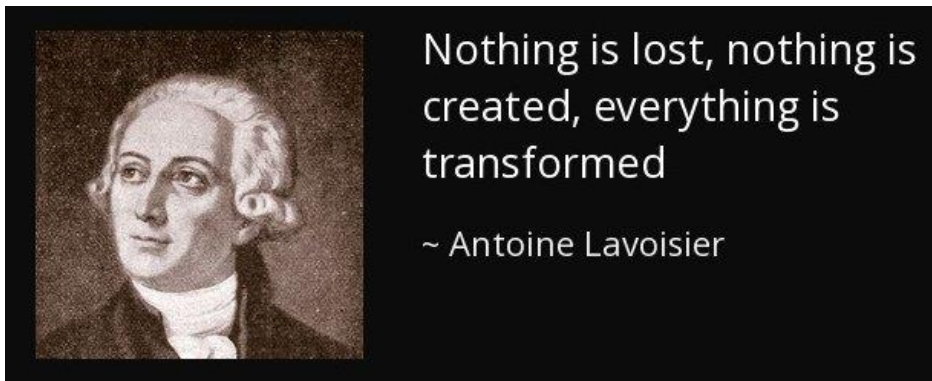
- Basic and subtle impermanence (easily visible and understandable, or more complex to see and understand)
 - few examples :
 - seasons, night and day, breath in / breath out
 - beliefs / point of views / filters
 - actions / reactions
 - perpetual renewal
 - appear / grow / decrease / disappear / appear again
 - birth / ageing / death / birth
 - breath in / breath out

18.2 Interdependency (everything depends on multiple causes and conditions, nothing is autonomous)

- Basic and subtle interdependency
 - few examples :
 - baby care by parents, education / services / infrastructures
 - beliefs / point of views / filters
 - actions / reactions
 - habits and conditioning (acts and thoughts)

18.3 Inter-being (everything relies on everything else in order to manifest)

- Basic and subtle inter-being
 - few examples :
 - earth / water / fire / air (root elements)
 - genetic code inherited from family
 - beliefs / point of views / filters
 - actions / reactions
 - unfolding process depending on causes and conditions



Note:

Our brain face millions of information (coming from the 6 spheres), it has the tendency to simplify:

- taken into account only some of them
- using categories / tagging using analogies and similarities
- associating a feeling tone: pleasant / unpleasant / neutral
- reacting using automatic schemes each time it is possible
- considering permanent things that are not
- considering autonomous things that are not
- considering personal (I / me / mine) things that are not

in order to decrease its CPU burden (especially with high level of stress)

This implies that some of our reactions are sometimes not adapted and would rather necessitate a better look to it in order to find a better answer.

Mindfulness allows us to keep an open mindful mind, full of serenity, wisdom and loving kindness, which contribute to act with harmony in a more optimum way.



18.4 Commentary

To illustrate the « don't know mind » (key in Zen), I often use this little story:

A peasant whose wife was dead was living in the countryside with his son and horse that help him for farm work.

One day the horse escaped, now way to find it back.

Villagers said to him:

- Poor unlucky guy !

The peasant said back:

- Don't know...

Few days later, the horse came back by itself with a superb wild mare.

Villagers said to him:

- You lucky guy !

The peasant said back:

- Don't know...

His son decided to ride the mare and one day fell down and broke his leg.

Villagers said to him:

- Poor unlucky guy !

The peasant said back:

- Don't know...

A little bit later, war is declared with the border country, soldiers came to the village to enroll all young people, but taking into account the broken leg they let the son at home.

Villagers said to him:

- You lucky guy !

The peasant said back:

- Don't know...

This nice little story perfectly illustrates impermanence and interdependency, in a way easily convertible to our daily life experience.

Nothing last, we successively feel pleasant / unpleasant / neutral feelings.

And everything occurs due to multiple causes and conditions.

To illustrate inter-being, I often use the water cycle.

We are made of 80% of water.

After three year, every cell of our body has been renewed (brand new body from A to Z).

Drink water is essential and vital, without water we would die quickly.

Water circulates in our body and is everywhere, in every cell.

We eliminate water constantly: sweating, breathing (you could see it weel during winter) and peeing.

Also water represent 70% of the surface of mother Earth (lakes, torrents, rivers, seas, oceans), plus groundwater, plus snow, plus glaciers, plus polar ice, plus clouds and rain, plus humidity in the air and to finish water in the plants and animals.

If you really think about it, some of the water molecules (H₂O) that are part of your body (always changing and evolving) are coming from your sitting neighbor, from a broccoli, from a cat, from a flower, from a cloud, from the sea...

And some of the water molecules which were part of your body previously have been recycled and reused elsewhere in an infinite sharing cycle and inter-being...

You could easily reuse it with other body component.

You could also think about it in the frame of the genes you received from your ancestors and that you share with your children (but also in terms of culture and education).

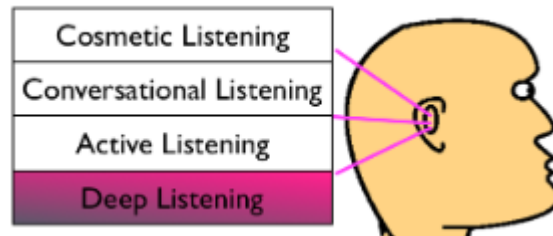
You could also extend your thinking about thoughts, opinions and beliefs and investigate about which part is comings from your parents, teachers, friends, colleagues, books and movies who influenced you.

And to finish the loop, your acts, speech and thoughts influence also others in an infinite magic spider net...

19 Session 14 – Mindful communication

19.1 Mindful listening

Goal : develop our capability to listen mindfully (with empathy and compassion)



Exercise:

First possibility => put people per pair, face to face

- (A) asks a question
- (B) answers during 3 minutes / (A) only listen
- (A) summarize during 1 minute
- (B) react and give some additional explanation during 2 minutes / (A) only listen

Second possibility => put people in circle

- The one who get the « speech stick » chose to talk or not
- All the others only listen carefully
- When the one with the « speech stick » have finished it gives the « speech stick » to its neighbor and its continues

Debrief

- What is it like to be listened, fully, carefully without being interrupted?
- option: what is it like to listen without answering (without arguing, without trying to contribute, bringing your solutions, ...)?

19.2 Mindful speech

May all my acts, my speech and thoughts benefit the others

Before you speak....

T H I N K !

T - is it true?

h - is it helpful?

i - is it inspiring?

n - is it necessary?

k - is it kind?

19.3 Interpersonal Mindfulness

19.3.1 Insight dialogue (Gregory KRAMER)

TABLE 12.1. Insight Dialogue Guidelines

Pause	Temporal pause; step out of reaction and identification; mindfulness.
Relax	Bodily calm; acceptance; tranquility; concentration; kindness.
Open	Extension of mindfulness from internal to external; spaciousness; mutuality of practice.
Trust Emergence	No agenda; flexibility; note impermanence of thoughts and feelings; “don’t know” mind.
Listen Deeply	Mindfulness while relating to others; receptivity; listen to meaning, emotions, and energetic presence.
Speak the Truth	Mindfulness of speech; clarity of meaning, authenticity of emotion, and nonidentified presence; discernment of what to say amidst the universe of possibilities.

19.3.2 Nonviolent communication (NVC - Marshall ROSENBERG)

How You Can Use the NVC Process

Clearly expressing how I am without blaming or criticizing	Empathically receiving how you are without hearing blame or criticism
--	---

OBSERVATIONS

1. What I observe (<i>see, hear, remember, imagine, free from my evaluations</i>) that does or does not contribute to my well-being: “When I (see, hear) . . . ”	1. What you observe (<i>see, hear, remember, imagine, free from your evaluations</i>) that does or does not contribute to your well-being: “When you see/hear . . . ” <i>(Sometimes unspoken when offering empathy)</i>
---	---

FEELINGS

2. How I feel (<i>emotion or sensation rather than thought</i>) in relation to what I observe: “I feel . . . ”	2. How you feel (<i>emotion or sensation rather than thought</i>) in relation to what you observe: “You feel . . . ”
---	---

NEEDS

3. What I need or value (<i>rather than a preference, or a specific action</i>) that causes my feelings: “. . . because I need/value . . . ”	3. What you need or value (<i>rather than a preference, or a specific action</i>) that causes your feelings: “. . . because you need/value . . . ”
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Clearly requesting that which would enrich my life without demanding	Empathically receiving that which would enrich your life without hearing any demand
---	--

REQUESTS

4. The concrete actions I would like taken: “Would you be willing to . . . ?”	4. The concrete actions you would like taken: “Would you like . . . ?” <i>(Sometimes unspoken when offering empathy)</i>
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20 Session 15 – Just like me, Namaste

20.1 Just like me

Goal: Develop loving kindness and equanimity

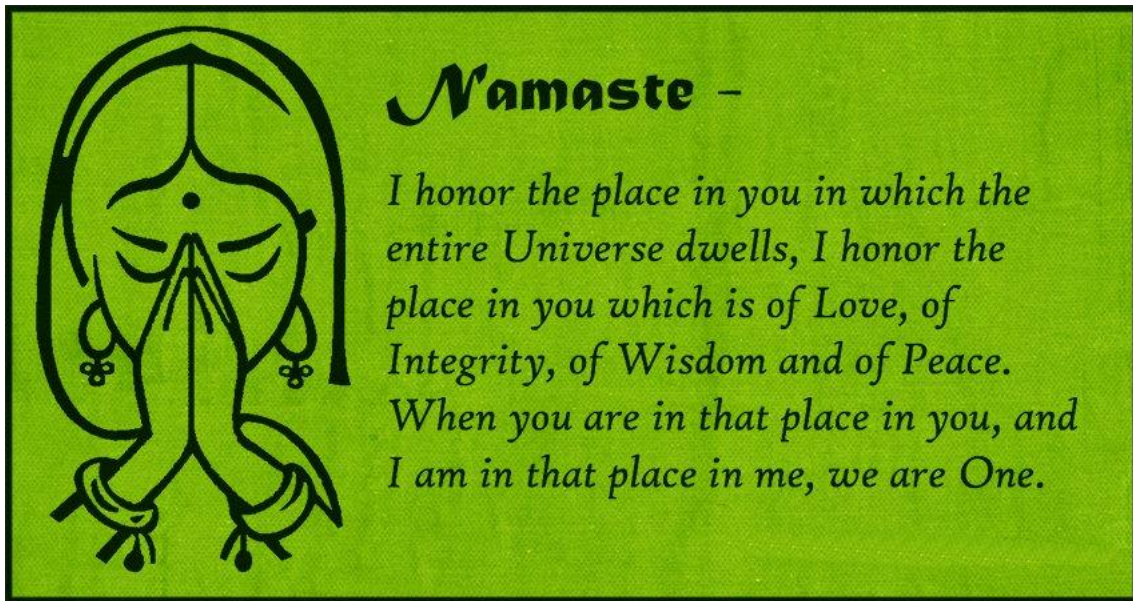
Advice:

- Meditation « Just like me »
 - I breathe in, I understand that just like me
 - This person have got a body and mind
 - Just like me
 - This person have feelings, thoughts and emotions
 - Just like me
 - This person in his life have been sad, disappointed, angry, wounded, confused
 - Just like me
 - This person experienced sufferings : physical and emotional sufferings
 - Just like me
 - This persons try to avoid and get rid of sufferings
 - Just like me
 - This person wish to be loved
 - Just like me
 - This person wish to be peaceful and happy
 - I breath out, I wish her to be freed from sufferings, to be peaceful and to be happy

Benefit: develop empathy, loving kindness and equanimity capabilities

Practical exercise: do fewer differences between people, even with people you do not know or dislike

20.2 Namaste



Every day, when you meet someone, don't forget Namaste salutations!

21 Session 16 – The 4 immeasurables

Goal: Develop our inner 4 immeasurables qualities

Our inner true nature is made of Peace, Wisdom, Loving-kindness and Compassion

And radiate in the world through 4 immeasurable qualities

- Loving kindness
- Compassion
- Appreciative Joy
- Equanimity

That could be develop without ending

More exactly, their source is infinite and we could progressively eliminate all obstacles preventing them to radiate in the world for our benefit and for others benefit

- Loving kindness
 - Wish that all beings are happy
 - Expressed through our mindful presence, acts, speech and thoughts
- Compassion
 - Wish that all beings are free from suffering
 - Expressed through our mindful presence, acts, speech and thoughts
- Appreciative Joy
 - Appreciating what is here and being grateful
 - Nature
 - Our belongings
 - Our qualities and successes
 - Qualities and successes of the others
- Equanimity
 - Make no difference between us and others
 - Treat everyone in the same manner, without discrimination
 - Host everything that manifest in the same manner
 - External circumstances
 - pleasant / unpleasant / neutral
 - Sensations, thoughts and emotions
 - pleasant / unpleasant / neutral

Clarification about Empathy / Compassion and Joy / Equanimity / Altruism

- Empathy
 - Capacity to understand what the other is experiencing / feeling
 - Facing someone, we are able to analyze all the signals emitted (body gesture, face expressions, behaviors, acts, speech, ...)
 - And it is inducing a similar emotion within us (positive or negative)
- Compassion
 - Based on our understanding thanks to empathy, compassion trigger acting to help and support the other
- Appreciative Joy
 - Based on our understanding thanks to empathy, inclusive joy trigger being happy for the other
- Equanimity
 - Act in a similar manner for everyone, whoever he/she is
- Altruism
 - Act with a disinterested and selfless concern for the well-being of others (waiting for nothing back in return)



22 Session 17 – The 4 Noble Truths, the eightfold path, ethics

22.1 The 4 Noble Truths

The 4 Noble truths:

- There is numerous obstacles to peace and well-being (numerous suffering causes)
- It's possible to identify and understand obstacles to peace and well-being (causes and processes which generates suffering)
- A powerful method exists to dissolve and eradicate obstacles to peace and well-being : **the eightfold path**
- If applied, this wise method leads to long lasting peace and well-being (independently of external circumstances)

22.2 The eightfold path

The eightfold path:

- Meditation (right effort, right concentration, right mindfulness) enable to see reality as it is
- It leads to wisdom development (right view, right intention)
- Which ends in life transformation, changing our behaviors (right speech, right action, right livelihood) for the benefits of all (including us)



22.3 Ethics (5 precepts)

Goal: Increase inner peace and happiness

If we want to continue to develop our inner peace and happiness, we would need, for sure, to think about ethics.

Our mind (heart and body) is truly in peace and happy, only if our acts, speech and thoughts are aligned on our fundamental core values and beneficial to everyone.

Any act, speech, thought, not in line, would automatically generate trouble in our mind.

It is highly fruitful to think about our fundamental core values, on how to be beneficial to everyone and therefore define ethics for our life, which could be declined as precepts.

This ethics have not been imposed from outside, it is not laws, dogma, but we have defined/accepted this precepts, based on observation and understanding of what is beneficial for everyone.

These precepts are not applied blindly, but taking into account the situation, knowing that it is impossible to respect them 100%, every time.

Nevertheless, with the help and support of Mindfulness, we could keep the intention, every moment, to be aligned on our ethics (true north), being fully present and acting the best way, thanks to our wise understanding of the situation.

The 5 training-precepts which contribute to peace and happiness are:

- I abstain from onslaught on breathing beings (do not kill)
- I abstain from taking what is not given (do not steal)
- I abstain from false speech (do not lie)
- I abstain from alcoholic drink or drugs that lower the clarity of my mind
- I abstain from misconduct concerning sense-pleasure (including sexual activities)

Applying this precepts in daily life enable to live in harmony, peacefully, fully happy, being the best we can.

Time after time, our capacity to apply them develops and the consequence is that our acts, speech and thoughts become beneficial to everyone.

Note:

Precepts are only guidelines for thinking and acting, not laws or rules

They should be used wisely, depending on the situation

- Well-known example
 - If a villain pursues an innocent and that the villain asks you where the innocent is gone, it is wise to lie and show bad direction to him

Remark:

When we sit for formal meditation, if we have not respected our ethics, thoughts would quickly arise associated with trouble that we could feel in our body

And peace would come back, only after we have observed it mindfully and decided on how to fix it or avoid it happens again

To conclude, the 5 precepts could also be viewed in an active positive way:

- Contribute to saving lives and to help people
- Be generous, give to who needs it
 - Material support
 - Being there for them / listening mindfully, moral help and support
- Contribute to truth knowledge and people reconciliation
- Having a moderate consumption of healthy products
 - Respect mother earth
 - Be healthy
- Living an harmonious life, within a stable couple relationship

23 Session 18 – Brotherhood

Goal: Develop loving kindness, compassion and equanimity

What is brotherhood?

Brotherhood, is to love every sentient being as yourself, without making differences, to rejoice of their happiness, to do not wish to harm them and to help and support them when they need it.

Brotherhood is about dissolving the barriers (fictive separation) between me / us / them and finally include everyone in our extended family ; to see every sentient beings as brothers/sisters.

Brotherhood is the association of equanimity, appreciative joy, loving kindness and compassion (the 4 immeasurables).

Brotherhood grows when you develop the clear understanding that exactly like me, the other sentient beings wish not to suffer and wish to be happy and peaceful, and that we share the same goals and have equal rights to fulfill them.

Brotherhood becomes live in our acts, speech and thoughts, when they are right and wise, that they respect a kind of ethics based on a central idea “at the minimum, do not harm others”.

Do not harm behavior develops with wisdom and culminates in the skill of restraint: being able to refrain from doing something, when you know the toxic consequences on others and that this restraint is not evaluated as a loss but as satisfaction.



Brotherhood is fundamentally antispecist, it is the exact opposite of discrimination, based on the color of the skin, gender, religion, sexual orientation, education level, job, groups belonging, differences between humans (animals) and other animals.



24 Session 19 – Tonglen

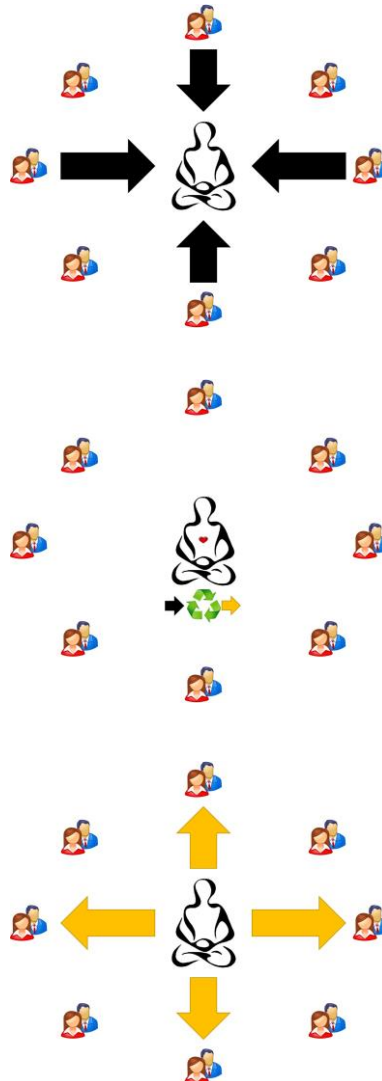
Goal: Develop loving kindness, compassion and equanimity

What is Tonglen?

Tonglen is the practice of exchange between me and others.

How to practice Tonglen?

- 1st step : visualize the suffering of all sentient beings as dark smoke and when you breath in, imagine you pump this dark smoke inside yourself
- 2nd step : during the pause between breath in and breath out, imagine the extraordinary power of mindfulness and loving kindness transforms this suffering into peace and happiness
- 3rd step : during breath out, imagine that you radiate and send peace and love to all sentient beings



25 Session 20 – The 8 consciousness, ego and karma

25.1 The 8 consciousness

What are the 8 consciousness?

We have already studied together the 6 spheres of consciousness: the 5 senses (touch / sight / hearing / taste / smell) and the mind (thoughts & emotions).

It exists two additional consciousness, which are hidden : the ego consciousness and the store consciousness.

The 6 consciousness	The 5 senses	Touch
		Sight
		Hearing
		Taste
		Smell
	Mind	Non-conceptual mind
		Conceptual mind
Ego consciousness		
Store consciousness		

25.2 The Ego

What is Ego?

Ego is the process which rebuild instant after instant an image of self (Selfing) in a coherent way, based on our past experience, karmic conditioning and habits.

This process is managed by the ego consciousness in an invisible manner, in background, off the radar.

It becomes live mostly in the concepts of: I, me, mine ; and feelings : pleasant, unpleasant, neutral => like / dislike.

It's a fragile building because the body and mind always evolve and change.

Nevertheless, it's a key concept in our perception and relationship to the world, especially in the false belief of: separation, permanency and independency.

Which implies that it is a concept that could make us suffer a lot if not transcended thanks to the deep understanding of impermanence, interdependency and inter-being.

25.3 The Karma

What is Karma?

To understand Karma, we have to understand the cycle: causes / actions / consequences.

Each speech/action/thought is generated by multiple causes.

Our awareness (or not) to the causes (including habits), our intention and finally our choice (instinctive reaction or wise response based on holistic understanding) will trigger speech/action/thought, which would have positive effects or may cause suffering (for ourselves or others).

This would automatically generate consequences.

This consequences becoming immediately causes for the next moment.

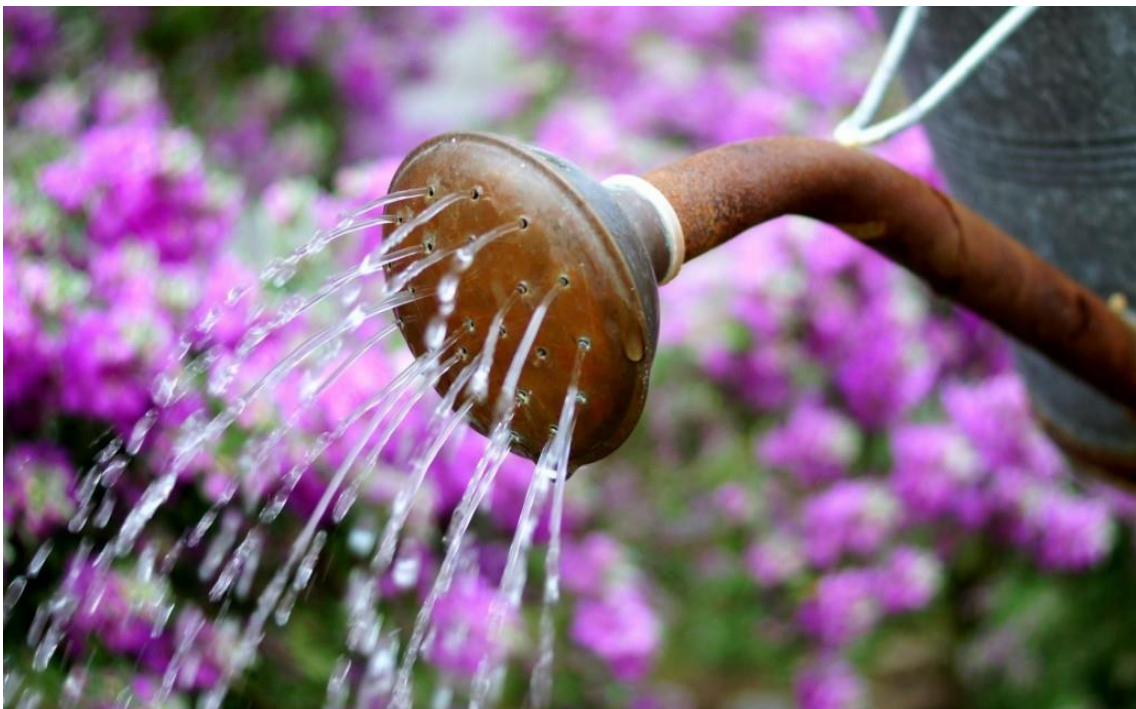
Karma is the law that implies that each action generates consequences which are the causes which build/contribute to the future.

Each action generate a footprint/seed in the 8th consciousness (store consciousness) who keep it till reactivation.

We experience today the results of our past actions and the actions we do now are shaping our future.

Up to us to think wisely and choose carefully about our speech/action/thought in order they sow the seeds for a pleasant future.

The Zen monk Tich Nhat Hanh invite us to practice selective watering, choosing to water positive seeds (loving kindness, compassion, ...) to make them grow and get rid of negative seeds, looking at them mindfully, each time they manifest in our mind as thoughts and emotions, without giving them food/energy.



26 Mini retreat in silence during half day

A retreat, whatever duration it lasts is a wise mean to improve and develop mindfulness.

It allows, dedicating a full time without interruption, to speed up our qualities growth and to go deeper in stillness and peace, which permits the arising of a state of well-being and loving kindness that would stay with us several day after the end of the retreat.

Half day retreat in silence program:

- Rules for the half day
- Sitting posture reminder
- Some inspiring readings
- **Start of the retreat**
- Breathing meditation (mindfulness of the bodily sensation associated to breathing)
- Breathing meditation (counting technique 1 to 21)
- Walking meditation
- Body Scan
- *Walking meditation (and small pause)*
- The 6 spheres of consciousness
- Feelings
- Thoughts and emotions
- *Walking meditation (and small pause)*
- Just like me
- Loving kindness
- *Walking meditation*
- Breathing meditation
- Soft silence ending
- Collective debriefing
- Breathing meditation
- **End of the retreat**

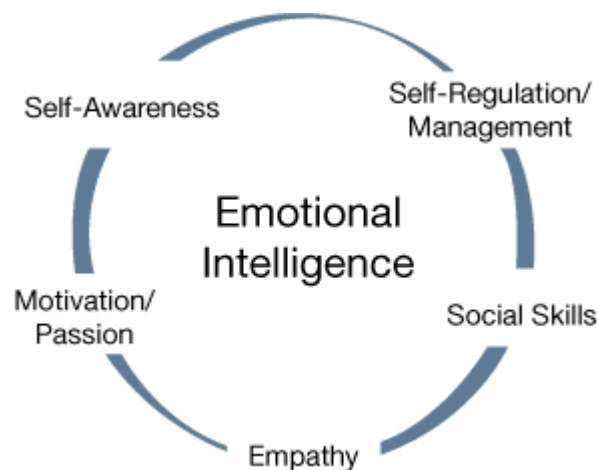
27 Mindfulness, benefits in daily life and at work



Goal: understand how mindfulness could be useful in daily life, including at work

Well-known main benefits of mindfulness

- Well-being improvement and quality of life enhancement
- Development of focus, awareness and concentration
- Creativity increase
- Development of the capability to challenge ourselves and to adapt
- Stress management and conflicts management
- Resilience increase
- Emotional intelligence development
- Social skills enhancement
- Leadership improvement



We rely on Mindfulness experts coming from outside for half day workshops.

I thank the 2018 guest speakers:



- François BESSON
- <http://potentialproject.fr/>
- Meditation as a key resource to face the PAID reality (Pressured / Always on / Information overload / Distracted)



- Sonia PELISSON
- <http://www.soniapelisson.com/>
- Unformal small meditation spaces to be mindful all day long



- Stephane FAURE
- <http://ww.euthymia.fr/>
- Meditation as a key resource to face uncertainties and change

And 2019 guest speakers:



- Elodie CAILLAUD
 - <http://elodiecaillaud.fr/>
 - Link between mindfulness and quality of life



- Emmanuelle ROQUES
 - <https://mindfulness-social-club.com/>
 - Mindful communication : listening and speaking mindfully



- Corinne JOUSSAIN
 - <http://www.lefildelatre.fr/>
 - Meditation as a key resource for caregivers

28 Conclusion

I hope this little booklet is useful for you.

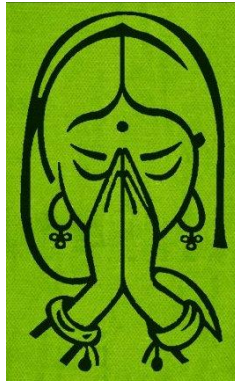
Keep learning, following masters' teachings, but don't forget the more important:

- Practice !



29 Dedication

I dedicate all my merits, qualities and virtues accumulated during the writing of this little booklet and during the guidance I provide for mindfulness practice sessions, to the peace and happiness of all living beings.



30 Addendum

30.1 Satipatthana sutta extract

Bhikkhus, this is the direct path for the purification of beings, for the surmounting of sorrow and lamentation, for the disappearance of dukkha and discontent, for acquiring the true method, for the realization of nibbana, the four satipatthanas.

What are the four ?

Here, bhikkhus, in regard to the body a bhikkhu abides contemplating the body, ardent, clearly knowing and mindful, free from desires and discontent in regard to the world.

In regard to feelings he abides contemplating feelings, ardent, clearly knowing and mindful, free from desires and discontent in regard to the world.

In regard to the mind he abides contemplating the mind, ardent, clearly knowing and mindful, free from desires and discontent in regard to the world.

In regard to dhammas he abides contemplating dhammas, ardent, clearly knowing and mindful, free from desires and discontent in regard to the world.

[Refrain]

In this way, in regard to the “body/feelings/mind/dhammas” he abides contemplating the body internally, externally, both internally and externally.

He abides contemplating the nature of arising, of passing away, of both arising and passing away in the “body/feelings/mind/dhammas”.

Mindfulness that there is a “body/feelings/mind/dhammas” is established in him to the extent necessary for bare knowledge and continuous mindfulness.

And he abides independent, not clinging to anything in the world.

That too is how in regard to the “body/feelings/mind/dhammas” he abides contemplating the “body/feelings/mind/dhammas”.

[End of the Refrain]

1) Body

- [Breathing] / [Refrain]
- [Postures] / [Refrain]
- [Activities] / [Refrain]
- [Anatomical parts] / [Refrain]
- [Elements] / [Refrain]
- [Corpse in decay] / [Refrain]

2) Feelings

- [Feelings] / [Refrain]

3) Mind

- [Mind] / [Refrain]

4) Dhammas

- [Hindrances] / [Refrain]
- [Aggregates] / [Refrain]
- [Sense spheres] / [Refrain]
- [Awakening factors] / [Refrain]
- [Noble truths] / [Refrain]

5) Conclusion

- [Prediction]

Bhikkhus, this is the direct path for the purification of beings, for the surmounting of sorrow and lamentation, for the disappearance of dukkha and discontent, for acquiring the true method, for the realization of nibbana, namely, the four satipatthanas.

30.2 ArianeGroup CSE-Atlantique Mindfulness association - Charter

Goal of ArianeGroup CSE-Atlantique Mindfulness association

The goal of Mindfulness is to improve the well-being and quality of life of the association members

Mindfulness definition

It's a practice which target is to develop peace, happiness and harmony

- Gradually understanding how mind works
- Developing the capabilities to answer in a better manner to stressful situations
 - Thanks to stillness, focus, awareness, concentration and a clear deep wise understanding

Jon KABAT-ZINN definition: « Mindfulness is awareness that arises through paying attention, on purpose, in the present moment, non-judgementally »

Reminder

Mindfulness

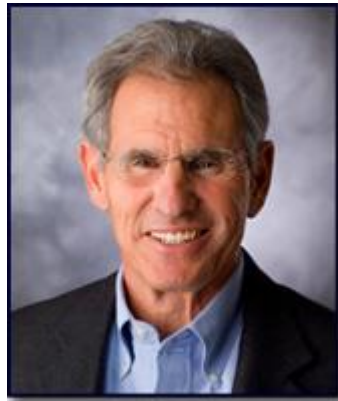
- Is a laic practice (teach in hospitals and schools)
- Do not replace the obligation of the employer to take all the necessary measures to guaranty quality of working life and reduction of occupational stress
- Do not replace medical treatments and psychotherapeutic monitoring

Ways of working

The chosen methodology is:

- To train the association members to the practice of mindfulness
 - Thanks to weekly training courses and guided meditations
- To give them the opportunity to practice, during working open hours, when they need it
 - In an on-site dedicated room

30.3 Tribute to Jon KABAT-ZINN



Dr. Jon KABAT-ZINN

- Ph.D. in molecular biology from MIT
- Professor of Medicine Emeritus and founding director of the Stress Reduction Clinic and the Center for Mindfulness at the University of Massachusetts
- Founder of MBSR – Mindfulness Based Stress Reduction
- Began teaching MBSR at the SRC in 1979 to help patients cope with stress, pain and illness by using meditation and hatha-yoga
- Book « Full catastrophe living »
- <http://www.umassmed.edu/cfm/>

I would like to thank heart fully Dr. Jon KABAT-ZINN, who promote day after day Mindfulness practice and development.

30.4 Mindfulness in France



- Christophe ANDRE
 - Psychiatrist Doctor in the Sainte-Anne Hospital in Paris
 - <http://christopheandre.com>



- Jean-Gérard BLOCH
 - Creator of the first Medical Degree in Mindfulness at University of Strasbourg « Diplôme d'Université de Médecine, Méditation et Neurosciences »
 - <http://sfc.unistra.fr/diplome-d-universite-de-medecine-meditation-et-neurosciences-2160.html>



- Dominique STEILER
 - Chairholder « Chair Mindfulness, well-being at work and economic peace »
 - <http://www.mindfulness-at-work.fr/>



- Fabrice MIDAL
 - Philosopher et writer, founder of « Ecole de méditation occidentale »
 - <http://www.ecole-meditation-occidentale.fr/>



- Yves LE-BIHAN
 - Director of the « Institut français du Leadership positif »
 - <http://positiveleadership.fr/>
 - <http://www.initiativemindfulnessfrance.com/>

And many others...

31 Colophon

I take refuge in the Buddha, symbol of the qualities I wish to develop: wisdom, loving-kindness and compassion

I take refuge in the Dharma, the teaching that enables to develop them

I take refuge in the Shanga, the community of all the people who sincerely practice Mindfulness and of all the masters who preserve teachings and offer them spontaneously

May I develop Bodhicitta: wisdom, loving-kindness and compassion.

May I get rid of uncontrolled desire, of hatred and ignorance, in order my true nature could shine in the world for the benefit of all living beings.

May I, by my presence, my acts, my speech and my thoughts, contribute to peace and happiness for all living beings (me and all the others).



32 Bibliography

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- Richard DAVIDSON
- Daniel GOLEMAN
- Mark WILLIAMS
- Rick HANSON
- Joseph GOLDSTEIN
- Jack KORNFIELD
- Sharon SALZBERG
- Tara BRACH
- James DOTY
- Tim RYAN
- Chade Meng Tan
- Michael CHASKALSON
- Venerable Hénépola Gunaratana
- Thich Nhat Hanh
- Satya Narayan Goenka
- Yongey Mingyour Rinpoché
- HH the Dalai Lama
- Eckart TOLLE
- Eline SNEL
- Rasmus HOUGAARD
- Christophe ANDRE
- Matthieu RICARD