

# Mindfulness Centre

Living, breathing and achieving with enjoyment



**Welcome** to the first ever official Mindfulness Centre Newsletter! We teach and train individuals and health professionals in [the art of Mindfulness](#). Whether you are beginning or advanced, may our occasional newsletter bring you useful tips and interesting reading. We look forward to seeing you at a course/training in your state. Enjoy.

## Mindfulness Pt 1—what is it? A brief Introduction

**In essence** mindfulness is about focusing on one's current experience. It is the opposite of getting stuck in Automatic Pilot - Reactivity – Stress – Depression – Conflict and other Life Stoppers!

For many of us, our thought space can get taken up with worrying about the future, fears from the past, and reacting to the world based on internal judgments, criticisms, anxieties and other feelings that overwhelm us.

**Mindfulness offers** a way of changing our relationship to these phenomena by observing them with kindness and eventually acceptance, alleviating pressure and freeing us to exist more happily.

Ironically, the process of paying attention to challenging emotions actually allows more space for changing their negative impact. It also allows more space for positive experiences to flourish and be embraced.

### Next Issues:

[Why Mindfulness/MBCT?](#)

[Mindfulness: Buddhist Origin](#)

[Mindfulness: Clinical Applications](#)

A little like the expression 'stop and smell the roses', mindfulness training draws one's attention away from the internal analytical (I did it wrong) toward experience (do I feel in my body that it was wrong? What else am I feeling, what else is driving my interpretation?) and observation (are they acting like I did it Wrong?). Often, experiencing our senses and external factors shows us that our loudest internal 'voice' has interpreted or disproportionately amplified the negative.

Practising observing and describing all of our own thoughts and emotions with acceptance rather than judgment is central. We discover that the loudest 'voice' or the most dominant emotions are not necessarily accurate reflections of a situation, rather they are just points of view—usually biased to boot. Eventually it becomes easier to see individual thoughts as just that - thoughts - and dominant emotions as just those, dominant emotions. With practice we become more aware of other options and are consequently more capable of making different choices.

A vital part of Mindfulness is living with fullness and acknowledging all of our personality and world. Mindfulness does not attempt to stop us feeling or thinking certain ways—instead it gives us the insight and skills to choose a different option: to build on our strengths and account for our weaknesses. Tools are given to discover, focus and act on what matters most to us, what we think is really important. Whether it is smelling the roses as we walk down the street, or softening a highly judgmental streak, mindfulness gives us more choices.

Mindfulness exists in many modes, it forms part of the Buddhist eight fold path and in the last decade Mindfulness-Based Cognitive Therapy and Stress Reduction have been widely used therapeutically and are supported by a strong evidence base.

### Autobiography in Five Chapters

Portia Nelson

- 1) I walk down the street.  
There is a deep hole in the sidewalk.  
I fall in.  
I am lost... I am hopeless.  
It isn't my responsibility.  
It takes forever to find a way out.
- 2) I walk down the same street.  
There is a deep hole in the sidewalk.  
I pretend I don't see it.  
I fall in again.  
I can't believe I'm in the same place.  
But it isn't my responsibility.  
It still takes a long time to get out.
- 3) I walk down the same street.  
There is a deep hole in the sidewalk.  
I see it is there.  
I still fall in... it's a habit.  
My eyes are open.  
I know where I am.  
It is my responsibility.  
I get out immediately.
- 4) I walk down the same street.  
There is a deep hole in the sidewalk.  
I walk around it.
- 5) I walk down another street.

[See pages 3 & 4 for upcoming courses](#)

## In this Issue

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[Why Mindfulness-Based Cognitive Therapy \(MBCT\) is a key professional tool](#)

[Communication and Relationships – what's Mindfulness got to do with them?](#)

[MBCT Integration](#)

### [UPCOMING COURSES](#)

[Seven Types of Buddhist Meditation Seminar](#)  
Syd 23<sup>rd</sup> Oct

[Mindful Communication](#)  
Sth Melb Sat 7<sup>th</sup> Nov

[MBCT, MBSR, ACT & DBT Integration & Application](#)  
Hindmarsh, Adelaide:  
Fri 13<sup>th</sup>-Sun 15<sup>th</sup> Nov

[MBCT 3 day Intensive](#)  
South Melbourne  
Fri 27<sup>th</sup> – Sun 29<sup>th</sup> Nov



# Mindfulness Centre

Taming Self Doubt and other fictions of the mind

**Fear of failure is one of the top fears amongst westerners. It rules many of our decisions—and leads an array of actions that stop us moving forward in life. Procrastination, shying away from asking for a promotion, talking ourselves out of relationships before we have even had a chance to say hello are all common symptoms!**

**Taming self doubt and other fictions of the mind is one of Liana's (Mindfulness Centre Director) favourite keynote speeches. Whilst the comprehensive overview is reserved for her speech, next time you are feeling timid or are subject to other fictions of the mind try going through the tips on the right and work out how you can apply them to your situation.**

## The Way to Happiness

### A reminder poem (Alfred D'Souza)

For a long time, it had seemed to me that life was about to begin - real life!

But there was always some obstacle in the way, something to be gotten through first, some unfinished business, time still to be served, or a debt to be paid. Then, life would surely begin!

At last, it dawned on me that these obstacles were my life: there is no way to happiness.

So, stop waiting until you finish school, until you go back to school, until you lose five kilos, until you gain five kilos, until you have kids, until your kids leave the house, until you start work, until you retire, until you get married, until you get divorced, until Friday night, until Sunday morning, until you get a new car or a new home, until your car or home is paid off, until spring, until summer, until autumn, until winter, until the first or the fifteenth, until your song comes on, until you are born again... to decide there is no better time than right now to be happy.

Happiness is a journey, not a destination.

## Tips for Taming Self Doubt

- Create a positive vision for the future, a vision that sits out in front of you shining the light on your path forward.
- See what gets in your way so that you learn to respond skilfully and re orient yourself in the direction you most value.
- Remember thoughts are not facts - they are mental events.
- Minds often run on automatic pilot.
- We respond to events in one of three ways:
  - Aversion-anger
  - Attachment-wanting/loss
  - Delusion/confusion
- Consider whether you are Discerning or Judging.
- Use meditation to calm yourself and shift to a more useful state of consciousness.

**QUESTION:** What matters to you? In your heart of hearts, what matters?

Thoughts are not facts, they are mental events. Read this story.

*"John is going to school  
He is worried about the maths test.  
He wonders if he will be able to control the class.  
After all, it is not the duty of a janitor to do that."*

It is normal for the mind to make assumptions, and they can be accurate or inaccurate. The main point is that thoughts are not facts, they are simply mental events which impact in a variety of ways on our lives.

**For Coaching, or Keynotes call  
08 82720046**

Liana is a Clinical Psychologist, Speaker, Executive Coach and long time Meditation Teacher.

Visit [www.mindfulnesscentre.com](http://www.mindfulnesscentre.com) For more Info 08 8272 0046



# Mindfulness Centre

## MBCT for Professionals – A key Tool

Mindfulness Centre offers a 3 day intensive Mindfulness-Based Cognitive Therapy Training course for Professionals. These courses are for those who want to positively transform experiences of; stress, anxiety, depression, burn out, pain and challenging emotions in general.

*“50 years of chronic anxiety changed following the MBCT course ...” (Monica)*

MBCT is a skills based training course that combines mindfulness meditation with cognitive therapy (CBT). Supported by a strong research base, MBCT is state of the art in psychological practice. Both non-meditators and experienced meditators alike find the course impactful. The course involves experience of meditation, discussion and theory as well as the practising of techniques, and it includes a workbook and CD.

*“I thought I knew about mindfulness ... what I learnt was deeply significant. I had a number of insights into my own behavior that changed my life” Rachael—communication specialist and communication coach*

Research studies show mindfulness-based training reduces stress and anxiety and increases quality of life. MBCT is a recommended treatment of choice for recurrent depression by the National Institute of Clinical Excellence, UK.

*“I have gone from burnout to fired up! Whenever I can I introduce ... mindfulness to clients and colleagues alike and enjoy seeing how such simple yet powerful ideas can be so effective.” Chris—Social Worker)*

Attend one of our courses if you want to learn powerful skills and techniques to overcome stress, relax and manage with more ease, kindness and joy.

*“I recognize this moment is important, and I relax more” (Participant)*

### Why MBCT for Professionals?

Mindfulness-Based Cognitive Therapy is a new approach that has become a hot topic of the moment, gathering worldwide therapeutic support and a research evidence base across a broad range of applications.

**The Research:** Originally developed for prevention of relapse of major depression, MBCT is now recommended by NICE UK - and is taught in some Medical and Psychology schools in Australia and abroad. MBCT research, whilst in its infancy, has also shown MBCT to be helpful for Anxiety, Psychological Stress, CFS and more.

**The Application:** MBCT gives us new tools to conceptualise and relate to thoughts, feelings, bodily sensations, and our very existence. Through mindfulness meditation we develop both more awareness and acceptance of all of our experiences, including the unwanted. Attending this MBCT foundation course allows practitioners to fully experience the challenges and benefits of mindfulness based training, and provides them with insights about how and when to apply different elements with their clients. The practical material is presented to the participants in the same way that one would work with a client.

**Clients:** MBCT is useful in one on one and group contexts and gives clients skills to learn how to find calm and how to act rather than react to situations.

**Self-Care:** MBCT can be a gift to transform some of the compassion fatigue, exhaustion, lack of calm and stress that plague many professionals. Practitioners who attend the MBCT courses often find the material has a profound effect on their own lives as well as how they work with clients.

### MBCT, MBSR, ACT & DBT Integration & Application

MBCT, MBSR, ACT and DBT are skills-based approaches all drawn from the tools and philosophy of Mindfulness Meditation. If you have experience with at least one of the approaches and would like more experience in understanding, applying and integrating all four mindfulness-based approaches, 3 day intensive courses are available in-house, or in SA. See the [website for more information, courses](#), and to [register](#).

### Upcoming Courses

**NSW: Seven Types of Buddhist Meditation Seminar:** 23<sup>rd</sup> October \$27.50 7pm – 9pm York St, Sydney

**VIC: Mindful Communication:** South Melbourne Town Hall: Sat 7<sup>th</sup> November \$220 9:00am – 4:00pm

**VIC: MBCT 3 day Intensive:** South Melbourne Town Hall: Fri 27<sup>th</sup>- Sun 29<sup>th</sup> November \$790 9:00am-4:30pm

**VIC: MBCT Professional Practice:** South Melbourne Town Hall Sun 29<sup>th</sup> November \$130 5pm – 8pm

**Value Package:** Discount for combining MBCT 3 Day Intensive and Professional Practice \$890 for both

**SA: MBCT, MBSR, ACT & DBT Application and Integration:** Hindmarsh : Fri 13<sup>th</sup>-Sun 15<sup>th</sup> Nov \$790

**SA: Mindful Communication:** 1 Mary Street, Hindmarsh: Sat 21<sup>st</sup> November \$220 9:00am – 4:00pm

**SA: Introduction to MBCT: Theory and Practice, MBCT Professional Practice, Mindful Parenting and Mindful Leadership** – see website for details or call us to arrange in-house training.

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# Mindfulness Centre

Communication and Relationships – What's Mindfulness got to do with them?

**What has Mindfulness got to do with communication and relationships? Well, everything.**

**How can mindfulness help all of our work and personal relationships?**

While romantic, parenting, collegial, employer-employee relationships all seem very different, the dynamics of how relationship challenges arise are the same across all of them, including our relationship to ourselves. By understanding relationship dynamics, and drawing in tools to change the ensuing cycles of reaction that so often perpetuate them, we can bring about a real difference to the quality of all our relationships.

Difficulties arise when something is said or done that we don't like, don't want, want to change, feel critical of, or hurt, angry, offended, shamed or confused by. We commonly interpret and then react to the situation with wanting to: avoid, or be aggressive, or cling to, and/or change them/ourselves in some way.

**Reactions: An experiment**

For each of the following situations write down your imagined instinctive reaction [avoid, be aggressive, cling to, want to change them/ourselves] and what you imagine the other person's flow on reaction might be [avoid, be aggressive, cling to, want to change them/ourselves]

A child telling you she hates you (2) A boss yelling at you (3) An employee bursting into tears (4) A mother who is pessimistic and negative (5) A lover who is unaffectionate (6) A voice in your head that says you are not good enough

Now redo the list, changing the action and the doer – for instance A boss bursting into tears. Are the reactions the same? For most of us we react differently depending on the perceived relationship. Now imagine you could choose a reaction that would lead to your desired outcome – does that change the nature of the reaction cycle and relationship?

Sometimes we are the people that distress others, sometimes we are the people feeling distressed by them. The old saying 'you can't change someone else' has some truth: people don't like to be changed! However, there are other avenues for changing your relationships. Mindfulness gives us skills in two areas, firstly to change our reaction and secondly to more clearly see people for who they are. We see their strengths, and learn to look at those aspects we don't like with a generosity and acceptance that enables us to change our expectations and disappointment to a kindness.

Acceptance does not mean agreeing with, it simply means not getting caught up in the fighting against. Mindfulness meditation teaches to take a breather, to become aware of and acknowledge how we feel and see what our natural reaction might be. Often we get caught up in our own reactions, interpretations and judgments - and of course we assume they are true - and sometimes they are not. Either way, in mindfulness we are not always trying to find out if our interpretations are true, but rather whether they serve us.

Often if we can reduce our own anguish, soften our judgements and remember what matters, we create more options about how we respond. As we respond differently, then often so do others, and in this way we cultivate the kinds of relationships we want to have, moment to moment.

To change relationship dynamics and cycles of reaction takes learning, and practice. Mindfulness meditation through home practice and courses, like scales to a musician, the gym to an athlete, and yoga poses to a flexible person, is a training ground where we learn the skills so that we can use them creatively and effectively in times of challenge or opportunity.

The Mindful Communication course gives an experience of Mindful meditation and presents several interlocking models for understanding relationship dynamics, identifying what is important, as well as providing tools for disentangling ourselves from some of our familiar, habitual challenges in relationships.

**Mindful Communication - Five key principles for creating valuable relationships**

This 1 Day workshop will cover:

- Reality and illusion - discovering what we want and what is actually on offer
- A.A.D. - the three ways discomfort is generated in relationships
- Getting off the merry-go-round - building better ways of relating
- Personality styles - how to deal with and understand difference
- Love - what it is and how it can best support all our relationships.

"The information, exercises and short mindfulness meditation gave me inspiring insights, which I use every day in all my relationships"

We hope you enjoyed our newsletter

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