

Mindfulness and Spirituality

WTM Talk

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Mindfulness as a process for being present without judgment in every moment in our lives, is best known for its role in stress management, reducing anxiety and navigating difficult emotions. What is less often spoken about is that Mindfulness can also be a path for spiritual exploration and growth. This talk will highlight the connection between Mindfulness as a doorway to an interior world that lies deeper than thinking and feeling. We will see that Mindfulness with a heartfelt, spiritual and soulful component is perhaps the ultimate realization of its full potential.

- Spiritus = inspiration (breath or energy and creativity or “human spirit”) all have the same root.
- *“Everyone who is seriously interested in the pursuit of science becomes convinced that a spirit is manifest in the laws of the universe..”* Einstein.
- There is no separation between matter and spirit/ energy. $E = mc^2$ squared.
- The basic biological layers of our experience are the primitive reptile brain (fight or flight or freeze) , the emotional brain (limbic system, amygdala, hippocampus) and the Pre frontal cortex (executive function, conductor of the orchestra)
- In addition we have moral, social, spiritual and soulful aspects (layers) of our existence that constitute and bring forth our humanity.
- Mindful practices that bring attention to our Heart (physically in our chest and metaphorically in the moment) will open the door to our spirit and soul. This will give us access to our essence, core values and all the ingredients we need to heal or offer to ourselves and the world.
- It is in accessing these deeper layers that we find things like meaning, purpose, value and significance in our lives. When these things exist for us and we are nourished by them, we feel alive and can more readily endure our pains and suffering.
- This includes ingredients like humility, gentility, forgiveness, loving kindness, love, compassion, wisdom, light, flow and creativity. These are what many typically associate with spirit and soul.....

References

- *One Mind.* Larry Dossey.
- *Care of the Soul.* Thomas Moore.
- *Modern man in search of a Soul.* Carl Jung
- *SAND (Science and non duality)* www.scienceandnonduality.com