



INTRODUCTION TO MEDITATION AND MINDFULNESS

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GOALS OF THE CLASS

- Present an overview of meditation and mindfulness
- Present training in the process of self-awareness
- Teach skills necessary to begin a personal meditation/mindfulness practice
- Provide supervised meditation/mindfulness practice
- Provide information to facilitate personal growth
- **TEACH YOU HOW TO BE A HAPPIER PERSON**

THE CONTENT OF THIS COURSE IS DRAWN FROM

- Buddhism, Christianity, Judaism, Taoism
- Philosophy
- Psychology
- Physiology

MY PATH TO STARTING A DAILY MEDITATION PRACTICE



WHAT IS YOUR PATH?

- Why are you taking this class?
- What do you expect to learn from this class?
 - What is your INTENTION

BUDDHIST MEDITATION

Shamatha

- Calm abiding
- Clear awareness
- We are not creating this state
- This state already exists within us

Vipassana

- Insight (the true nature of reality)
- INSIGHT into your SELF
- Emptiness
- Impermanence
- Egoless
- We are all connected

THE BUDDHA'S Four Noble Truths

Life is Suffering (Dukkha) Dissatisfaction (unhappiness)

There is a Cause of suffering

There is Freedom from suffering

The Eightfold Path

The Eightfold Path

Right Speech

Right Conduct

Right Livelihood

Right Resolve

Right Effort

Right Mindfulness

Right Concentration

Right View



THE GOAL OF BUDDHA'S TEACHING WAS TO

- **BECOME ENLIGHTENED**

The background is a dark blue gradient with a subtle pattern of white dots. On the left side, there are several overlapping circular elements. A prominent one is a large circle with a scale around its perimeter, marked with numbers from 140 to 260 in increments of 10. Other circles are partially visible, some with dashed lines and arrows indicating a clockwise direction. The overall aesthetic is technical and futuristic.

ARE THERE ANY
QUESTIONS?

THE GOAL OF BUDDHA'S TEACHING WAS TO

- **BECOME ENLIGHTENED**

The background features a dark blue gradient with faint, light blue circular patterns and a scale. The scale is a large arc on the left side, with numbers ranging from 40 to 260 in increments of 10. There are also several smaller circles and dashed lines scattered across the background, some with arrows indicating direction.

A NEW APPROACH
BUDDHIST PHILOSOPHY MEETS WESTERN
PSYCHOLOGY

MEDITATIVE-MINDFULNESS

The background features a dark blue gradient with a subtle starry pattern. On the left side, there are several circular gauges or dials with white markings and numbers, including 40, 150, 160, 170, 180, 190, 200, 210, 220, 230, 240, 250, and 260. Some gauges have arrows pointing in different directions, and there are also some dashed circular lines and solid arcs scattered across the scene.

MEDITATIVE MINDFULNESS
HAS A GOAL

BE A HAPPIER PERSON

The background features a dark blue gradient with faint, light blue circular patterns. On the left side, there is a large, semi-circular scale with numerical markings from 40 to 260 in increments of 10. Several circular arrows, some solid and some dashed, are scattered across the scene, suggesting a sense of rotation or movement. The overall aesthetic is clean and modern, with a focus on geometric shapes and a cool color palette.

MEDITATIVE-MINDFULNESS VERSION OF THE FOUR NOBLE TRUTHS

The background is a dark blue gradient with a subtle pattern of white stars. On the right side, there are several technical diagrams. One is a large circular gauge with a scale from 0 to 210 and a needle pointing to approximately 180. Another is a smaller circular diagram with concentric circles and arrows. There are also some dashed lines and other faint technical symbols scattered across the background.

- Shit Happens

- DEAL WITH IT!

The background is a gradient from dark purple at the top to dark blue at the bottom. It features several overlapping circular elements: a large scale on the left with numbers from 40 to 260, and various concentric circles and arcs in shades of white and light blue. The text is centered in the upper half.

THE FIRST STEP IN LEARNING
MEDITATIVE-MINDFULNESS

LEARN TO MEDITATE



WHY DO YOU LEARN TO MEDITATE?

BECAUSE YOU WILL USE MEDITATION!

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USE MEDITATION TO RELAX YOUR BODY

USE MEDITATION TO CALM YOUR MIND

USE MEDITATION TO SOOTHE YOUR EMOTIONS

THE DEFINITION OF MEDITATION

- Meditation is Training your Mind
- to Be Aware of the present moment

Learning Meditative-Mindfulness is
Learning to be Self-aware in the moment

HOW TO MEDITATE

- Posture** Stable Comfortable
- Eyes** Closed*
- Breath** 3 slow deep breaths then breath naturally
- Length of time** 5 – 60 minutes
- Time of day** Same time each day works best
- Place** Quiet and free from distraction

The background features a dark blue gradient with faint, light blue circular patterns and a scale. The scale is a semi-circular arc with tick marks and numbers ranging from 40 to 260. The text is centered and reads:

GUIDED MEDITATION

BODY SCAN

RELAX YOUR BODY

The background features a dark blue gradient with faint, light blue technical diagrams. On the left side, there is a large circular scale with numerical markings from 140 to 260 in increments of 10. Several circular diagrams with arrows and partial arcs are scattered across the scene, suggesting a technical or scientific context.

DO YOU HAVE ANY
QUESTIONS OR
COMMENTS?

WHAT ABOUT MINDFULNESS?



The background is a dark blue gradient with a subtle pattern of white dots. Overlaid on this are several semi-transparent white circular elements. On the left side, there is a large circular scale with tick marks and numbers ranging from 140 to 260. Other circles of various sizes are scattered across the frame, some containing curved lines or arrows, suggesting a sense of motion or a technical diagram.

YOU WILL USE MINDFULNESS

TO BECOME SELF-AWARE

WHAT IS THE **SELF** THAT YOU BECOME AWARE OF?

The background is a dark blue gradient with a field of small white stars. On the right side, there are several technical diagrams. One is a large circular gauge with a scale from 0 to 210 and a needle pointing to approximately 180. Below it is a smaller circular diagram with a dashed outer ring and a solid inner ring, with an arrow pointing clockwise. In the bottom left corner, there is another circular diagram with a dashed outer ring and a solid inner ring, with an arrow pointing counter-clockwise.

The background features a dark blue gradient with faint, light blue circular patterns and a scale-like structure. The scale is a large arc on the left side, with numerical markings from 40 to 260 in increments of 10. There are also several smaller circles and dashed lines scattered across the background, some with arrows indicating direction.

THE SELF IS :

WHAT YOU FEEL (BODY)

WHAT YOU THINK (MIND)

WHAT YOU FEEL (EMOTIONS)

WHAT YOU ARE DOING (ACTIONS)

WHY YOU ARE
DOING IT (INTENTIONS)

LEARNING MEDITATIVE-MINDFULNESS

IS LEARNING TO BE

AWARE

OF

WHAT YOU ARE FEELING AS YOU ARE FEELING IT (BODY)

WHAT YOU ARE THINKING AS YOU ARE THINKING IT

WHAT YOU ARE FEELING AS YOU ARE FEELING IT (EMOTIONS)

WHAT YOU ARE DOING AS YOU ARE DOING IT

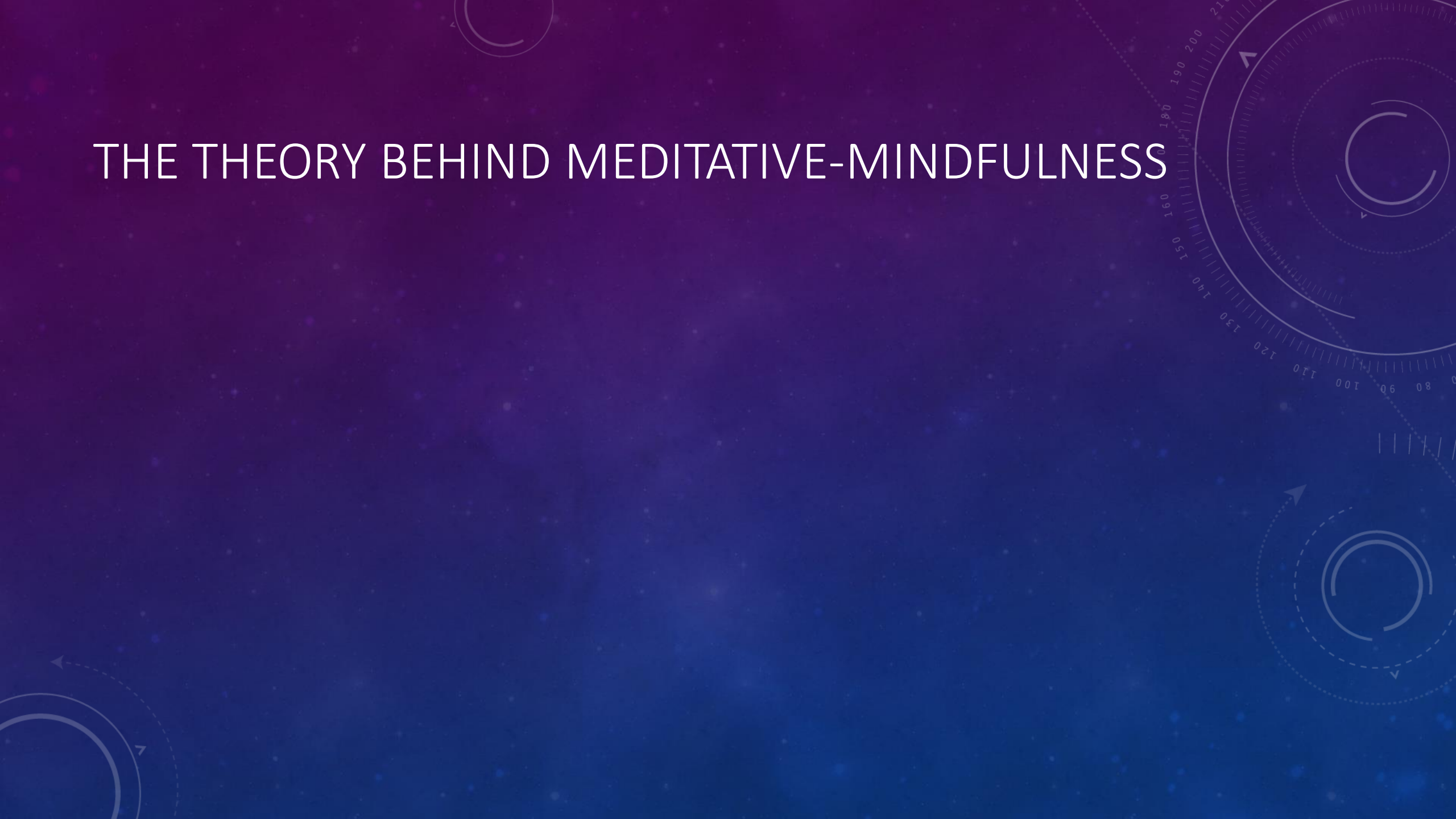
WHY YOU ARE DOING IT AS YOU ARE DOING IT

The background features a dark blue gradient with faint, light blue circular patterns and a scale. The scale is a large, semi-circular arc on the left side, with numerical markings from 40 to 260 in increments of 10. Several smaller circles and arcs are scattered across the background, some with arrows indicating a clockwise or counter-clockwise direction. The overall aesthetic is clean and modern, suggesting a focus on precision and mindfulness.

MEDITATIVE-MINDFULNESS

WILL HELP YOU BECOME
A HAPPIER PERSON

THE THEORY BEHIND MEDITATIVE-MINDFULNESS



HOW WILL MEDITATIVE-MINDFULNESS HELP YOU
BECOME A HAPPIER PERSON?



MASLOW'S HIERARCHY OF NEEDS

SELF TRANSCENDENCE

Self-actualization

Esteem needs

Social needs

Safety Needs

Physiological needs



MASLOW'S HIERARCHY OF NEEDS

SELF TRANSCENDENCE

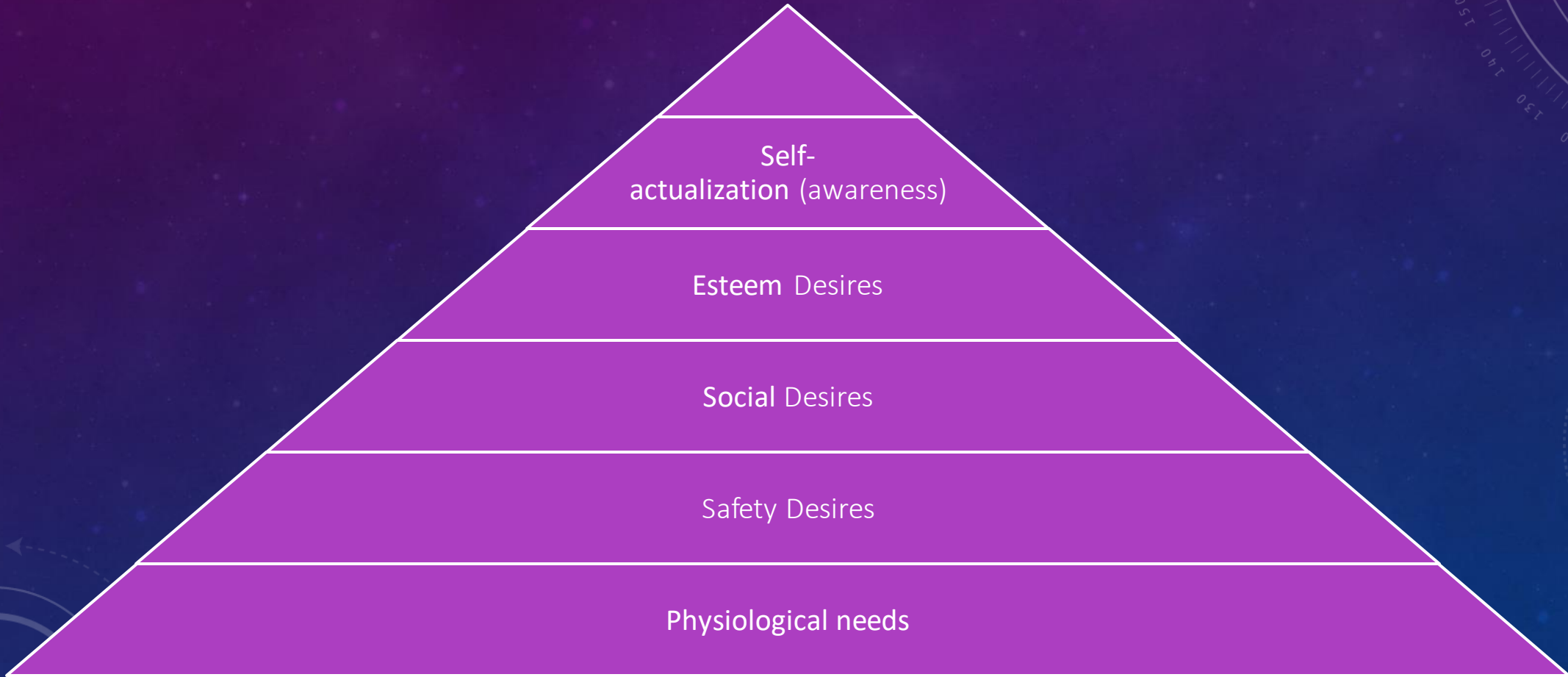
Self-
actualization (awareness)

Esteem Desires

Social Desires

Safety Desires

Physiological needs



The background features a dark blue gradient with faint, light blue circular patterns and numbers. The numbers include 40, 150, 160, 170, 180, 190, 200, 210, 220, 250, and 260, arranged in a circular fashion. There are also dashed lines and arrows pointing in various directions, suggesting a technical or scientific theme.

WE ARE GENETICALLY PROGRAMED TO
SELF-ACTUALIZE

SELF-ACTUALIZATION IS GROWING TO YOUR
FULLEST POTENTIAL

TO BE HAPPY

YOU ARE ALSO GENETICALLY PROGRAMED

- TO BE AFRAID
(ALERT FOR DANGER)

TO DESIRE

THE BARRIERS BLOCKING YOUR HAPPINESS ARE

- YOUR IMAGINED FEARS
- YOUR UNMET DESIRES

The background features a dark blue gradient with a subtle pattern of white stars. Overlaid on this are several technical diagrams in a light blue/white color. On the left, there is a large circular scale with numerical markings from 140 to 260 in increments of 10. Several smaller circular diagrams with arrows and partial arcs are scattered across the scene, suggesting a technical or scientific context.

ANY QUESTIONS?

The background features a dark blue gradient with a subtle pattern of white stars and faint technical diagrams. On the left side, there are several circular gauges or dials with numerical scales ranging from 140 to 260. Some of these gauges have arrows pointing in different directions. The overall aesthetic is clean and modern, suggesting a focus on precision and safety.

GUIDE MEDITATION

SAFTEY

The background features a dark blue gradient with a starry space pattern. On the left side, there are several technical diagrams, including circular gauges with numerical scales (40, 150, 160, 170, 180, 190, 200, 210, 220, 230, 240, 250, 260) and various circular and dashed lines, suggesting a scientific or engineering theme.

CARL ROGERS

NON-DIRECTIVE THERAPY

The background features a dark blue gradient with faint, overlapping circular patterns and a scale-like element on the left side. The scale has numerical markings from 40 to 260 in increments of 10, with some markings appearing as dashed lines. The text is centered and presented in a clean, white, sans-serif font.

**THE THERAPIST IS:
NONJUDGMENTAL
AUTHENTIC
EMPATHIC**

**THIS CREATES A THERAPEUTIC RELATIONSHIP
BETWEEN THE THERAPIST AND CLIENT**

The background features a dark blue gradient with faint, overlapping circular patterns and numerical scales. Some of the visible numbers include 40, 150, 160, 170, 180, 190, 200, 210, 220, 230, 240, 250, and 260. The text is centered and rendered in a clean, white, sans-serif font.

THE INTENT OF MEDITATIVE-MINDFULNESS

TEACH YOU TO DEVELOP A THERAPEUTIC RELATIONSHIP
WITH YOUR SELF

TO BE NONJUDGMENTAL
TO BE AUTHENTIC (HONEST)
TO BE EMPATHIC
WITH YOURSELF

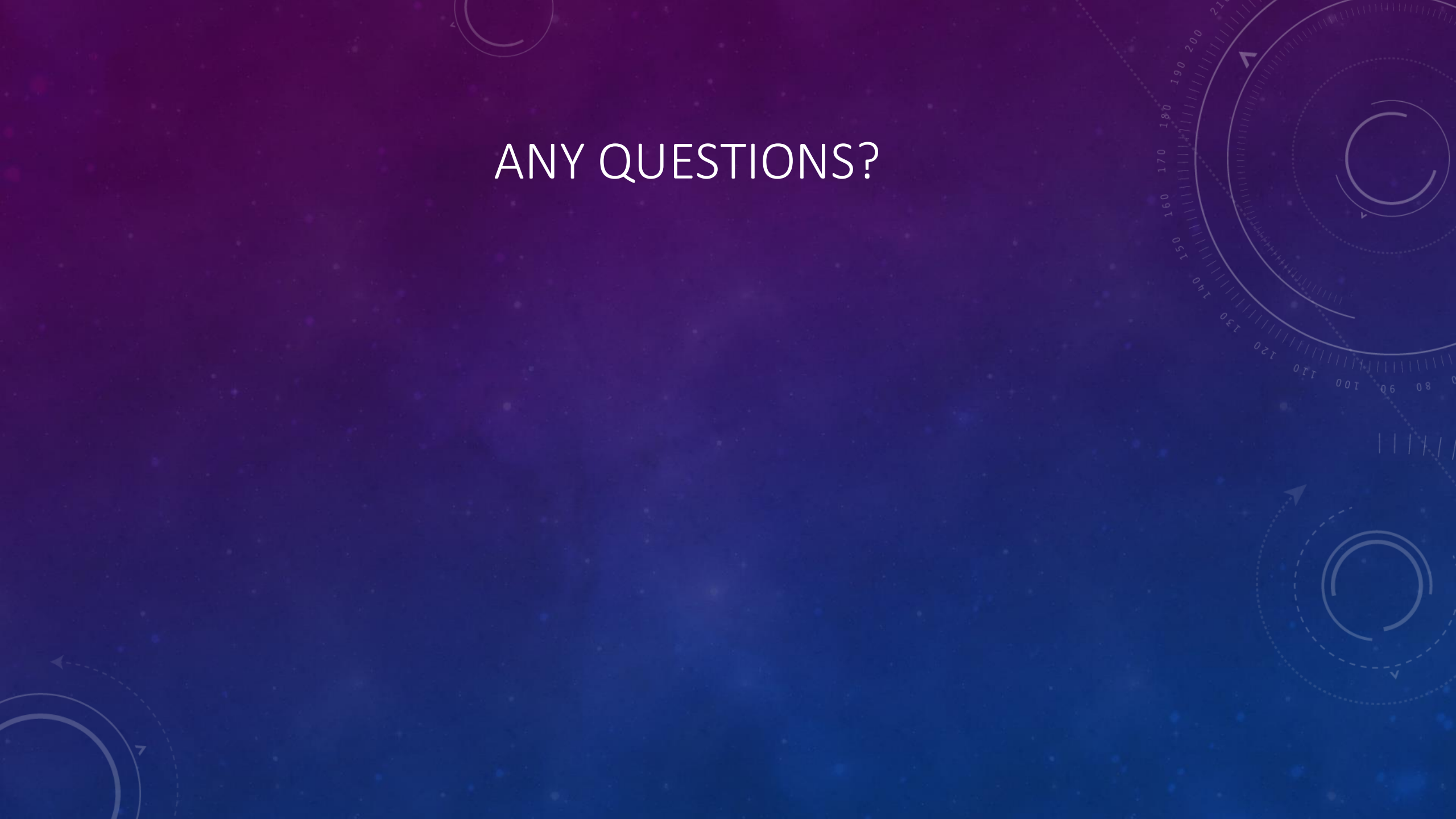
INNER CRITIC

- Become aware of critical self-talk and self judgement
- Ignore the inner critic

SEE YOUR FEARS AND DESIRES

- WITHOUT DISTORTION
- WITHOUT JUDGEMENT

ANY QUESTIONS?



WEEK ONE PRACTICE

Find a **SAFE** comfortable place to meditate

Set a time to meditate

Find a comfortable position to use during meditation

Meditate for five minutes (use guided meditations)

Do a short body scan when you wake up, when you go to bed and several times a day

Your intent is to be present in the moment

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MEDITATION APP FOR YOUR PHONE

INSIGHT TIMER

The background features a dark blue gradient with a subtle starry pattern. Overlaid on this are several technical diagrams in a lighter blue color. These include circular gauges with numerical scales (e.g., 140, 150, 160, 170, 180, 190, 200, 210, 220, 230, 240, 250, 260), dashed lines, and various circular and semi-circular shapes, some with arrows indicating direction or flow. The overall aesthetic is clean, modern, and technical.

FOR NEXT WEEK

HAVE A PEN AND PAPER HANDY

GUIDED MEDITATION

- Doing Nothing

The background features a dark blue gradient with a pattern of white and light blue circular elements. These include concentric circles, dashed lines, and radial tick marks, some of which are accompanied by numbers such as 40, 150, 170, 180, 190, 200, 220, 230, 240, 250, and 260. The overall aesthetic is technical and futuristic.

WISDOM FOR THE WEEK

GOOD SHIT HAPPENS

NOTICE IT