



Foundations of Teaching Mindfulness

Thursday, May 1, 2025

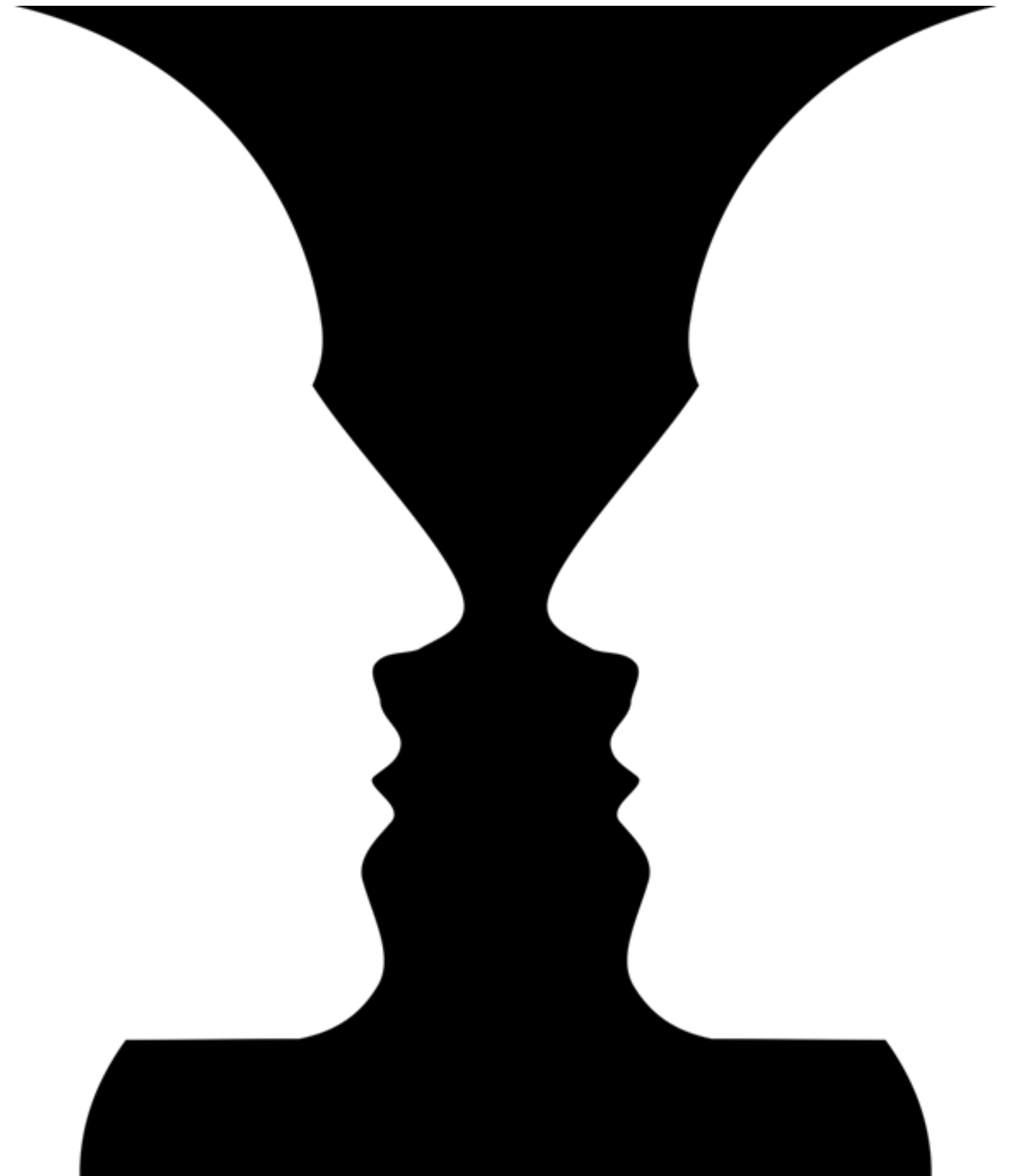
"We don't see things as they are;
we see them as we are.

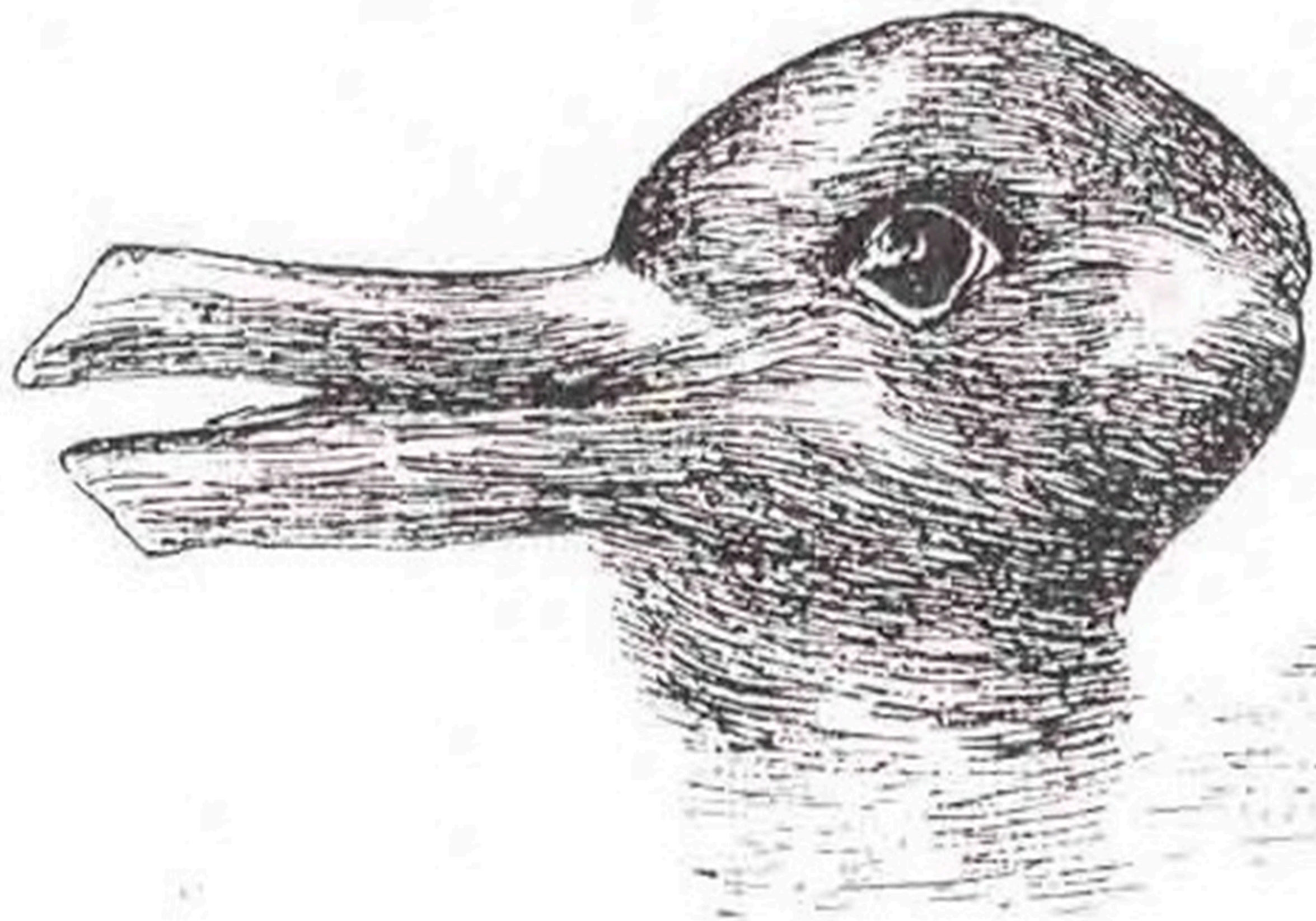
— Anais Nin

Perspective

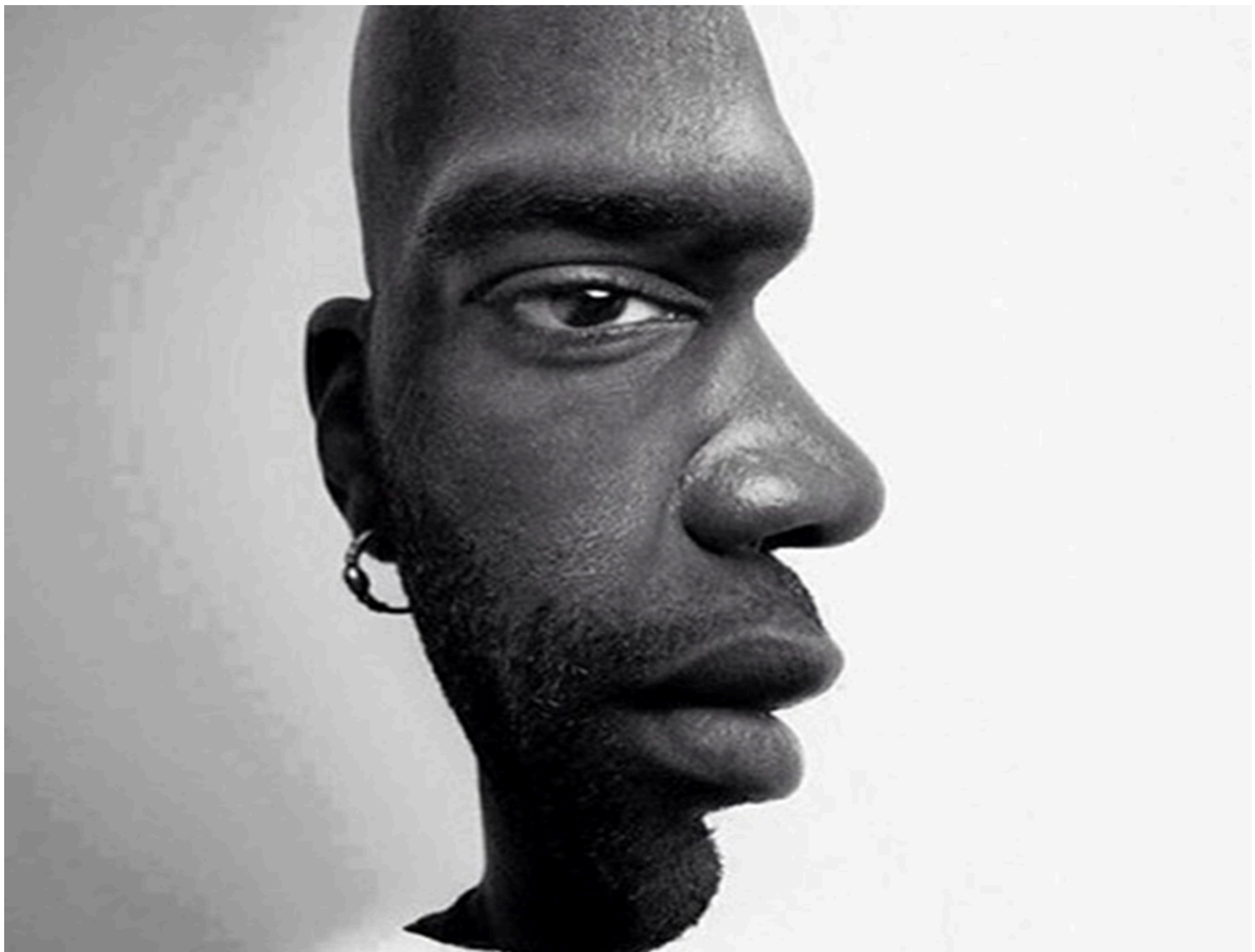
How we SEE and THINK
about things.

A point of view.











Perspective...

i've heard the rhetoric from both sides... time to do my own research on the real truth



Googie

Found 80,000 results.

Literally the first link that agrees with what you already believe

Completely supports your viewpoint without challenging it in any way

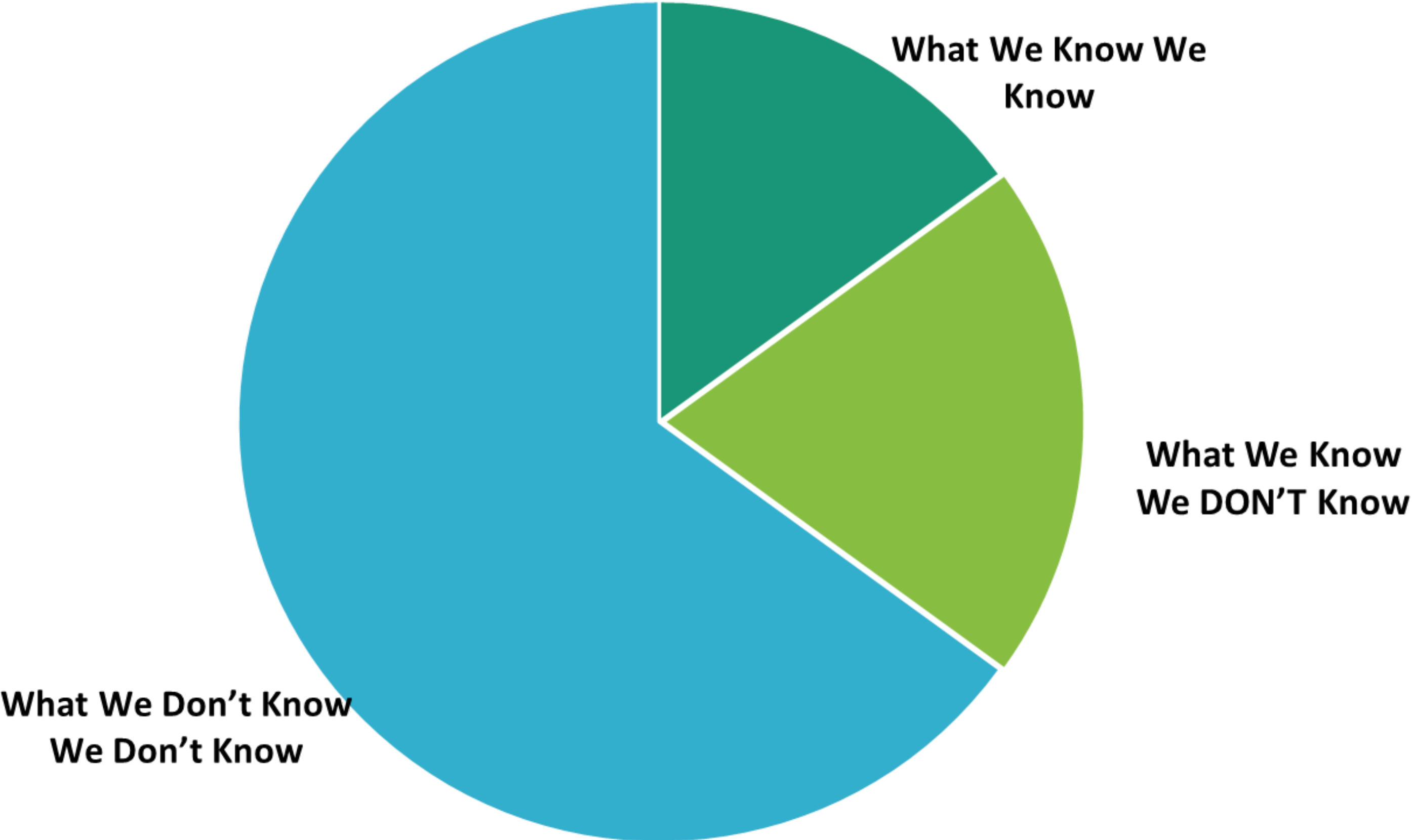
Another link

Don't worry about this one

...jackpot



What We Know/Don't Know



What experiences have most shaped
your perspective?

Where does your perspective feel
broad, and where does it feel narrow
or fixed?



An Introduction to Unconscious Bias



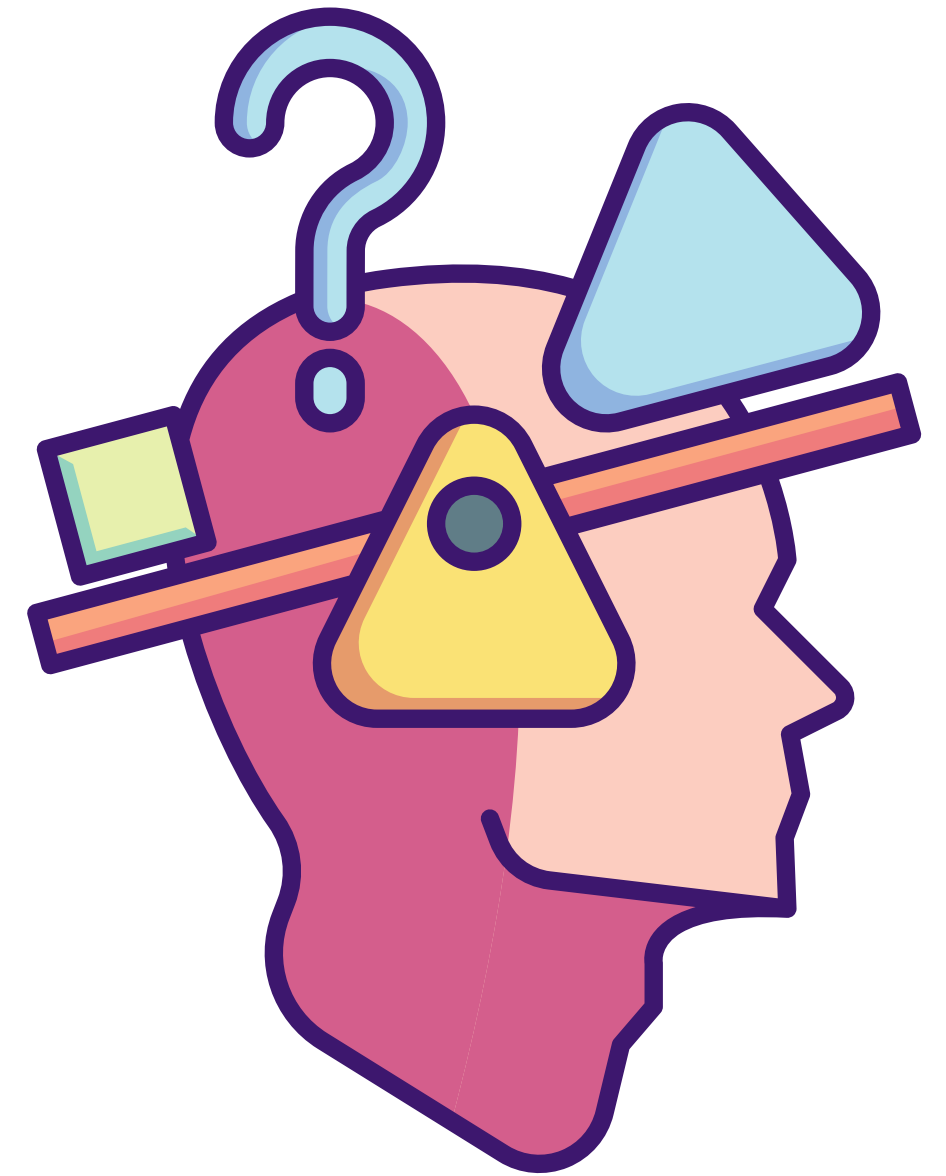
Share



Watch on  YouTube

Perspective, Bias + Mindful Awareness

- Awareness of one's own perspective
- Awareness of another's perspective
- Ability to become aware of unconscious patterns
- Increased empathy
- Increased compassion



What assumptions do you think you may carry into your teaching spaces – about who is “open”, “resistant”, “easy to teach”, or “difficult”?

What might be one bias you're ready
to bring into awareness?



TV 2 | All That We Share



Share



Watch on  YouTube



Break

How much have you thought about your practicum?



1

2

3

4

5

What's a
practicum?

Have some ideas
and plans, but
nothing
concrete.

All set!
All I need are
some people!

Practicum Requirements

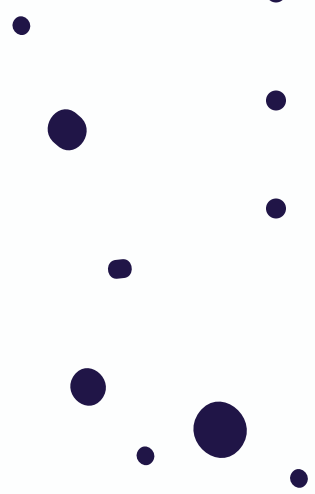
- Submit a practicum approval form by June 22, 2025
- At least 4 sessions at 1.5 hours each
- At least 4 participants
- Get feedback from participants at the end
- Record 30 min of a session

Each session should consist of:


- Mindful sitting practices
- Didactic teachings (aka Talks)
- Mindful sharing/reflection

Topics that MUST be included:

- Basics of practicing mindfulness (anchors)
- Working with thoughts and emotions
- Informal practices to bring into your everyday



Practicum Prep

- 
1. What kind of audience are you considering?
 2. Where might you find people to attend?
 3. Where might you hold your practicum?
 4. What topics are you considering?
 5. What are your challenges?

Practicum Prep

1. Each person will have 5 min to share any responses to the questions.
2. Following each person will be 3 min for other group members to weigh in on what would be helpful to the person sharing (do you want ideas, feedback, suggestions, questions?).

