Creative Mindfulness
LET’S BEGIN

- Who am I?
- How I came to do this work.
- What I’m Looking For.
- Mini Break Out: What are YOU Looking For?
CREATIVE:
marked by the ability or power to create: the creative impulse - a creative genius

MINDFULNESS:
the practice of maintaining a nonjudgmental state of heightened or complete awareness of one's thoughts, emotions, or experiences on a moment-to-moment basis

CREATIVE MINDFULNESS:
ability to use our creative power (genius) to sustain a practice of heightened or complete state awareness in both personal and professional spaces
THE BENEFITS OF MINDFULNESS

- Reduced Stress Levels
- Increased Emotional Well Being
- Reduction in Physical Pain
- Reduced Anxiety
- Improved Focus and Productivity
- Enhanced Creativity

The evidence base for mindfulness-based treatments among a number of health conditions, populations and intensities is something at least worth trying. The risks are minimal, the science base is decent and all the evidence points to positive impacts such as being less reactive, less stressed and feeling better overall.

-Sara Davin, PsyD, MPH
BREAK OUT
KINDNESS WALK (EMPATHY, KINDNESS, AWARENESS)

Two-minute Story:
A time when somebody was kind to you.

Who
When
Where
What
Why
BREAK OUT
KINDNESS WALK (EMPATHY, KINDNESS, AWARENESS)

Two-minute Story:
A time when you were kind to somebody.

Who
When
Where
What
Why
BREAK OUT
KINDNESS WALK (EMPATHY, KINDNESS, AWARENESS)

Two-minute Story:
A time when you could've been kind to somebody but chose not to be.

Who
When
Where
What
Why
BREAK OUT KINDNESS WALK (EMPATHY, KINDNESS, AWARENESS)

CONCLUSION
SHARE
ADJUST
CHECK-IN

THE CHECK-IN
HOW MIGHT THIS EXERCISE EFFECT YOUR WORK ENVIRONMENT?
HOW MIGHT THIS EXERCISE EFFECT YOUR PRACTICE?

"Feelings come and go like clouds in a windy sky. Conscious breathing is my anchor."
~Thich Nhat Hanh
MED - I - TATE
think deeply or focus one's mind for a period of time, in silence or with the aid of chanting, for religious or spiritual purposes or as a method of relaxation. think deeply or carefully about (something).

MAN - TRA
A mantra is a sacred utterance, a numinous sound, a syllable, word or phonemes, or group of words in Sanskrit believed by practitioners to have psychological and spiritual powers. Mantra meditation helps to induce an altered state of consciousness. A mantra may or may not have a syntactic structure or literal meaning.
BREAK OUT 2

Guided Meditation

Build A Mantra

Life is too short to wait.
BREAK OUT 2

BUILD A MANTRA (OPRAH.COM)

Create a list of 5 to 10 things you want to obtain or improve in your life.

- Diet
- Friendship
- Exercise
- More patience

Turn them into declarative statements as if you'd already obtained them.

- Yearning for body peace - I am happy in my body, perfect as it is
- Seeking Romantic Partnership - I am open and ready to receive great love
- Financial Security - I have everything I need to live abundantly

Let us meditate with mantras!

- Pick on mantra and repeat to yourself for 2 mins
- Immediately write down how you feel afterward
BREAK OUT 2

BUILD A MANTRA (OPRAH.COM)

Create a list of things you want to obtain or improve at your job.
- Increased Productivity
- More Compassionate Communication
- Greater Comradery

Turn them into declarative statements as if you'd already obtained them.
- We get things done on time, every time
- Kindness is always possible
- Not Just Co-Workers - we are family

Let us share our mantras!
- 2 from each group
BREAK OUT 2
MEDITATION AND MANTRAS

CONCLUSION
SHARE
ADJUST
CHECK-IN

THE CHECK-IN
HOW MIGHT THIS EXERCISE EFFECT YOUR WORK ENVIRONMENT?
HOW MIGHT THIS EXERCISE EFFECT YOUR PRACTICE?

“To think in terms of either pessimism or optimism oversimplifies the truth. The problem is to see reality as it is.” – Thích Nhất Hạnh
VISUALIZATION
the formation of a mental image of something.
"Creative visualization uses the power of the mind, and is the power behind every success. By visualizing a certain event, situation, or an object, you attract it into our life. It is a process that is similar to daydreaming."

IMAGERY
visually descriptive or figurative language, especially in a literary work.
"When a writer attempts to describe something so that it appeals to our sense of smell, sight, taste, touch, or hearing; he/she has used imagery."
BREAK OUT 3

In the World I See

VS

In the World I Dream
BREAK OUT 3

In the World I see

Decide the "world" that you want to improve.

- Home
- Work
- A specific relationship
- A specific department

Describe, in great detail, the current state of the "world" you selected.

- In the world I see my son's clothes and trash converging into mountains around his room.
- In the world I see entirely too many steps to get a single decision approved.
- In the world I see an ocean of space between myself and someone I once considered a close friend.
- In the world I see a lack of communications coming from the communications department, and it is making it difficult to do our job effectively in marketing.
I HAVE A DREAM

I say to you today, my friends, so even though we face the difficulties of today and tomorrow, I still have a dream. It is a dream deeply rooted in the American dream.

I have a dream that one day on the red hills of Georgia the sons of former slaves and the sons of former slave owners will be able to sit down together at the table of brotherhood.

I have a dream that one day even the state of Mississippi, a state sweltering with the heat of injustice, sweltering with the heat of oppression, will be transformed into an oasis of freedom and justice.

I have a dream that one day, down in Alabama, with its vicious racists, with its governor having his lips dripping with the words of interposition and nullification; one day right there in Alabama, little black boys and black girls will be able to join hands with little white boys and white girls as sisters and brothers.
BREAK OUT 3

In the World I Dream

Similar to Dr. King, in this part of the exercise it isn't important to find a solution but rather to visualize a future. It is vital that, whenever possible we include ourselves in these visualizations.

- In the world I dream of celebrating with my son the rewards and benefits reaped from keeping a clean, organized space.

- In the world I see a system of trust and accountability that is created by all stakeholders that decrease the chains of command but increases the feelings of harmony and efficiency.
BREAK OUT 3
In the World I See vs. In the World I Dream

CONCLUSION
Share
Adjust
Check-in

THE CHECK-IN
How might this exercise effect your work environment?
How might this exercise effect your practice?
BUILD-A-MEETING

- 5 min Guided Meditation
- Exploratory Question
- A Victory and A Challenge
- Self-Care Focus
- What are you looking forward to in the next week?
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