

Wellness through Mindfulness (WTM) Group  
September 1, 2015  
Talk delivered by Allan Donsky

Introduction to Mindfulness

- Mindfulness (M) is an innate and universal human capacity/ability and can be practiced.
- It is part of a wide array of contemplative practices including many familiar to us all.
- John Kabat-Zinn speaks of M as moment to moment, on purpose, non judgmental awareness by paying attention
- “Being in the Zone” means to be with things as they are, pleasant, unpleasant or neutral. It is not about some higher state or disengagement (“tune out”) from life but is about “ tuning in “ fully.
- Why bother paying attention? Answer: When I pay attention I am more aware, which in turn leads to choice in that moment (e.g. calm down rather than rage), which allows me to set or reset my intention which leads to a wiser state of mind and likelier a wiser action (in speech or action) and likely a better outcome.
- What kind of outcomes? Answer: Your whole life including inner mental, emotional, spiritual or soulful experiences, all your external relationships with work or others, greater connection to value/purpose/meaning and pursuits like joy, beauty, contentment
- This is all supported by 30 years of research in diverse fields such as humanities, psychology, business, medicine, law, schools and post secondary educational institutions.
- We are lucky to have the neuroscience to explain and add credit to contemplative practices as it “shows us” what and where things are happening in the brain.
- Upcoming free online events for the whole month of October 2015 [themindfulnesssummit.com](http://themindfulnesssummit.com). This is a great introduction and confirmation/refresher for both novice and seasoned alike.