

## Session 10

# MOVING FORWARD MINDFULLY

### *Topic Overview*

For this final session, we will help students think toward the future of their mindfulness practices. The goal is for them to carry forward the skills, techniques, stamina, and eagerness to meditate daily and use mindfulness techniques when they encounter stress or conflict. This course should be seen as the beginning of their journey, the foundation of continued growth and learning. Know that not everything students learned or experienced will be taken forward, but everything offered in this course has helped expand their understanding and awareness. At the close of a course it can be common for students to ask for a way to stay in touch with you or each other. Consider before the final session what you are comfortable with in terms of contact outside of class and hold those boundaries with clarity and compassion.


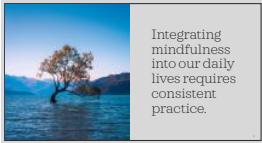


### *Student Goals*

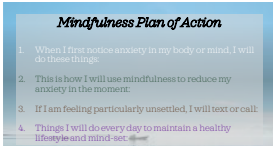
- Understand the importance of daily practice.
- Reflect on the practices and tools that have been helpful so far, and how they envision incorporating course materials into their daily lives.
- Make a personal mindfulness plan of action.
- Practice offering care to others and the self.
- Practice visualizing a beautiful place.
- Practice finding the higher self.


### *Teacher Goals*


- Guide individual mindfulness plans.
- Brainstorm concrete methods for integrating daily mindfulness.
- Lead longer practices with steady pacing.
- Transition students toward independent daily practices and techniques.

## Lesson Script

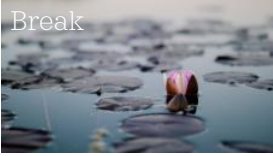

Slide	Script	Min.
	Welcome students, fill out paperwork, answer questions.	0
	<p>Today in our final session, we'll look ahead to how we can continue our daily practices, grow in our mindfulness, find new inspirations and techniques to keep us engaged, and always find community among each other for support.</p> <p><i>Integration</i> of mindfulness as a sustained and consistent practice in life is our goal, as is cultivating a mindset of open awareness and nonjudgement. In this way, mindfulness isn't a coping mechanism for stress or anxiety, but a total shift in our relationship with our own thoughts and feelings.</p> <p>Increasing mindfulness and practicing mindfulness are an ongoing process. We don't aim to bring ourselves back to the present moment, we aim to live there constantly.</p>	2
	<p>This course has been our starting point for cultivating and practicing mindfulness. But it will take effort, intention, and a little planning to continue on this journey. Let's start to shape a personal plan for continued mindfulness cultivation.</p> <p>[Ask students to write answers for 5-6 minutes, then allow up to 4 minutes for group sharing and discussion]</p>	10
	<p>Let's move into our first practice, which can remind us of the importance of daily practice. We'll recall the fruits of mindfulness practice, and how well worth the hard work and disciplined effort they are.</p> <p>Find a comfortable seated position. Shift the body until it finds a balanced posture, both alert and relaxed. Sit with calm and awareness. [Pause]</p> <p>Take a deep inhale and ground the body in the chair. Ground the feet on the floor and the spine supporting the body's balanced posture. [Pause]</p> <p>Allow the acknowledgement of boredom and fatigue during practices. Remember the moments during previous class meetings when these feelings arose. [Pause]</p> <p>Recall that the mind wandered, wanted to be elsewhere, wanted to fall asleep instead of focusing on sensations or doing a body scan. [Pause]</p>	10

	<p>Recall that boredom and fatigue can be located in the body. The body scan can help locate these feelings. Tuning into our sensations can help locate these feelings too. [Pause]</p> <p>Turn to the power of the mind to hold an open awareness of boredom and fatigue. Feel into the power and resilience of the mind. The mind can hold present awareness over and over again. Day after day. Month after month. [Pause]</p> <p>Call to attention the occasional difficulties experienced during a practice. Recall the sense of agitation, annoyance, or aversion. Recall the resistance to mindful awareness. [Pause]</p> <p>Pay attention to how the body can show where these sensations live. Remember that it is possible to breathe into these spaces and lighten these sensations. [Pause]</p> <p>There are places where impatience and frustration arise in the mind and body. Times when we feel rushed. Times when we don't feel fully engaged. We can visualize these thoughts and feelings in front of us. We can acknowledge them outside the self. There is no need to identify thoughts and feelings with the self. [Pause]</p> <p>In those visualizations, we can practice letting go of any thought, feeling, or sensation. They are a leaf we release into the wind. An orb we set down in a moving stream. A dandelion we blow away. [Pause]</p> <p>Passing mind-states come and go. They do not last forever. It is a choice to hold onto them or let them go. [Pause]</p> <p>Each time we enter a mindfulness practice, either formally in a quiet space, or informally in a waiting room, there is something new to be learned. Something new to be experienced, realized, met with compassion, or let go. [Pause]</p> <p>Try to imagine all the new places and experiences waiting for us over the rest of our lives. [Pause] They are all opportunities for mindfulness. [Pause] They can all teach us and help us grow. [Pause]</p> <p>Every day is a precious gift. Notice how the day began today. Notice the opportunities for mindfulness that have already filled the day. [Pause] Notice the opportunities that still await. [Pause]</p> <p>Bring the attention to the present moment, the mindfulness cultivated right now in this practice. Take a deep inhale and bring attention to the body seated and the lungs filling with air. When ready, open the eyes.</p>	
 <p><b>Mindfulness Plan of Action</b></p> <ol style="list-style-type: none"> <li>1. When I first notice anxiety in my body or mind, I will do these things:</li> <li>2. This is how I will use mindfulness to reduce my anxiety in the moment:</li> <li>3. If I am feeling particularly unsettled, I will text or call:</li> <li>4. Things I will do every day to maintain a healthy lifestyle and mind-set are:</li> </ol>	<p>Thank you for that practice. Sometimes, finding what works for us means adapting practices to fit our schedules, our bodies, and our spaces. There is no one right way to proceed with mindfulness cultivation and practice.</p>	8

	<p>We can experiment with different methods and tools until we find the best fit for us, for now. Our needs may change and evolve. We may seek out different meditations, postures, music, focus objects. That evolution is normal.</p> <p>Sometimes it also helps to have concrete steps to follow, especially when responding to anxiety, stress, or overwhelm. During those times, we might need reminders to stop, practice self-care, or ask for help.</p> <p>[Allow students 3-5 minutes to fill in their plans, then up to 4 minutes for discussion, if desired]</p>	
	<p>Let's move into a practice called Receiving Care for Yourself and Giving Care to Others. This practice is called <b>tonglen</b>, a Tibetan word that means "giving and receiving." In this meditation, the breath helps cultivate care and loving-kindness toward the self and those around you. It is a practice both in mindfulness and compassion.</p> <p>During the practice, notice any resistance that arises. When the mind wanders, bring it back to the body breathing.</p> <p>Gently close the eyes and bring the attention to the present moment. Notice where you are. [Pause] What can you feel in the body? [Pause] What can you hear? [Pause] Where are you? [Pause]</p> <p>There's no need to do anything other than observe your present experience, what is happening in this moment. [Pause]</p> <p>Bring awareness to a location in the body where the breath can be felt. Maybe the chest, the diaphragm, the nostrils. [Pause]</p> <p>Be with the body breathing, feeling the inhalations and exhalations as they come and go. [Pause]</p> <p>Start the giving and receiving with an intention of self-acceptance. [Pause]</p> <p>Breathing in, visualize breathing in acceptance. Breathing out, let go of self-judgment. [Pause] Breathe like this for a few deep breaths. [Pause for 3 breaths]</p> <p>Begin offering the self some ease and peace with each inhale. Let go of stress and anxiety with each exhale.</p> <p>You may try the visualization of breathing in a light of ease, while exhaling the darkness of stress. [Pause for 3 breaths]</p> <p>Now inhale and offer forgiveness to the self. There is no need for any stories or rationalizations about this; just set the intention to forgive yourself. [Pause]</p>	10

	<p>Exhaling, let go of resentment. Letting go of the forgiveness and resentment, picture yourself beloved people all around. <a href="#">[Pause]</a></p> <p>Now inhaling, take in the pain of others as they judge themselves. Exhaling, offer acceptance to loved ones. <a href="#">[Pause]</a></p> <p>Continue to inhale the stress and anxiety in others and give ease and peace as you exhale. <a href="#">[Pause]</a></p> <p>Hold space for their stress, but don't take it on. By receiving, we recognize with compassion that others have difficult experiences as well. <a href="#">[Pause]</a></p> <p>Finally, inhale and tune in to the resentments these people have toward themselves. Exhale and radiate forgiveness for these individuals. <a href="#">[Pause]</a></p> <p>With a final few deep breaths, stay with the forgiveness. Stay with the compassion, ease, peace, acceptance and love. Breathe into them. <a href="#">[Pause]</a> When ready, open the eyes.</p>	
	<p>Thank you for that practice. Let's take a 3-minute break to stretch and reflect. Then, we'll regroup for another practice before the longer break.</p>	3
	<p>We have one more short practice before the break. This is called <i>Our Peaceful and Beautiful Place</i>.</p> <p>This visualization practice will ask our imagination to help us relax. This is meant to be done in a quiet, relaxed space, not when you're in the middle of your workday or on route to some other location.</p> <p>Find a comfortable spot in the room and follow the directions you hear. <a href="#">[Pause]</a></p> <p>Take a moment to sit and relax. Gently close the eyes and breathe deeply into the abdomen. <a href="#">[Pause]</a></p> <p>Feel the self, the body, in this moment, breathing. <a href="#">[Pause]</a></p> <p>With each breath, allow the body to relax more, relax completely. Feel any stress flowing away. <a href="#">[Pause]</a></p> <p>Feel the body letting go of tension and growing soft, relaxed, even limp. <a href="#">[Pause]</a></p> <p>Let go of tension in the brow. Let go of tension in the lips. Let go of tension in the eyes.</p> <p>Settle into the chair and the quiet, the darkness of the closed eyes. <a href="#">[Pause]</a></p>	10

	<p>Now, bring to mind a favorite place. Call up a peaceful, beautiful space. It can be one visited before or entirely from the imagination. [Pause]</p> <p>The place can be inside or outside. It can be small or vast. It can be dark or light. It can be cool or warm. There can be people, traffic, animals, water, shade, or sun. Call up the memory or the imagination now to create this peaceful place all around. [Pause]</p> <p>Call to mind the body in this peaceful space. Look down at the feet. What are they resting on? What does it feel like? Wiggle the toes into the ground of this peaceful place. [Pause]</p> <p>Take a deep breath. What is the air like? What are the smells of this peaceful place? [Pause]</p> <p>Take another deep breath. What are the smells in the air? What do the smells remind us of? What feelings do they evoke? [Pause]</p> <p>Feel the body in this place. Experience the sensations of the air, people, objects, or nature all around. [Pause]</p> <p>See the colors all around. See the textures, the expressions, the light, the objects. Take a moment and look around. [Pause]</p> <p>Make this peaceful place complete in the mind. Make it real. Allow it to embrace the entire self. Surrounding the body, witnessing the mind, empathetically opening to the emotions. [Pause]</p> <p>The peaceful place is here for us when we need it. It's as easy as directing the mind's eye here. [Pause]</p> <p>Consider what is needed from this peaceful place. Consolation. Quiet. Freedom. Harmony. Solitude. Warmth. Comfort. Rest. It's okay to ask for what is needed and find it here. [Pause]</p> <p>Remember the place so returning will be easy. Remember the path here and give permission to take that path whenever needed or desired. This place will always be here when we seek it. [Pause]</p> <p>Take a deep breath and begin to leave the peaceful place for now. It won't be long until we return. Slowly come back to the body in the chair, here in our class, with each other. When ready, open the eyes.</p> <p>[Announce the break, location of water and bathrooms, and time to return. Announce that after the break there will be one long, in-depth and advanced meditation to end the course.]</p>	
--	--	--

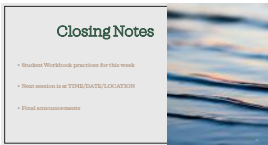

	<p style="text-align: center;">Break/Transition 5-10 minutes, <i>depending on the conditions of the class</i></p>	
	<p>Welcome back. And welcome to our final meditation of the day, and for this course. It will take us until the end of our session and will ask us to bring deep focus and stamina to the practice. During this Higher Self Meditation, we'll go on a multi-dimensional journey. Let's make sure we're in a comfortable place for maximum relaxation and connection to the higher self.</p> <p>Seat the body comfortably and close the eyes. Relax the body and mind with deep breathing. Each breath will bring us closer to creative intelligence. <a href="#">[Pause]</a></p> <p>Let's breathe together. Inhale fully, expanding the lungs and belly. Hold that breath for a moment. Then exhale.</p> <p>Inhale again, feeling relaxing sensations encompassing the body. Hold the breath, then exhale.</p> <p>Again, inhale as much as possible, feeling great power through oxygenation. Soak in the breath, then exhale.</p> <p>With eyes closed, focus on the sounds all around. On the sounds of breath, the air, others, noises outside. <a href="#">[Pause]</a></p> <p>Tune into the body now. Call to attention the sensations in the body. What do the fingertips feel? What do the bottoms of the feet feel? Where is the body resting? <a href="#">[Pause]</a></p> <p>Become aware of the head and notice how the scalp feels. Sense the power of the brain, of the mind. Become aware of the mind inside. How big is the mind? <a href="#">[Pause]</a></p> <p>The mind is imagination. The imagination is boundless. The mind has no limits. The great power of creative imagination can experience quantum dimensions. <a href="#">[Pause]</a></p> <p>As you hear counting from 10 to 0, float backward in time to the past, observing all the moments of a lifetime. No need to call up emotions at this point. Just float along this particular life.</p> <p>10. Let the mind drift back in time. What was part of this morning? What was yesterday? What was last month? <a href="#">[Pause for 1-2 breaths after each count]</a></p> <p>9. See last year now.</p> <p>8. See five years ago. See ten years ago. All of the years floating by as we drift into the past.</p> <p>7. Drift back to the days of high school, teenage years.</p>	20

	<p>6. Drift back to childhood, school, home, family, past. See where home was, who was with us, who was caring for us.</p> <p>5. See now from eyes that are very young, just learning to be independent. What we see may be memories or stories we've heard about ourselves.</p> <p>4. See a baby now, just learning to walk. See a picture of the self, small, toddling.</p> <p>3. Now see a very tiny baby, unable to walk yet. See who is caring for us. Sense into a new baby's smells, sounds, and blurry sight.</p> <p>2. Now, inside the mother's womb, safe and warm. It's quiet and contained. We are floating and held tight. Feel how it is to be wanted in the world outside.</p> <p>1. Now, the self is only but a spark of life created by a mother and a father.</p> <p>0. We are passing back further, into the spiritual dimension, the place of unlimited awareness. Observe and sense the experience. The present is pure and beautiful. It is the most intelligent presence you've ever felt. This presence is the higher self, the spirit. [Pause]</p> <p>Allow for a moment of stillness now. This higher self has been waiting a long time for this moment of connection and learning. [Pause]</p> <p>There is much knowledge to be gained here, in this presence. Notice every detail of this moment. Notice the colors, forms, shapes, sensations. Notice the quality of these surroundings.</p> <p>Listen for new knowledge. The higher self is speaking, giving insight, wisdom, something much needed. Open the self up completely to it. Open the self to this experience. Listen. [Pause]</p> <p>Receive the messages here. Remember them. Carry them back into the present later. This is soul consciousness where messages can come through words, feelings, sensations, intuition. [Pause]</p> <p>Allow the intuition to speak as well. This moment spent with intuition is void of any fears. Fear cannot exist when spirit is present. Without any burden of fear, ask this all-knowing higher knowledge whatever you need to. Ask what comes to mind. [Pause] Listen for the answer. Ask and listen. [Pause for 3-4 breaths]</p> <p>Now ask, "How can my human incarnation carry out my soul's purpose?" [Pause] Listen for the answer. [Pause]</p> <p>In this time together with the higher self, we feel rejuvenated. The mind is at ease. Here, the mind sees problems with clarity and sorts through them with ease. [Pause]</p>	
--	--	--



	<p>There are 7 messages the higher self has for us right now. Sit with each message. Allow the self to take them in however is needed right now.</p> <p>"You deserve the best in every situation." [Pause for 10 seconds after each message]</p> <p>"You have special gifts."</p> <p>"Turn the negatives into positives."</p> <p>"Live and let other's live."</p> <p>"Remember to make time for play."</p> <p>"Meditate as much as you can."</p> <p>"Love yourself always."</p> <p>Now, allow the present self to fully merge with the higher self. Bring full access to intuition at every moment. Take back this connection to the higher self and its powerful force. They never have to be separated again. [Pause for 10 seconds]</p> <p>Connected now, one with your intuition, ask it whatever is needed. Ask anything. Listen for the answers. Listen with great respect. [Pause for 10 seconds]</p> <p>One with the higher self, the self is whole and complete, able to access infinite intuition at any moment. Sit for a while and really experience the sensation of wholeness. [Pause for 20 seconds.]</p> <p>Now, we will travel to an experience from a past life. Finding that experience will allow us to clear away anything that is holding us back in the present life.</p> <p>Begin to float along the timeline again and listen to the count down from 5. With each number, we grow closer to a past life needing a witness.</p> <p>5. Drifting and floating across the timeline. [Pause for 5 seconds after each count]</p> <p>4. Going back far into the past, before we were created. Before our parents and grandparents.</p> <p>3. There are many lives floating past, many lives lived fully and not fully.</p> <p>2. Come into one of those lives, anywhere in the past. It can be ancient. It can be a few generations ago. Bring the mind and the whole self into one past life.</p>	
--	--	--

	<p>1. Look around at this life. Notice with the eyes, ears, nose, skin, tongue, and heart.</p> <p>Notice the feet. Notice all the surroundings. Notice what you are supposed to notice. [Pause]</p> <p>Sense what kind of person you are in this past life. What clothes do you wear? Who do you know? How do you feel in this body? [Pause]</p> <p>We are on our way to a sacred ceremony. People surround us, they care deeply about us. The ceremony is meant to free us from any blockages, release us from what's holding us back, break through any limitations. [Pause]</p> <p>This is a long-awaited day. Others surround us and are happy to witness our complete freedom into pure spirit. [Pause]</p> <p>The ceremony is filled with music and voices, spirits, and light. Each is working toward our freedom. We release into the ceremony what binds us. We release what restricts. We release what burdens us. Feel the complete freedom. [Pause for 20 seconds]</p> <p>Now, allow the self to begin leaving the ceremony. Let the mind drift away from the experience, bringing the energy and freedom along. [Pause]</p> <p>Let the mind bring us to a beach now. Soft, shimmering, and calm. Waves, air, salt, gentle sun. Walking in the sand, notice colorful shells, notice pieces of rock, seaweed, footprints. [Pause]</p> <p>Notice a piece of driftwood that is the perfect size for writing in the sand. Pick it up and carry it to where the sand is wet.</p> <p>Begin to write your name in the sand. Notice the sounds the stick makes as you scratch it though the sand. [Pause]</p> <p>Step back and look at your name, printed in your handwriting. See the small wave coming toward the letters. It washes away part of them. [Pause]</p> <p>Notice that as the letters disappear a little, fear washes away too. Another wave comes and washes more of your name away, sweeping the sand out to sea. What causes anguish is carried away too. [Pause]</p> <p>Another wave washes away the name and deep worries. The name is barely visible anymore. The sand has returned to itself. The water has cleared and leveled any markings. [Pause]</p> <p>Turn and resume walking, noticing the temperature, the breeze, the sunlight. Listen to waves and sea birds. [Pause]</p>	
--	---	--

	<p>Come upon a chair, set out for a rest. Sit down and face the ocean. Notice the horizon meeting the sky. Notice the beauty. Savor it. [Pause]</p> <p>See a small white cloud brewing on the horizon. It comes toward you, growing in size. Its contours become clearer as it nears. [Pause]</p> <p>The cloud is intelligence. The cloud of infinite knowledge. Send questions out and watch the cloud absorb them. It absorbs doubts, worries, fears, anxieties too. [Pause]</p> <p>The cloud grows heavy with rain as it looms directly ahead. It's filling with questions, soaking them up, and is ready to release its knowledge. [Pause]</p> <p>Warm drops come down gently, purifying the beach. The rain grows heavier, washing the trees and structures. The rain is sent down filled with knowledge and infinite wisdom. The answers are washing our bodies and soaking us with boundless intelligence. Enjoy the storm. Breathe. [Pause for 20 seconds]</p> <p>This has been an incredible experience, one that will last a lifetime. We are going to come back now. We are going to return to wakeful awareness, bringing back everything learned, gained, released, and unblocked. [Pause]</p> <p>Listen to the count up from 1 to 10, raising consciousness with each breath and count.</p> <ol style="list-style-type: none"> <li>1. Coming back to present.</li> <li>2. Feeling good.</li> <li>3. Feeling strong.</li> <li>4. Breathing in fresh oxygen.</li> <li>5. Feeling complete.</li> <li>6. Feeling whole.</li> <li>7. Feeling wiser.</li> <li>8. Feeling awake.</li> <li>9. Feeling present in the body and mind.</li> <li>10. Feeling happy and rejuvenated.</li> </ol>	
 <p>Closing Notes</p> <ul style="list-style-type: none"> <li>• Review Workbook practices for this week</li> <li>• Next session is at TIME/DATE/LOCATION</li> <li>• Final recommendations</li> </ul>	[Answer any last questions, announce the next session date/time, offer contact information.]	1
 <p>With each other and ourselves well.</p> <p>CLOSING</p>		0

## Assessment

Student	P	D	NI
Create a plan for integrating mindfulness into daily life. <i>Notes:</i>			
Create an action plan to respond to anxiety and stress.			
Move forward into independent practice with confidence and skill.			
Teacher	P	D	NI
Offer course closure with joy, encouragement, and hope.			
Lead one longer, in-depth, and advanced guided practice with steady pacing.			
Provided multiple methods for students to plan for independent mindfulness practice.			

**P = Proficient.** Attempted and completed with demonstrated mastery, success, ability, or required skill.

**D = Developing.** Attempted with strong effort and partially demonstrated mastery or success. The basic concept is understood, and the individual requires minimal/some additional coaching or practice to enhance ability, develop skill, and achieve mastery.

**NI = Needs Improvement.** Attempted with partial or incomplete understanding of the basic concept. Additional instruction, repetition, research, discussion, coaching, and/or practice is required to strengthen understanding, promote ability, confer skills, and/or approach mastery.

*Journal*

Session 10 reflections, questions, and thoughts.

*Teaching*

*Students*

*Practice*

*Other*