



exploring ideas together

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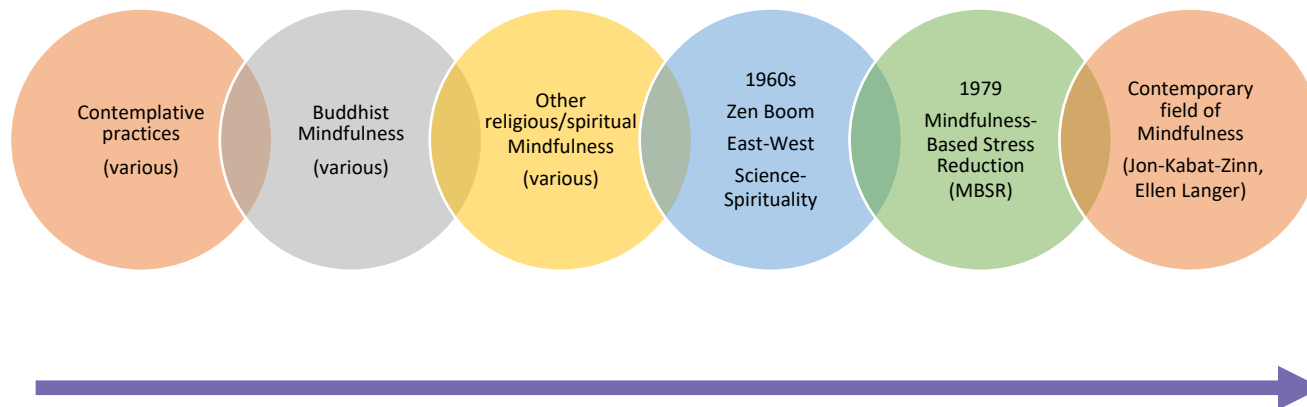
Cultivating the inner sanctuary with Mindfulness

With Dr Dean Howes

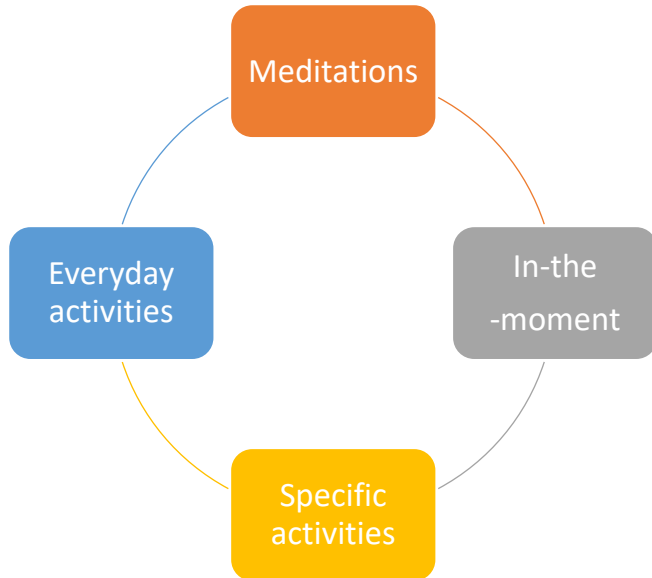
What is Mindfulness?

- 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

Mindfulness and the inner sanctuary

- 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 so that we can transcend these habits
- It is in this free capacity that we can find the inner sanctuary – being mindful rather than mind-full!

Activity 1: Cultivating the inner sanctuary

1. Connect with now
2. Slow the mind, body, emotions and behaviours
3. Create capacity
4. Find sanctuary in the capacity

How did we find this activity?

Any questions, comments or feedback?

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Thank you