

Meditation Part 3

Relational Mindfulness

Participants

will learn that deepening inner awareness and understanding of a meditation and mindfulness practice enhances ... *Relational Self*

Relational
Awareness

Relational
Wisdom

Relational
Readiness and
Preparedness
- To Grow
- To Sustain

relational mindfulness

“...Meditation and mindfulness offer a direct means for healing the myth of separation. This is the key to both personal healing and global sustainability. Our native state is nonseparation.” Hull (2018)

“Nobility • Our Original Goodness” Kornfield (2008)

“Since you are searching for understanding of self,
don’t ask about caste or class, riches or birth, but
instead ask about heart and conduct.

Look at the flames from a fire. Where does the
brightness arise?

From the nature of wood – and it doesn’t matter
what kind of wood.

In the same way the bright heart of wisdom can
shine from wood of every sort.

It is through virtuous conduct, through loving-
kindness and compassion, and through
understanding of truth that one becomes noble.”

Jack Kornfield, from *The Wise Heart* (2008)

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The Buddha Speaks

5 Core Self-Study Transformational Practices

- Develop an Observing I and Mindfulness, being in the present... mind, body, emotions and spirit
- Deepen Self-Reflection to gain Self-Awareness and Self-Discovery ... leading to insight and wisdom
- Value your awareness and acceptance of self and others
- Express Curiosity and a Practice in Making Meaning out of each daily experience
- Dedicate Attention to Finding Purpose and Making a Difference in peoples lives

© PCKliger (2018) Power Your Heart,
You Power Your Mind.

Practice • Valuing Self *with* Others

3rd

Core Self-Study Transformational Practice

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Relationship with Our Self

Mindful Moment One

Finding
the Refuge
Within

Practice ● Find Purpose & Make A Difference

5th

Core Self-Study Transformational
Practice

“Giving Our Pain to the Earth and Releasing Isolation” Hull (2018)

“Because the relationship between self and world is reciprocal, it is not a matter of first getting enlightened or saved and then acting. As we work to heal the Earth, the Earth heals us. No need to wait. As we care enough to take risks, we loosen the grip of ego and begin to come home to our true nature.”
- Joanna Macy (from Hull, 2018, p211)

Relationship
With One Another
With Our Planet

Mindful Moment Two

Embracing
Responsibility for the
Health of Our Planet

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the beginning word



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Mother And
Child
Reunion

Life is always waiting, a breath awaiting,
to be born,

to be seen,

to be recognized,

to be known,

to belong, to be united once more
in being human,

A most precious reunion of all.

Your Life is Love dancing in my Heart.



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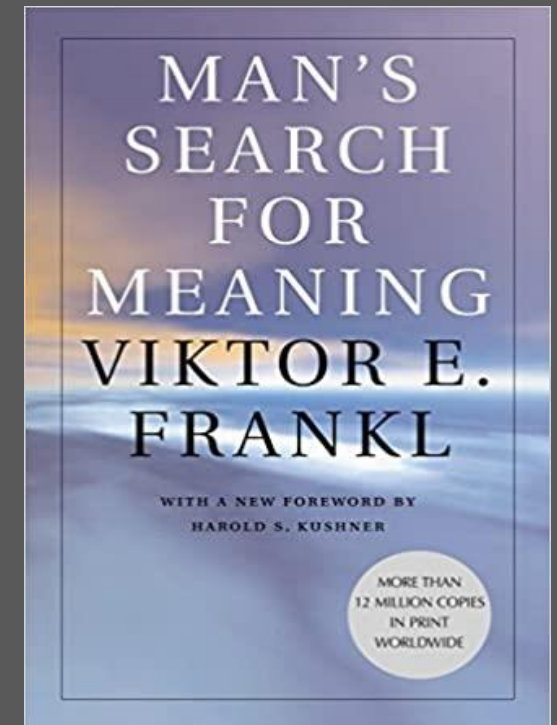
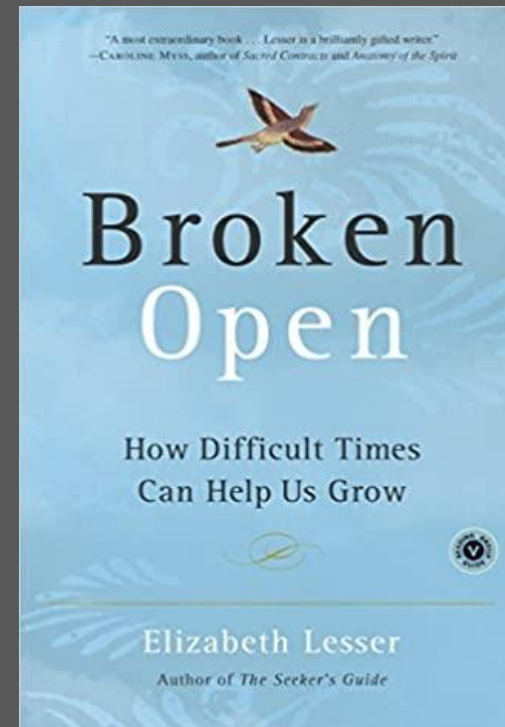
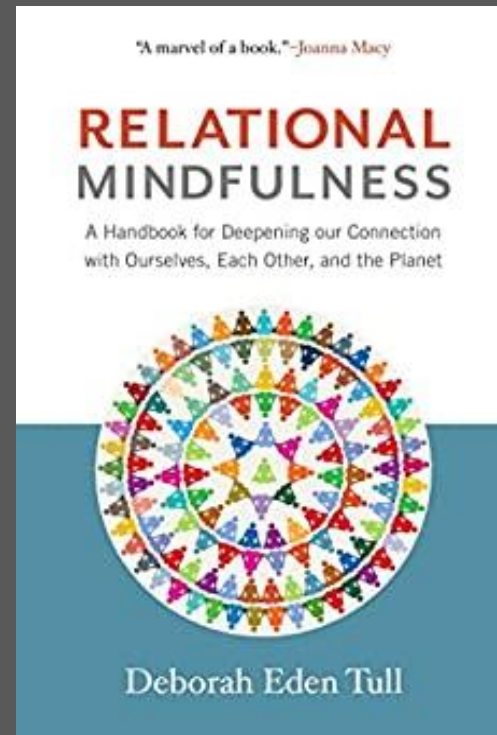
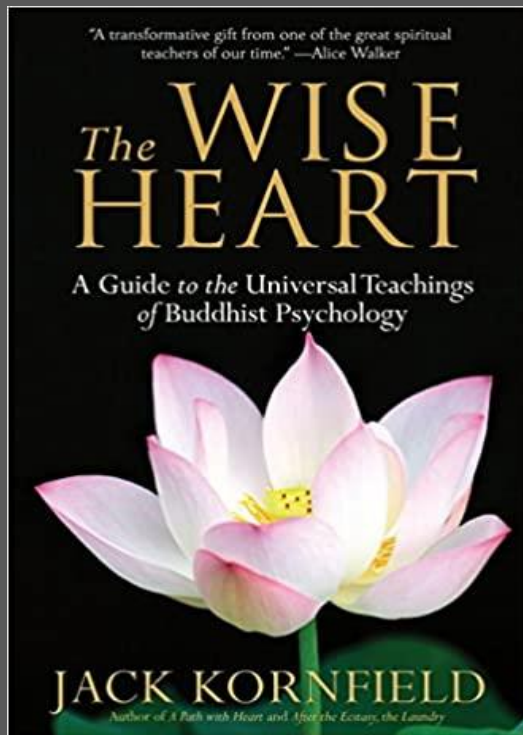
Heart Care & Healing • To Build Relational Wisdom

Jack Kornfield

Deborah E Tull

Elizabeth Lesser

Viktor Frankl

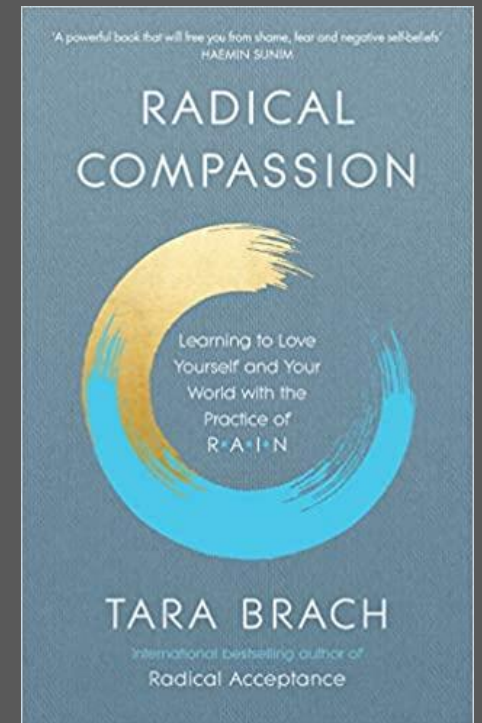
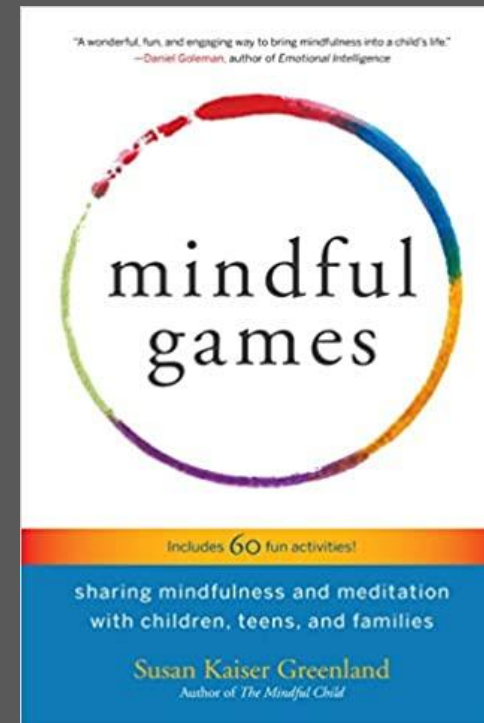
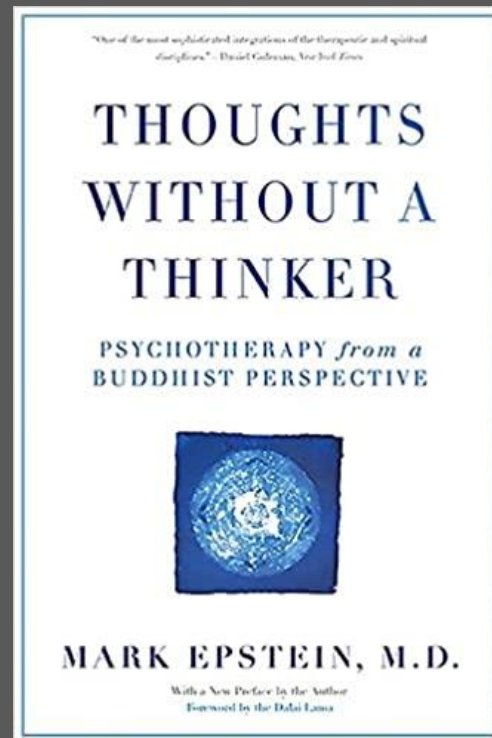
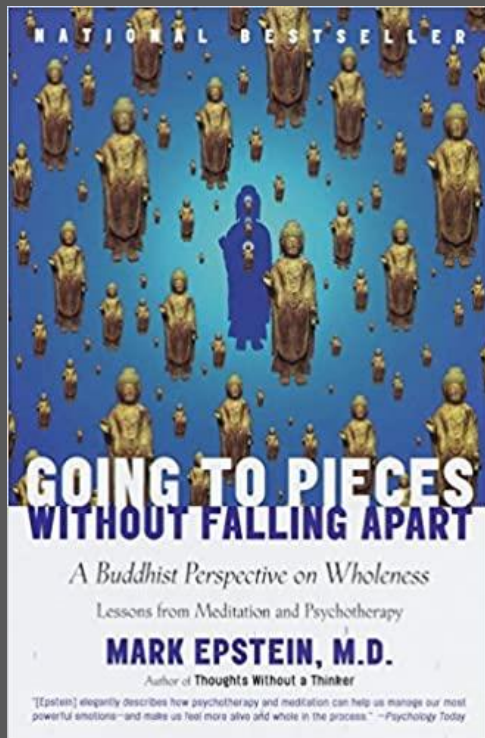


Meditation *with* Psychological Perspective

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Thank you!

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