



exploring ideas together

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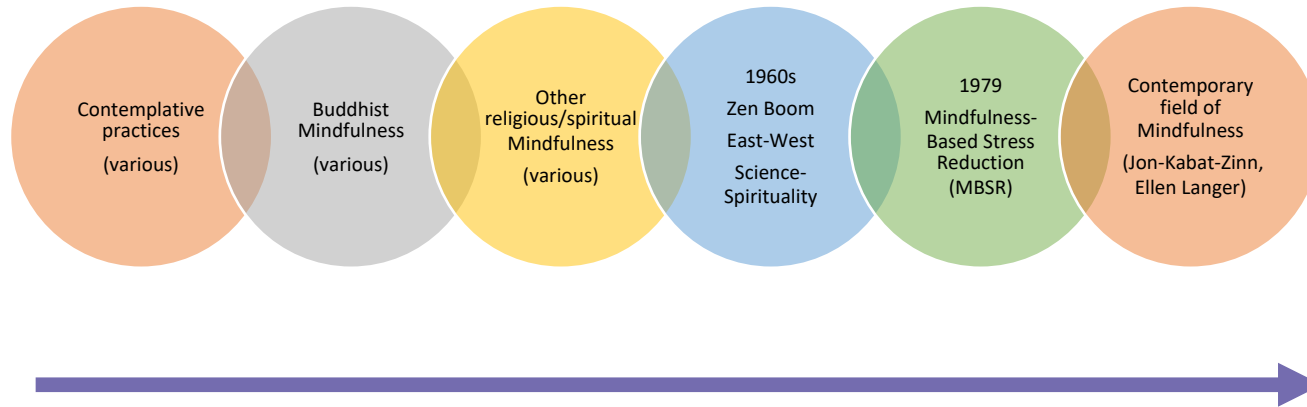
Mindfulness for Invention

With Dr Dean Howes

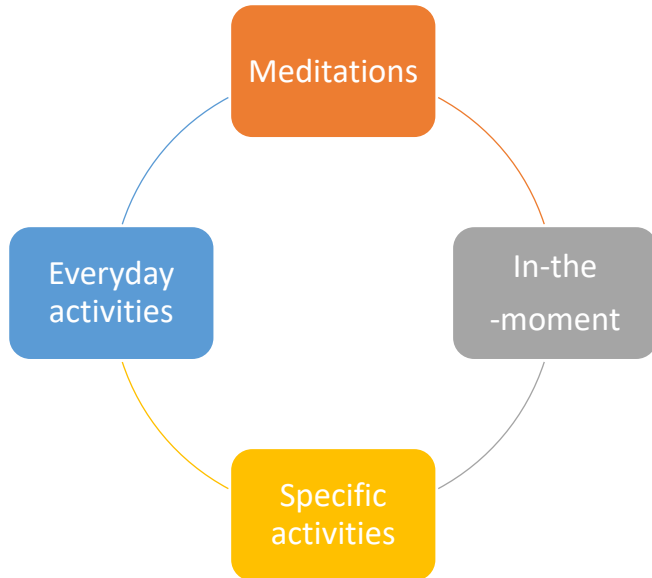
What is Mindfulness?

- 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
- Focussed upon the features of now (Beginner's Mind)
- Accepting
- Non-judgemental
- Commentary-free
- Experience-rich
- Emotion-full
- Gentle curiosity

Activity 1: Using Mindfulness with a specific focus

1. Connect with now
2. Slow the mind, body and emotions
3. Create capacity
4. Use the capacity for focus

How did we find this activity?

Activity 2: Using Mindfulness to cultivate creativity, invention and the flow state

1. Connect with now
2. Slow the mind, body and emotions
3. Create capacity
4. Swim in this capacity

How did we find this activity?

Any questions, comments or feedback?

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Thank you