



JOOŁ'S DEEP DIVE INTO PRESENCE - SESSION 2

The Observation Deck

CULTIVATING PRESENCE

So often, we're physically present but mentally AWOL. The reason: our minds latch onto a thought, a statement, a look, an aroma, a sound, an ache and we're gone. So, let's talk about some ways to keep our minds -- our attention -- present during these daily activities.

MINDFUL EATING

Truly experience your food. Admire its colors, flavors, textures and smells. Don't forget to check in with your brain, where feelings of hunger and fullness actually come from.

MINDFUL WALKING

Be curious. What's around you? Feel your arms and legs propelling you forward while gravity pulls your feet back to the ground.

MINDFUL CONVERSATIONS

Keep eye contact and actively listen. Really absorb who you're talking to and what they're saying. Don't let phones interfere.

CHALLENGE #2

Next time you're at dinner, in a business meeting, or in the park with the kids, focus as directly as you can on the experience at hand. If your mind drifts off, bring it back to your immediate surroundings. Take mental notes on everything you observe. Try to fully take in, appreciate, and savor it all. Now, a day or two later, what can you recall about the experience. How does it feel? How does it affect the way you observe what's going on now? How does it impact how you read this sentence? Try this Challenge three days running. Does it give you an observational boost? Does it deepen your moment to moment experience?

DAY 1 DAY 2 DAY 3



JOOL'S DEEP DIVE INTO PRESENCE - SESSION 1

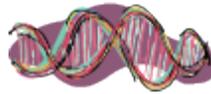
Be Here Wow

MEDITATION AND YOU



Cardiac Health:

Meditation can have a profoundly beneficial effect in helping people reduce and manage stress while also lowering blood pressure levels.



Repair of DNA:

The work of Nobel laureate Dr. Elizabeth Blackburn has shown that meditation can help improve immune function and increase longevity by protecting -- and even repairing -- our chromosomes.



Improved Sleep:

Mindfulness training for people with insomnia can help ready the mind for sleep, contribute to fewer disruptions during the night, make it easier to fall back asleep if awakened, and helps improve overall better sleep quality.

CHALLENGE #1

In today's video, we shared with you a simple approach to getting started meditating. Here it is in a nutshell:

Find a comfortable place to sit, either in a chair or on the floor. Back straight; body relaxed. Close your eyes. Take a few moments to just be, just noticing the sounds, smells, feelings. Turn your attention to your breathing. Notice the feeling of air moving in and out past your nostrils and the easy, natural way your abdomen rises and falls. Your mind will occasionally wander away from your breath. This is actually an important part of meditation. As thoughts, sounds, or sensations intrude, gently take note of them free of any self-judgement. Gently let your attention return to your breath. When you're finished meditating (a timer is helpful), spend a minute or so with your eyes shut before opening them.

How do you feel? Take this feeling back with you as you return to your normal activities. Try this simple exercise for five minutes for three days running.

 DAY 1

 DAY 2

 DAY 3



JOOL'S DEEP DIVE INTO PRESENCE - SESSION 3

The Dressing Room

FINDING A FIT

This session's all about trying on different types of mindfulness practice until you find your perfect fit. Like when you slip on your favorite pair of blue jeans. We already went through breathing meditation in session 1 but consider trying these options on for size too.

QIGONG

(Pronounced "key gong") incorporates breathing with slow, intentional body movements and can be practiced sitting, lying, standing, or moving.

Benefits: Increases circulation; promotes relaxation and a sense of connectedness; tones muscles and boosts energy and willpower; reduces stress; and helps relieve arthritis.

LOVING KINDNESS MEDITATION

Reorients our internal self-interest to extend out to everyone and everything while reinforcing our capacity to empathize with the experiences and perceptions of others.

Benefits: Enhanced self-transcendence and life purpose; stress relief and improved immune function; reductions in negative feelings towards self and others; increased empathy and connectedness.

CHALLENGE #3

In the audiocast for today's session, Dr. Vic Strecher will guide you through a very short but powerful Loving Kindness meditation. Before beginning, take note of how you're feeling, and then compare that to how you feel after the session. What's different? How could you incorporate the message of loving kindness meditation into your life? Is there someone you'd like to approach differently -- in a more positive way -- than you currently do? Try this short meditation practice three days in a row to fully appreciate its potential value in your life.

DAY 1

DAY 2

DAY 3



JOOL'S DEEP DIVE INTO PRESENCE - SESSION 4

Step Into The Flow

ANY TEXT HERE?

Flow or “optimal performance” is often associated with high level athletes, innovative thinkers, and other masterful performers. Flow is something almost everyone experiences from time to time in their lives.

Have you ever been so caught up in doing something challenging that you were, in fact, “lost in thought?” Your focus and concentration become intense. Your sense of both self and time slip away. You’re skillfully and joyfully immersed in the challenging task at hand? Finally, when you emerge from this elevated state, you can’t believe how much time has passed. *This is flow.*

The idea of the “stream” has long been a poetic stand-in for the flow of life. As you gently float along with the current, you need to be aware of each moment *as it’s happening*. Sometimes there may be upcoming rapids or a rock in your path. Flow combined with concentration and skill can help you conquer life’s problems like an athlete’s slam dunk.

Flow is more likely to occur when you’re immersed in a difficult challenge that requires your greatest expertise.

CHALLENGE #4

Take a moment to think back. Try to recall a time when you were “in the flow” -- athletes call it being “in the zone.” Think back to a time when you personally experienced this supercharged, out-of-time, elevated state of consciousness first-hand. *Was it while playing sports? Dashing off a late night essay you postponed to the last minute? People often lose track of time on their wedding day? What about 8 miles in on a wilderness day hike when a panoramic landscape first comes into view?* Whatever it might be, call it to mind and try to remember as many details about it as you can. *How did you feel? Was anyone with you? What were the circumstances that precipitated the experience? Are there aspects of it that you can bring to bear on your day-to-day challenges?*

DID IT!