



WHY MINDFULNESS?

EMOTIONAL RESPONSES

- Has anyone ever said something that made you feel angry, guilty or unhappy?
- Think of one of those times.
- How did you feel the next time you saw that person?
- Why did you feel upset the first time?
- Why were you upset the second time?
- It is natural and human to feel upset when someone says or does something that hurts us or when something bad happens.
 - We are reacting to a direct stimulus.
- When we feel upset because of a memory, we are not reacting to reality.
 - The stimulus was in the past



THE GOAL OF MINDFULNESS

- The goal of mindfulness is to be awake and aware in the present moment.
- Andrew Weiss calls it “being grounded”.
 - Which means being here, in our bodies.
 - Not floating in the imaginary world of the past, or the future or our judgments (판단) or feelings about the present.



DAILY TASKS

- Do you ever feel stressed out when doing daily chores?

- Washing the dishes
- Cleaning your room
- Cleaning the floor
- Ironing the clothes
- Going grocery shopping



- Do you enjoy doing these things?
- Are there other daily tasks that cause stress?
- Why do these little chores cause us stress?



- One reason can be every time we make a choice there is stress.



WHEN YOU SWEEP THE FLOOR, SWEEP THE FLOOR

- The best way to overcome stress over the things we do is to just do them.
- The stress we feel is made by us. It cannot be given, it cannot be received.
- We make it in response to habituated actions, and ways of thinking But it is not the only choice.
- If we decide to do something, we should just do it. Feel our bodies doing the task. Watch our bodies do it and the results.
- Check for rising tensions, emotions and thoughts, especially judgments.



LISTENING

- Have you ever had a conversation with someone who wasn't really listening to you?
- Have you ever had a conversation with someone who was really listening to you?
- Which happens more often?
- How did you feel?
- Most of the time we are not fully listening to the other person.
 - We are thinking about what to say next,
 - We are thinking what we would feel like in that situation
 - We are thinking of solutions to the person's problem
 - Have you ever noticed that when you offered suggestions the other person looks a little disappointed or stops talking?



LISTENING

- When we give our full attention to what the other person is saying they feel cared for.
- Our attention is a very important gift that we give to each other.
- Andrew Weiss says that “deep listening means listening with our entire beings, not just our ears and our intellects (지력).”
- We need to learn to listen without interrupting, judging, reacting to the other person.
 - We should respond to show we are listening but not react.



EATING

- Do you ever eat and then realize you don't remember what you have just eaten?
- Do you ever have a snack and then wonder why you just ate it?
- Do you fully pay attention to what you are eating?
- We usually don't really eat our food, instead we are eating our plans, our stress, our judgments... everything but the food.
 - This is not good for our digestion(소화) or our health.
 - Thich Nhat Hanh has an “orange meditation” where people sit together and eat an orange. He says, “if we are not here, totally present, the orange isn't here either.”



FOOD

- What is the food that we eat? Where is it from?
 - Everything that we eat is made of material from the universe.
 - The atoms that make up your Kim Chi were once in a star.
 - The food we eat also connects us to thousands of people around the world.
 - If you eat a banana, think:
 - Who grew the banana?
 - Who made the fertilizer for the soil?
 - Who made the machines the farmer used?
 - Who harvested it?
 - Who washed it and packaged it?
 - Who put the little sticker on it?
 - Who loaded it on the ship to Korea?
 - Who was on the ship?
 - Who unloaded the bananas?
 - Who bought them and who brought them to the store?
 - The number of people it took for you to eat that banana is endless.
 - And, they all have families that they are connected to.
- The food we eat is a miracle.



SEX

- Have you ever had sex?
- Sex is also a place for mindfulness.
- How many people do you think you are making love to when you have sex?
- The number could be from one to hundreds.
 - One = there is another person with us but we aren't really paying attention to him or her.
 - Hundreds = there is another body with us but we are also thinking of past lovers or people we wish we were with and the person we had a fight with earlier in the day, and the person who couldn't find your clothes at the dry cleaners, and the person who almost hit you with their car on your way home, and
 - and the other person is doing the same thing



MAKING LOVE

- It can be a deep and meaningful way to connect with our lover
 - but only if both of us are truly present, in our bodies and focusing on the other person and feeling the connection
- Sex is union, and it is the most intimate kind of sharing and expressing
- It is deeply personal and can be spiritual



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