



exploring ideas together

WARWICK
THE UNIVERSITY OF WARWICK

Finding inner freedom with Mindfulness

With Dr Dean Howes

What is Mindfulness?

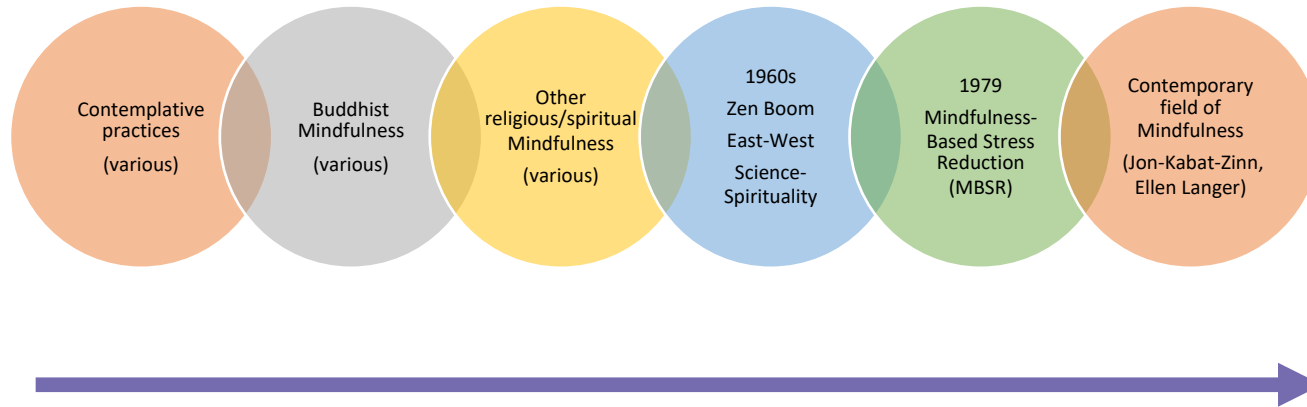
- The 5-4-3-2-1 technique

- 5 things we can see
- 4 sounds we can hear
- 3 textures we can feel
- 2 body parts we can sense
- 1 thing to focus on now

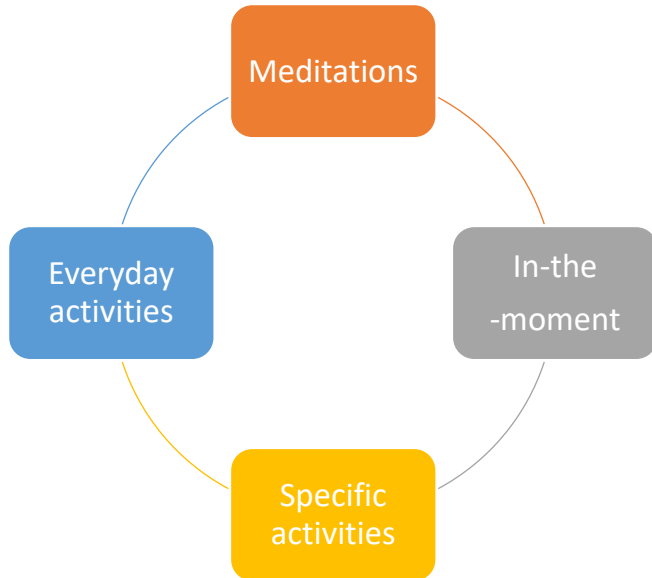
What is Mindfulness?

- A state of being
- A set of practices and techniques
- A field of study and application

What is Mindfulness?



What is Mindfulness?



What is Mindfulness?

- Present-centred (Noticing Now)
- Restful alertness
- A Focus on the features of now (Beginner's Mind)*
- Accepting
- Non-judgemental
- Commentary-free
- Experience-rich
- Emotion-full
- Gentle curiosity
- An inside-out philosophy*

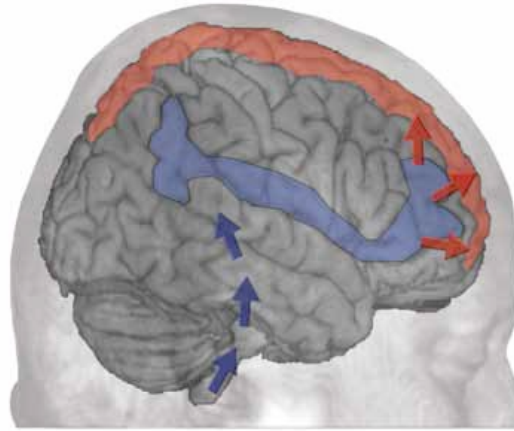
Finding inner freedom with mindfulness

- For both traditional and modern approaches to mindfulness our own habits (Ego) can imprison us
- These habits can be of mind, body, emotions and/or behaviours
- Mindfulness practices slow the mind, body, emotions and behaviours (Samatha) so that we can transcend these habits (Vipassana)
- It is in this free capacity that we can find inner freedom – being mindful rather than mind-full!

What is Mindfulness?

- **Pause Point – Mantras**
 - Anything that we use to focus or attention on
 - Objects
 - Sensations*
 - Rhythms*
 - Sayings*
 - Images
 - Feelings*

Finding inner freedom with mindfulness



Sensation flows from our body into brain regions associated with present-moment awareness (blue), often activating a connected set of brain regions associated with descriptions, narratives, and evaluations (red). Mindfulness training appears to weaken this body/narrative association.

Finding inner freedom with mindfulness

1. From our habitual mind, body, emotion and behaviour habits
2. From the inner voice

Meditation activity: Finding inner freedom with mindfulness

1. Connect with now
2. Slow the mind, body, emotions and behaviours
3. Create capacity
4. Turn commentary down (maybe even off)
5. Sit in this capacity and keep bringing the mind back to the present moment when it wanders away

How did we find this activity?

Any questions, comments or feedback?

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Thank you