



Mindfulness of Thinking and Thoughts:

Using Mindfulness to Navigate Turbulent Times



Welcome



YOUR MODERATOR

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Your speaker

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- Longtime practitioner and coach of mindfulness
- Began in 1991 at a retreat outside Mumbai
- Coaching since 2013, esp. in workplace



Overview

What is Mindfulness?

- Mindfulness means paying attention in a particular way; on purpose, in the present moment, and nonjudgmentally.
- The metaphor of Director's Commentary on DVD

Types of Mindfulness Practices

There are many amazing objects to use for mindfulness practice.

- Breath
- Body
- **Thoughts**
- Emotions
- Mind States, etc.





Principles of Mindfulness of Thoughts - I



- René Descartes' proposition "I think, therefore I am" that serves as a foundation for knowledge in the face of radical doubt.
- The critique of that proposition at that time was that rather than supposing an entity that is thinking, Descartes' should have said: "thinking is occurring."
- Entire domains of wisdom and knowledge are untouched by thought.
- Thoughts and thinking take us away from the simplicity of the present moment and into past or future.

Principles of Mindfulness of Thoughts - II



- Within the domain of mindfulness teachings, contents of thinking is the actual story, e.g. what he said, what she said, what I did, etc. Various types of thoughts, viz., remembering, judging, planning, believing, worrying, fantasizing.
- Within the domain of mindfulness teachings, process of thinking is how thinking happens in the mind, i.e. how thoughts come to us. They come to us either as internal verbal conversations, non-verbal sounds or internal imagery. There is also a subtle kind of thinking, a sort of background hum that is going on all the time.

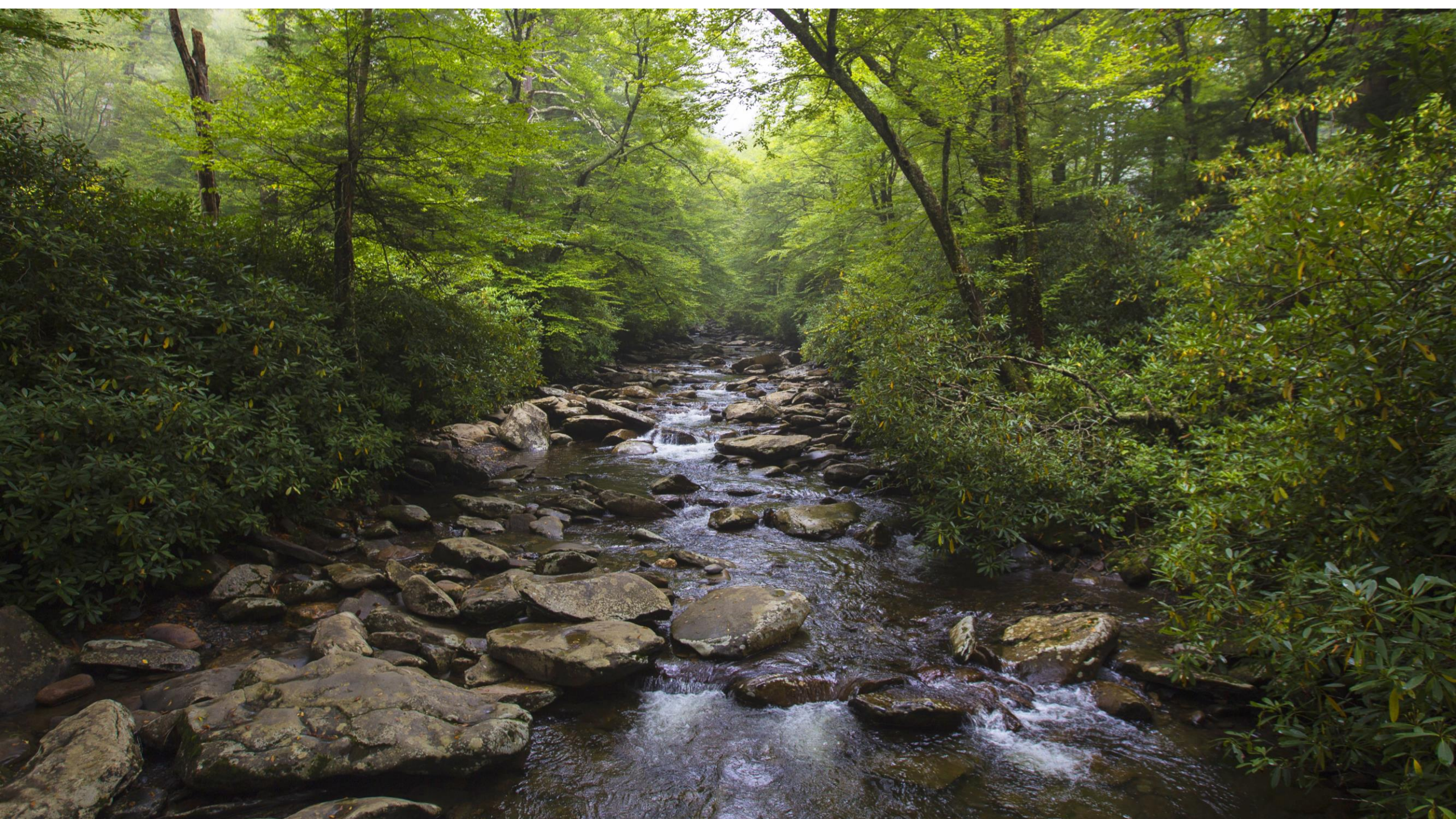


Tips on Mental Noting Practice

- “Mental noting” is a simple method in which we use the default process of thinking to stay present rather than have it carry us away into the past or future. This is the practice of using a simple “note” to calmly name what we are experiencing.
- Be gentle and kind with yourself. Mindfulness is synonymous with Kindfulness.
- Adopt a non-striving attitude.
- When you find that your attention has wandered off, gently let go of the distraction and bring it back to the flow of thoughts.
- During mental noting practice; if you are not able to note any thoughts, bring your attention back to the breath.

Guided Mental Noting Practice 15 minutes







Benefits of Mental Noting Practice

- Reduce the heaviness of thoughts and emotions by not identifying with them.
- Give our minds some space and some freedom amid mental turmoil.
- Promising antidote to excessive thinking and worrying leading to sleep disorders.
- Reduce the impact of intrusive thoughts and memories resulting from cognitive distortions.

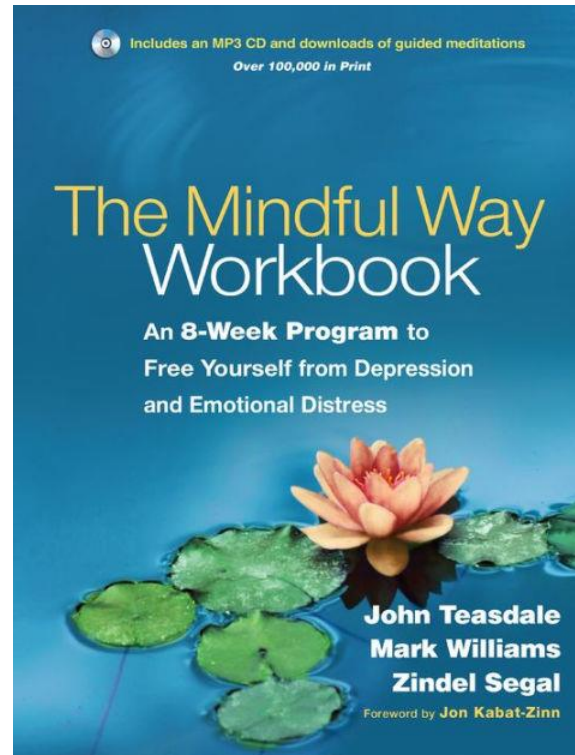


Post-practice session

- Do you have questions?
- How would you describe your experience with the practice?

Post-practice session

Book Reference 1



Resources & Handouts

- Recording
- Presentation slides
- Other resources at www.SummitMindfulness.com

www.peacehealth.org/healthy-you/webinar-mindfulness-thought



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peacehealth.org/healthy-you