

Handout 5: Summary of MSPE Session 4

Takeaways From Session 4

- The main theme of this session is *attachments*, particularly how they relate to expectations and how to respond to them mindfully (i.e., with acceptance).
- An attachment is an underlying belief about what is “good,” “bad,” “right,” or “wrong” and can result in rigid expectations.
- We can get so attached to a condition or outcome as necessary or unacceptable that when things don’t go as they “should” we experience significant resistance or distress. Such attachments can, for example, inhibit the ability to reshuffle priorities and make time for mindfulness practice or adversely affect the way we perform in our sport.
- While continuing to practice mindful yoga, pay careful attention to how the body’s limits may be changing over time.
- The walking meditation continues the progression toward incorporating mindful attention into sport performance. The primary attentional anchor involved is the collection of sensations produced by walking, though the breath and connections both within the body and to the environment also are foci. An emphasis during this exercise is on *nonstriving*, that is, letting a particular moment be what it is without trying to get anywhere else.
- Acceptance is a way to respond to attachments mindfully and is *not* synonymous with resignation. Tolerating the truth of “what is” empowers us to choose how to respond in the moment, which can potentially lead to a different future.

Daily Home Practice for the Week After Session 4

- Do the 11-minute walking meditation four times.
 - Do the 30-minute body scan one time.
 - Do the 40-minute mindful yoga routine one time.
 - Seize opportunities to STOP (stop, take a few breaths, observe, proceed) and pay attention mindfully during daily activities.
 - Record this practice on your Daily Mindfulness Log and bring it with you next session.
 - If the leader has suggested it, remember to bring any sport equipment with you to the next session (to use during the sport meditation) and/or wear appropriate shoes.
-