

# Mindfulness



# Mindfulness

- We meditate so that we can be awake and aware in the present moment.
- Our meditation and awareness shouldn't stop when we stop meditating.
- We want our meditation to have an impact on (to improve) our daily lives.
- We must make a conscious effort to maintain our “present-ness” wherever we are.
- That is the practice of mindfulness.
  - Mindfulness – being full of mind

# Mindfulness

- What is it?
  - Victor N. Davich, the author of *The Best Guide to Meditation*, describes it as meditation in action.
  - Andrew Weiss, the author of many books including *Beginning Mindfulness*, describes it as the energy or state of being in which insight and concentration arise.
    - Mindfulness is the energy of awakening.
  - Jeffrey Schwartz, neuropsychiatrist (신경 정신병학 의사), describes it as the process of observing one's inner experiences in a way that is fully aware but nonjudgmental.



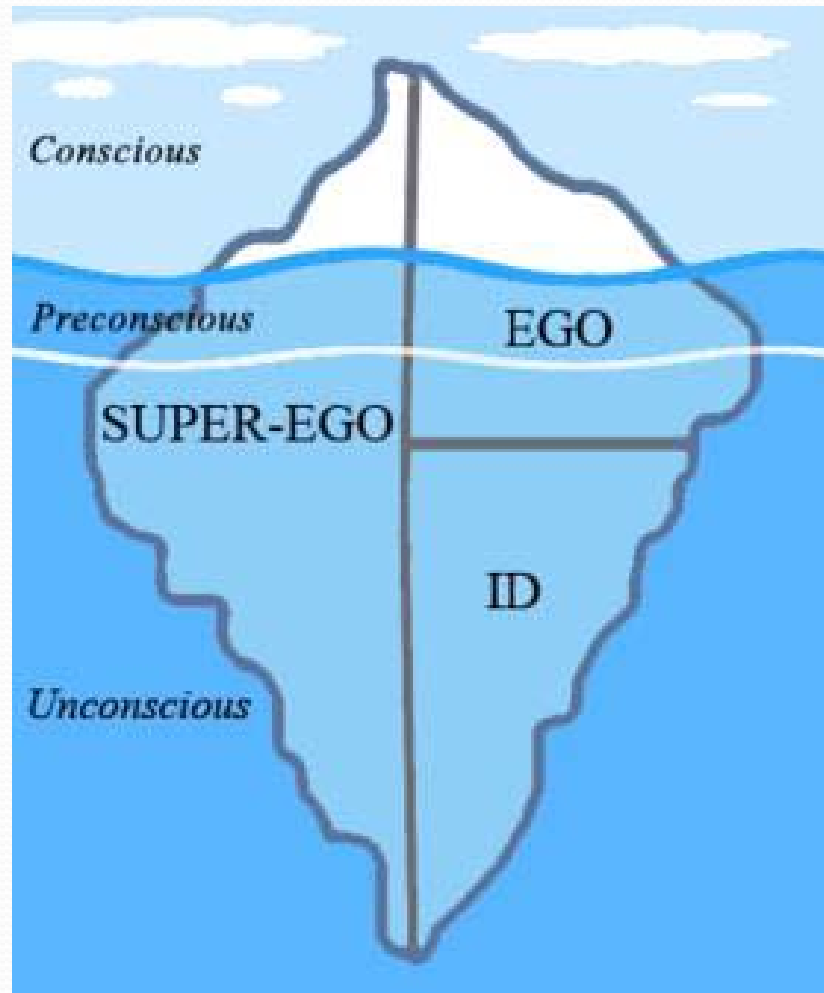
# Eckhart Tolle

## *The Power of Now*

### *A New Earth: Awakening to Your Life's Purpose*

- He believes that the human race is facing a crisis that threatens our survival.
- He says that the human ego was a tool that we needed for survival but is now threatening our survival.
- He says we must, “evolve or die.”
- The evolution he believes we need is an evolution of consciousness.
- He believes it requires the death of the ego and development of space consciousness, or presence, or mindfulness.
- He says the ego does its best to avoid experiencing the present moment.

# Id, Ego and Superego



# Another Image



# Ego

- When we say, “I” we are almost always talking about the ego.
- The ego has been labeled the self, false self, self-identity, and the conscious mind.
- The ego tells us who we are:
  - Korean
  - Student
  - Daughter or Son
  - Friend
- It tells us what we like and dislike
- It mostly lives in past experience and expectations of the future
- It distinguishes between me and you or it – it causes the sense of separation.
- It rationalizes (합리화하다) our experience of ourselves and other
- It attaches to things and experiences to define itself.



**But is this the real you?**

But is this the real you?



# “If you can recognize illusion as illusion, it dissolves” – Eckhart Tolle

- When we are living in our memories of the past, our judgments or our fears of the future, are we living in and experiencing the present?
  - Do we feel the interrelatedness and interdependence of all things?
- The ego is an illusion, a tool which many believe has served its purpose and is now at the best a burden and at worst a danger to our survival.
- If we recognize it for what it is and look past it to the reality of the present moment, the ego loses its strength and dissolves.

# MINDFULNESS

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# Mindfulness

- The way to practice mindfulness is to get into the habit of focusing on the present moment, without judgments or adding a layer of past experience or future concern.
- We must be as aware of our inner and outer world equally.
- If we stay awake to and mindful of the present moment we will also notice the boundaries will begin to dissolve.

# How do we practice mindfulness?

- I like the term mindful-awareness.
- We remind ourselves to focus on the present moment.
- We develop the habit of releasing our thoughts and emotions and maintain awareness of the “now”.
- One of the easiest ways to do that is to bring our attention back to our breathing.
- The breath is only in the now.
  - The last breath is gone the next breath isn't here yet.
- And then let go of everything
  - Tensions
  - Thoughts
  - Emotions
  - Attachments