

Handout 6: Summary of MSPE Session 5

Takeaways From Session 5

- The main theme of the session is nonstriving, which involves intentionally not trying to go anywhere other than the present moment.
- It is still possible to have goals while practicing nonstriving, and, in fact, nonstriving may be the most effective way to reach goals. This concept is part of the path toward acceptance.
- The sport meditation is the final piece of the bridge from mindfulness practice to mindful sport performance. Core movements in the sport(s) of focus are selected as present-moment anchors.
- There is a significant difference between being nonjudgmentally present with the sensations of movement and micromanaging or overanalyzing well-learned skills, with the former being a possible route to an optimal-performance state.
- The sitting meditation with a focus on the breath, body, and sound is a further expansion of this fundamental mindfulness practice. The longer duration and period of silence are new challenges intended to stretch the mental muscle even further.
- Acceptance can allow for a mindful response to any given situation. As you learn more about yourself, you can choose to engage in practices that will bring you greater joy, satisfaction, and wellness.

Daily Home Practice for the Week After Session 5

- Do the sport meditation four times (length will depend, in part, on the anchors chosen).
 - Do the 21-minute sitting meditation with a focus on the breath, body, and sound two times.
 - 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.
 - Bring any equipment and/or shoes to review the sport meditation next session.
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