



Mindfulness of Mind States:

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 is the basic human ability to be fully present, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us or inside us.

Types of Mindfulness Practices

There are many amazing objects to use for mindfulness practice.

- Breath
- Body
- Thoughts
- Emotions
- **Mind States**

Practices to complement and extend mindfulness:

- Loving Kindness
- Tonglen



Principles of Mindfulness of Mind States

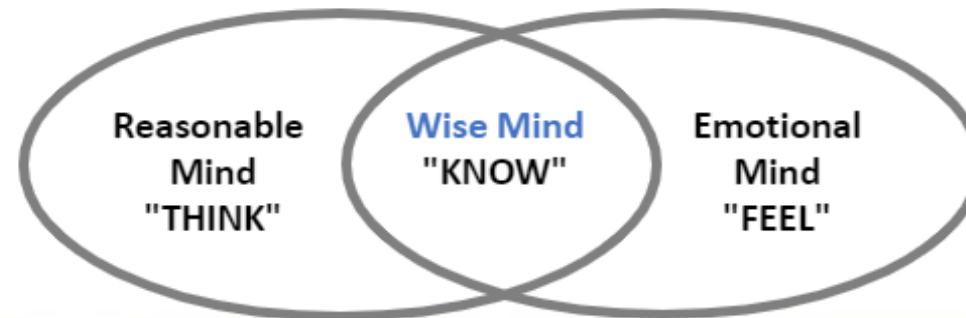


- Mind States or Mental States are a series of moments of awareness of objects that come in contact with our five senses and our mind.
- Mind States or Mental States are a conglomeration of mental representations.
- Mind itself can be known through the mental states that arise with it and that “color” it. For instance there can be Mind with generosity, Mind with greed, Mind with loving-kindness, Mind with hatred or aversion, etc.
- In practicing mindfulness of the mind, we need to see for ourselves how we experience each of these states; e.g. fevered excitability of wanting or greed; tightness, contraction and alienation of anger and hatred; confused entanglement of delusion.

3 Categories of Mind States in Dialectical Behavioral Therapy (DBT)



- Emotional Mind: Emotional Mind is when we experience an emotion and feel like we are in the emotion itself and get carried away. We ultimately reason with your emotion.
- Reasonable Mind: Reasonable Mind is when we look at the facts of a situation and reason very logically.
- Wise Mind: Wise Mind is when we want to maintain a balance between our emotional mind and reasonable mind in order to live a fulfilling, healthy life. Wise mind is a combination of using both our emotional and reasonable mind together.





2 Categories of Mind States in old tradition

- Unskillful Mind: Unskillful Mind is when we are filled with greed, hate and delusion. This is the category of mind that results in one's suffering or the suffering of others.
- Unskillful Mind results in one's isolation from others.
- Skillful Mind: Skillful Mind is when we are free of greed, aversion and delusion. This is the category of mind that results in peace, happiness and joy.
- Skillful Mind results in the qualities of mind like caring and empathy for others.
- We will use the second category in our guided practice later in this session.



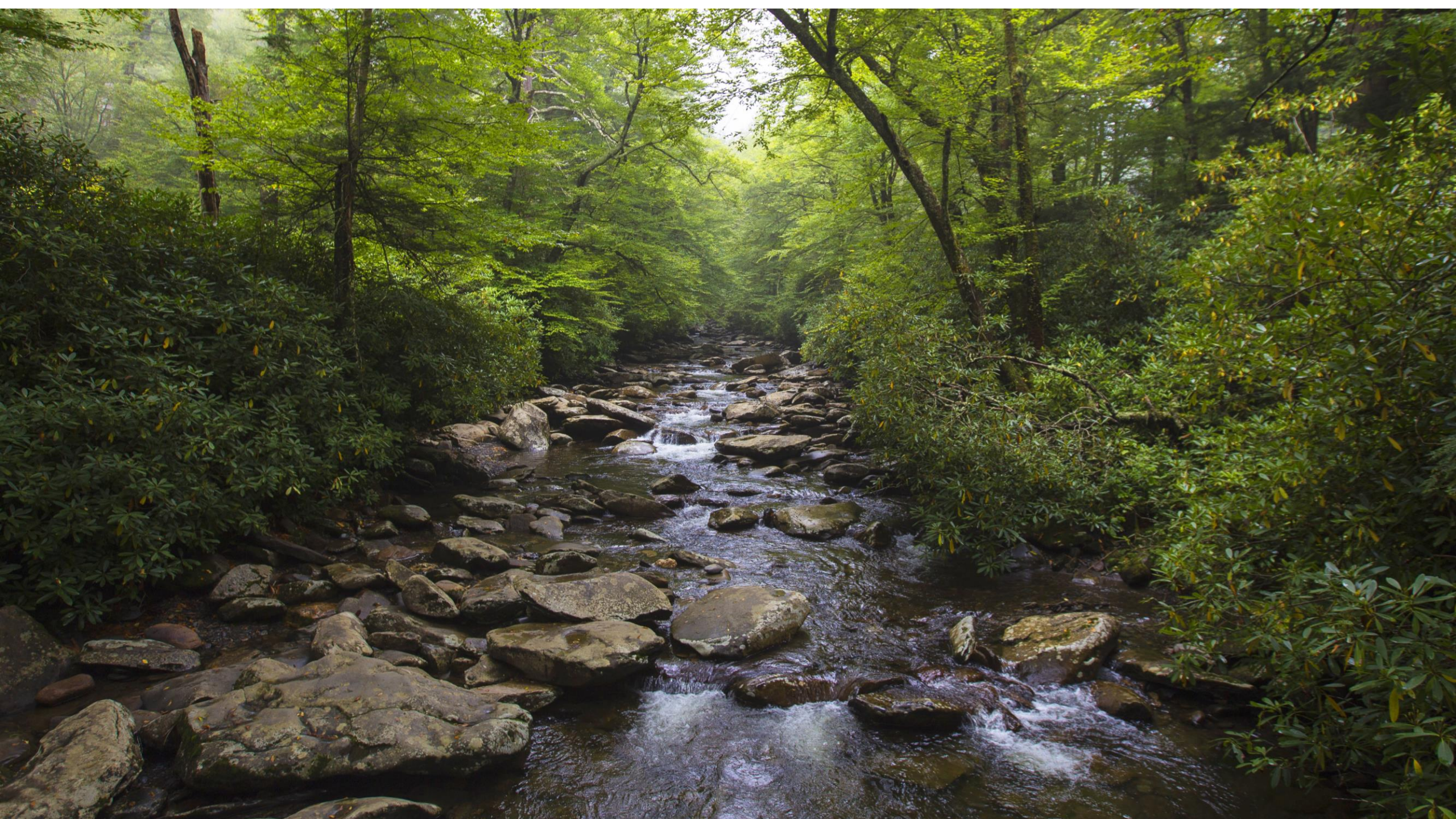
Dynamics of Mindfulness of Mind States practice

- Focus your attention on the sensation of the breath moving in and out of the body
- If a mind state arises that is strong enough to disrupt your mindfulness of breath practice, rest your awareness on that mind state
- Note if that mind state is skillful or unskillful
- Note how that mind state manifests in the body
- Discern whether that mind state will lead to more peace, happiness and joy in your life or whether it will lead to more suffering and difficulty
- If you are unable to discern any specific mind state, then focus your attention back to the breath and be patient that such states will arise soon.

Guided Mindfulness Practice on Mind States

15 minutes







Benefits of Mindfulness of Mind States Practice

- As we bring mindfulness to these changing moments of mind states, we begin to loosen our identification with them and strengthen our ability to carry mindfulness into our lives.
- Overcome the turbulence of mind as it arises instead of letting it build up and proliferate to such an extent that it results in an action and adversely impacts us and others around us.



Post-practice session

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

Resources & Handouts

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

www.peacehealth.org/healthy-you/webinar-mindfulness-mind-states



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