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MINDFULNESS MEDITATION WORKSHOP INTRODUCTION

MINDFULNESS is a state of mind which is :

Friendly, welcoming, nonjudgmental, and

Focuses on present-moment awareness.

It fosters an acceptance of WHAT IS

With the intent of observing and not permitting anything from the past or the future to stick to us (also called "teflon mind").

Mindfulness meditation asks that we INTENTIONALLY STOP the flow of our habitual unconsciousness, inattention, multitasking, and the 24/7 flow of our thoughts. It is the shift from the "auto-pilot" mode of our minds to the BEING mode of mind. It is experiential, not cognitive.

If we can learn to be mindful of our moments, and use our breath as an anchor to keep us in the present, we are ALL capable of learning how to change our relationship to our physical and emotional pain. We learn how to accept and work with difficult mind states instead of desperately trying to control them, change them, force them to be other than they are, or running to avoid or escape them.

Informal and formal meditation practice does not require you to purchase anything, nor does it ask that you adopt any particular religious or spiritual beliefs. It posts no deadlines for mastery, has no white-robed guru waiting to put us in a trance, nor does it profess that there is only one way to "do it right".

Mindfulness opens your mind by opening your heart. It's fundamental principle is that we are asleep during most of our waking lives, and extends an invitation for us to "fall awake". Practiced for 2,500 years in India and China, it has found its way into mainstream American medicine and psychology in the last thirty years, and promises to change the way in which all future doctors and therapists will be trained.