The Art and Science of Mindfulness

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46.9%
Mindfulness
“to see clearly”
ATTENTION
WHY - INTENTION

ATTENTION

HOW - ATTITUDE
Tripartite Model of Mindfulness

Intention

Attention

Attitude
INTENTION

What is most important?
ATTITUDE

How we pay attention
What you practice grows stronger
Mindfulness and the Brain
what's in your mind

The Park Maker 22  Ancient Peru's Power Elite 52  Life Beneath Irish Isles 54
The Mean Streets of Medellín 72  Attack of the Alien Invaders 92
Maah, Utah: Writing on the Land 118
A Randomized Controlled Trial
Happiness Set Point

Win Lottery

Paralyzed for life
A HOPEFUL MESSAGE

Although changing exterior circumstances does not change our happiness.

Changing our interior landscape can.
Mindfulness and Neuroplasticity
THIS MOMENT MATTERS.
And yet practice is not about becoming PERFECT
Mindfulness is not a Self-Improvement Project
Self-Improvement
vs.
Self-Liberation
The word compassion in Tibetan is considered incomplete if it does not include oneself. True compassion always includes ourselves.
If you can remain perfectly calm in traffic...
If you see others succeed without a tinge of jealousy,
If you can love everyone around you unconditionally,
If you can always be cheerful just where you are
You are probably ...
A dog!
Mindfulness Meditation Practice
Dyads
Seamless Continuity of Practice

• What did you notice?

• What was your experience?

• How did you relate to your experience?

Staying connected to your body, cultivate a continuity of mindfulness as you share.
Key Themes

- slowing down
- accept v resistance
- Shifting perspective
- Suspending judgment
- Self-compassion
Slowing down

When we are hurried, stressed, scared we lose touch with our natural compassion.

Mindfulness helps us slow down, see clearly and stay connected to our deepest values.
Acceptance v Resistance

✧ Suffering arises when we resist what is.

✧ Mindfulness, instead of trying to change our experience, simply adds the “resonance of awareness” to what is already here.

✧ We can accept what is here (because it is already here), see it clearly, and consciously respond.

\[ S = P \times R \]
Shifting Perspective

Rotation in consciousness from subject to object.

“The phenomena contemplated are distinct from the mind contemplating them.”

D. Goleman
Wise Being Meditation
Suspend Judgment
Self-Compassion

A clinical example: Mindfulness for PTSD.

Learning to welcome all of our experience with compassion... even the seemingly unforgiveable.
The bud stands for all things, even for those things that do not flower, for everything flowers, from within, of self-blessing; though sometimes it is necessary to reteach a thing its loveliness, to put a hand on its brow and retell it in words and in touch it is lovely until it flowers again from within, of self-blessing.
The word compassion in Tibetan is considered incomplete if it does not include oneself. True compassion always includes ourselves.
The heart pumps blood to itself *first* before pumping blood to the rest of the body.
Metta Meditation

May I be peaceful
May I be happy
May I be healthy
May I be free
Our task must be to free ourselves by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty.
Buddhist concepts of interpenetration hold that all phenomena are intimately connected; Indra’s net symbolizes a universe where infinitely repeated mutual relations exist between all members of the universe. All life is interrelated, and we are all caught in an inescapable network of mutuality, tied in a single garment of destiny.
Thank you for your kind attention.
Resources

www.drshaunashapiro.com

www.soundstrue.org

Jack Kornfield, Jon Kabat-Zinn, Tara Brach, Dan Siegel, Thich Nhat Hanh, Pema Chodren, Ekhart Tolle