

peace
week 3

Rate Yourself

On a scale of 0-10, how present
are you right now?

0-1-2-3-4-5-6-7-8-9-10

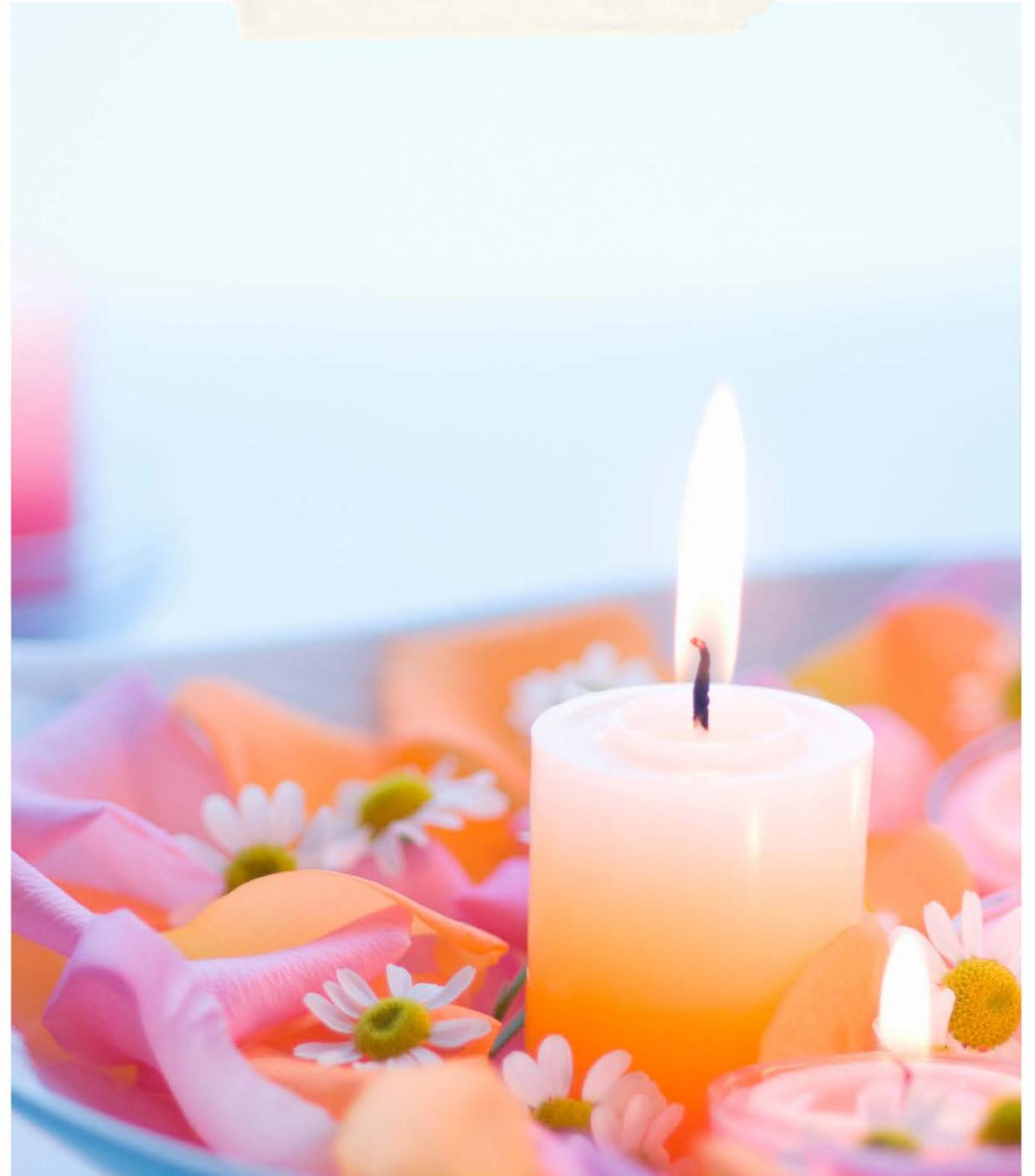
0 = completely checked out, not present

3 = mostly not present, many thoughts
about the past or the future

5 = neutral, half here, half distracted

7 = mostly present, some thoughts about
the past, future or distracted by thoughts

10 = completely present



every minute of every hour of
every day; you are making the
world—just as you are making
yourself—and you might as well
do it with generosity and
kindness and style.

– rebecca solnit
writer; historian; activist

Modern Creative Woman Timeline

MINDSET
RELATIONSHIP
TO YOUR
THOUGHTS

WEEK
01

PRESENCE
PRESENT
MOMENT
AWARENESS

WEEK
02

PURPOSE
YOUR
UNIQUE
VALUES

WEEK
03

Purpose



How might
meditation help
you with your
purpose?

(values and committed actions)



Mindfulness



a single act of kindness throws
out roots in all directions; and the
roots spring up and make new
trees.

– amelia earhart

Mindfulness Meditation in Psychology

- “Mindfulness moved from a largely obscure Buddhist concept founded about 2,600 years ago to a mainstream psychotherapy construct today.” (American Psychological Association)
- Of course, meditative and contemplative practices can be found in every religion.
- 1950's and 60's buddhist meditation became popular in the US.



Mindfulness Meditation

- In psychology, Buddhist meditation influences took off in the 1990's.
- Jon Kabat-Zinn trained in Zen and Theravada meditation.
- As head of the chronic pain clinic at U of Mass, with no effective treatments for chronic pain at the time, he applied Buddhist meditation techniques to help his patients cope with their pain. Astonishing results!
(LaPlante, 2021)
- Randomized, controlled studies and he ultimately parced out meditation from religion by including the core components that were effective.



Mindfulness Meditation in Psychology

Used to help increase the following:

self-control, objectivity, affect tolerance, enhanced flexibility, equanimity, improved concentration & mental clarity, emotional intelligence, ability to relate to others & one's self with kindness, acceptance & compassion.



Mindfulness

- A moment-to-moment awareness of one's experience without judgment.
- Mindfulness is a state and not a trait.

American Art Therapy Association



Where do we find Mindfulness?

- Yoga, tai chi and qigong, religion, psychology.
- These self-regulation practices focus on training attention and awareness: goal to bring mental processes under greater voluntary control.
- These foster “general mental well-being” and help develop specific feelings like feeling “calmness, clarity and concentration”
(Walsh & Shapiro, 2006)



What do these strategies have in common?

yoga, tai chi and qigong, meditation

- These self-regulation practices focus on training attention and awareness: goal to bring mental processes under greater voluntary control.
- These foster “general mental well-being” and help develop specific feelings like feeling “calmness, clarity and concentration”

(Walsh & Shapiro, 2006)



How Mindfulness Works

1. Promotes metacognitive awareness.

(thinking about thinking)

2. Decreases rumination via disengagement from
“perseverative cognitive activities.”

(stop thinking the same thoughts over and over)

3. Enhances attentional capacities through gains in
“working memory.”

(can hold something in your mind and manipulate it)

- These cognitive gains, in turn, contribute to effective emotion-regulation strategies.



**What has this got to do with
purpose?**



1. Less Rumination

- 20 novice meditators: 10-day mindfulness meditation retreat.
- After, they had significantly higher mindfulness and lower decreased negative affect (better mood) compared with a control group.
- Fewer depression symptoms and less rumination.
- Significantly better working memory capacity and were better able to sustain attention during a performance task compared with the control group.
- **Attention, less depression and rumination helps with purpose.**

(Chambers et al. 2008)



2. Less Stress

- Meta-analysis of 39 studies on mindfulness-based stress reduction and mindfulness-based cognitive therapy.
- The researchers concluded that mindfulness-based therapy can change your overall mood and cognitive processes that underlie multiple clinical issues: it helps reduce a wide variety of problems (Hoffman et al., 2010)
- **Depression can stop us from pursuing our goals. Positive mood helps us take action.**



3. Managing Emotions

- Participants randomly assigned to an eight-week mindfulness-based stress reduction group were compared with controls (no mindfulness).
- Measured depression, anxiety and psychopathology, and on neural reactivity as measured by fMRI after watching sad films.

(Farb et al., 2010)



3. Managing Emotions (cont.)

- Those who got mindfulness-based stress reduction had significantly less anxiety, depression and somatic distress compared with the control group.
- Movie time!
- An fMRI while watching a sad movie showed the mindfulness group had “less neural reactivity” when exposed to sad films than the control group. AND reactions were distinctly different from before the training.



3. Managing Emotions (cont.)

- What does that mean? Mindfulness meditation shifts our ability to use emotion regulation strategies, we can experience emotion more selectively, and the emotions experience my mediators are processed differently in the brain (Farb et al.; 2010, Williams, 2010).
- Mindfulness meditation practice helped people “disengage” from the upsetting pictures and allowed them to focus better on a cognitive task (Ortner et al., 2007).
- **We have to manage our emotions to live our purpose.**



4. Better Relationships

- A person's ability to be mindful can predict relationship satisfaction.
- Increases our positive coping to relationship stress.
- Increases skill in communicating emotions to a partner.
- Protects against the emotionally stressful effects of relationship conflict (Barnes et al., 2007).
- Helps the ability to express oneself in various social situations (Dekeyser et al., 2008).
- Predicts relationship satisfaction (Barnes et al., 2007; Wachs & Cordova, 2007).
- **Relationships are necessary for our purpose and happiness in business, community, family and friendships. Managing stress well in relationships directly helps our purpose.**



5. Working Memory

1. military 8 weeks of mindfulness meditation (high stress)
2. military with no meditation (high stress)
3. civilian with no meditation (usual stress)
 - 1. nonmeditating military group had decreased working memory capacity
 - 2. nonmeditating civilians had stable working memory across time;
 - 3. meditating military group had working memory capacity increased with meditation practice.
- BONUS: Meditation group reported more positive emotions and less negative emotions.

(Jha et al., 2010)

Increased working memory directly helped military with their purpose and mission.



5. Other Clear Findings

- Enhance self-insight, morality, intuition and fear modulation (all functions associated with the brain's middle prefrontal lobe area).
- Numerous health benefits: increased immune functioning (Davidson et al., 2003; Grossman, Niemann, Schmidt, & Walach, 2004).
- Improvement in well-being (Carmody & Baer, 2008).
- Reduction in psychological distress (Coffey & Hartman, 2008; Ostafin et al., 2006).
- Increase information processing speed (Moore & Malinowski, 2009).
- Decrease task effort and less thoughts that are unrelated to the task at hand (Lutz et al., 2009).



Therapists who Practice Mindfulness

- Increased empathy: experienced mindfulness meditator therapists scored higher on measures of empathy than therapists who did not meditate (Wang, 2007)
- Increased self compassion among health-care professionals (Shapiro, Astin, Bishop, & Cordova, 2005) and therapist trainees (Shapiro, Brown, & Biegel, 2007).
- More attentive to the therapy process, more comfortable with silence, and more attuned with themselves and clients (Newsome, Christopher, Dahlen, & Christopher, 2006; Schure, Christopher, & Christopher, 2008).



Does it help clients when the therapist meditates?

- YES! (in this study). This is complex to measure and results in other studies are inconclusive.
- Randomly assigned counselor trainees who practiced Zen meditation for nine weeks reported higher self-awareness compared with nonmeditating trainees (Grepmaier et al., 2007).
- But more important, after nine weeks of treatment, clients of trainees who meditated displayed greater reductions in overall symptoms, faster rates of change, scored higher on measures of well-being and perceived their treatment to be more effective than clients of nonmeditating trainees.



The Paradox

- The more mindful we become, the more we become aware of our lack of mindfulness.
- We may end up reporting less mindfulness as we are becoming more mindful!
- This is ok!
- It is natural that the more we learn, the more aware we are of what we don't know.





What do you think of this
paradox?

Raise your Zoom hand or put your answer in the chat.

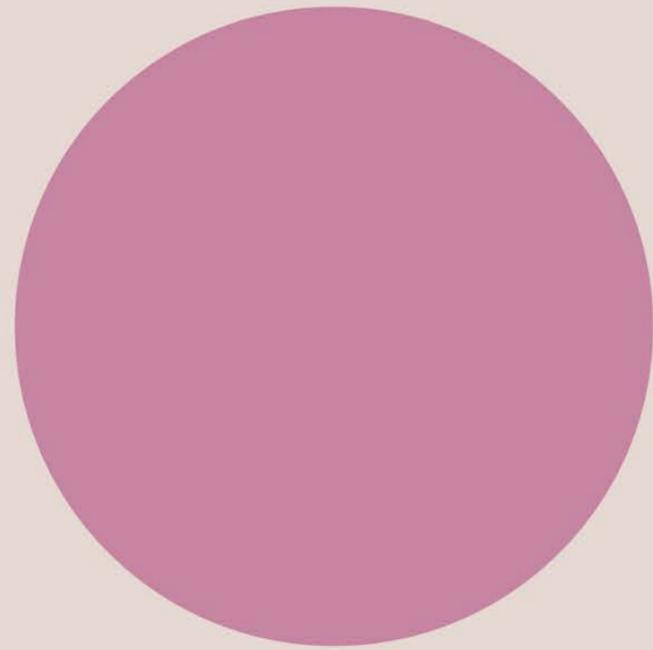
Loving Kindness



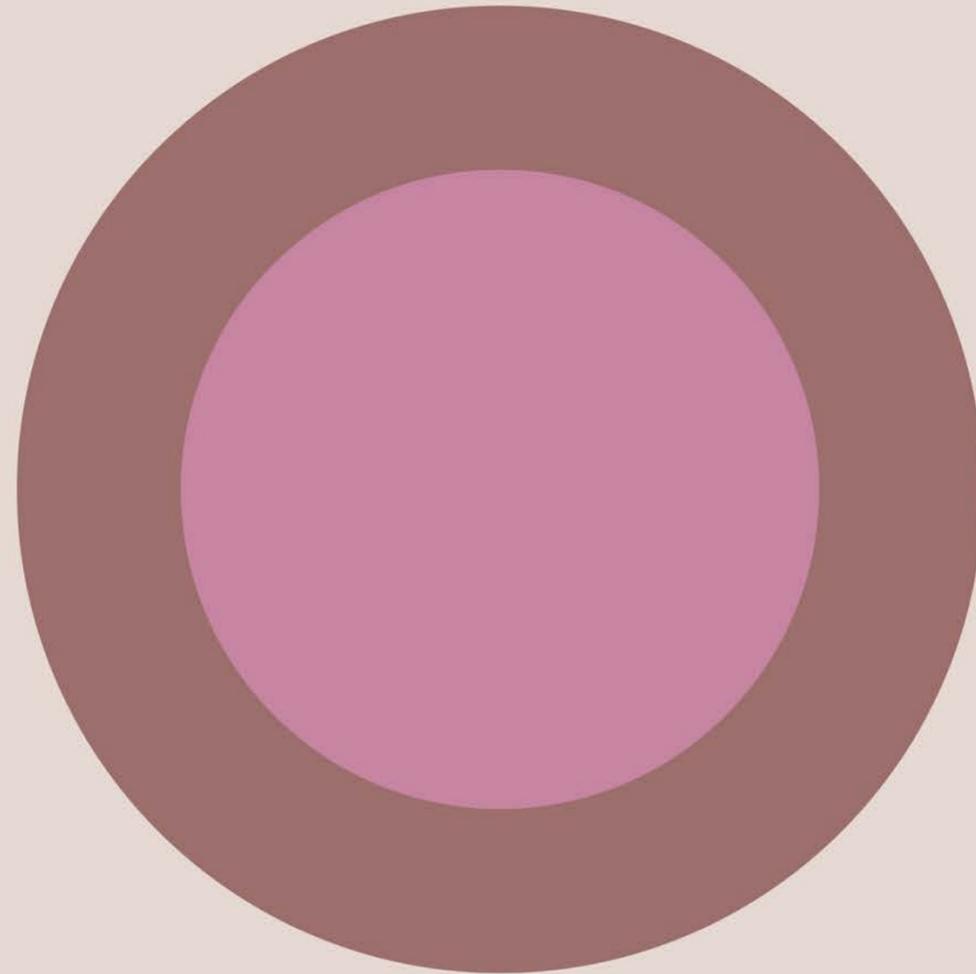
Getting Centered

- Bring your attention and awareness to the breath at your belly.
- Inhale, noticing sensations of breath.
- Exhale, noticing sensations of breath
- Notice your belly rise and fall.

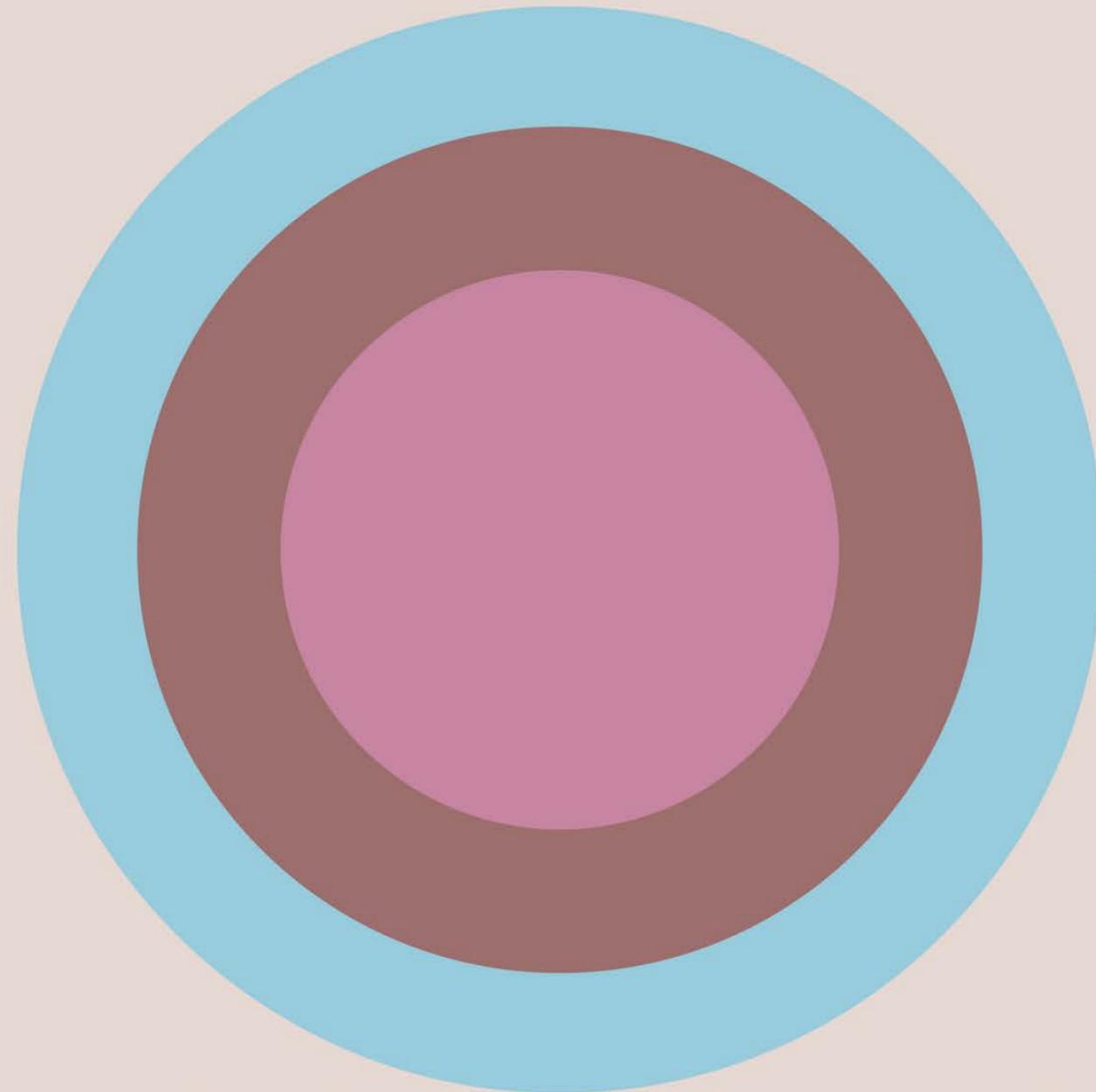




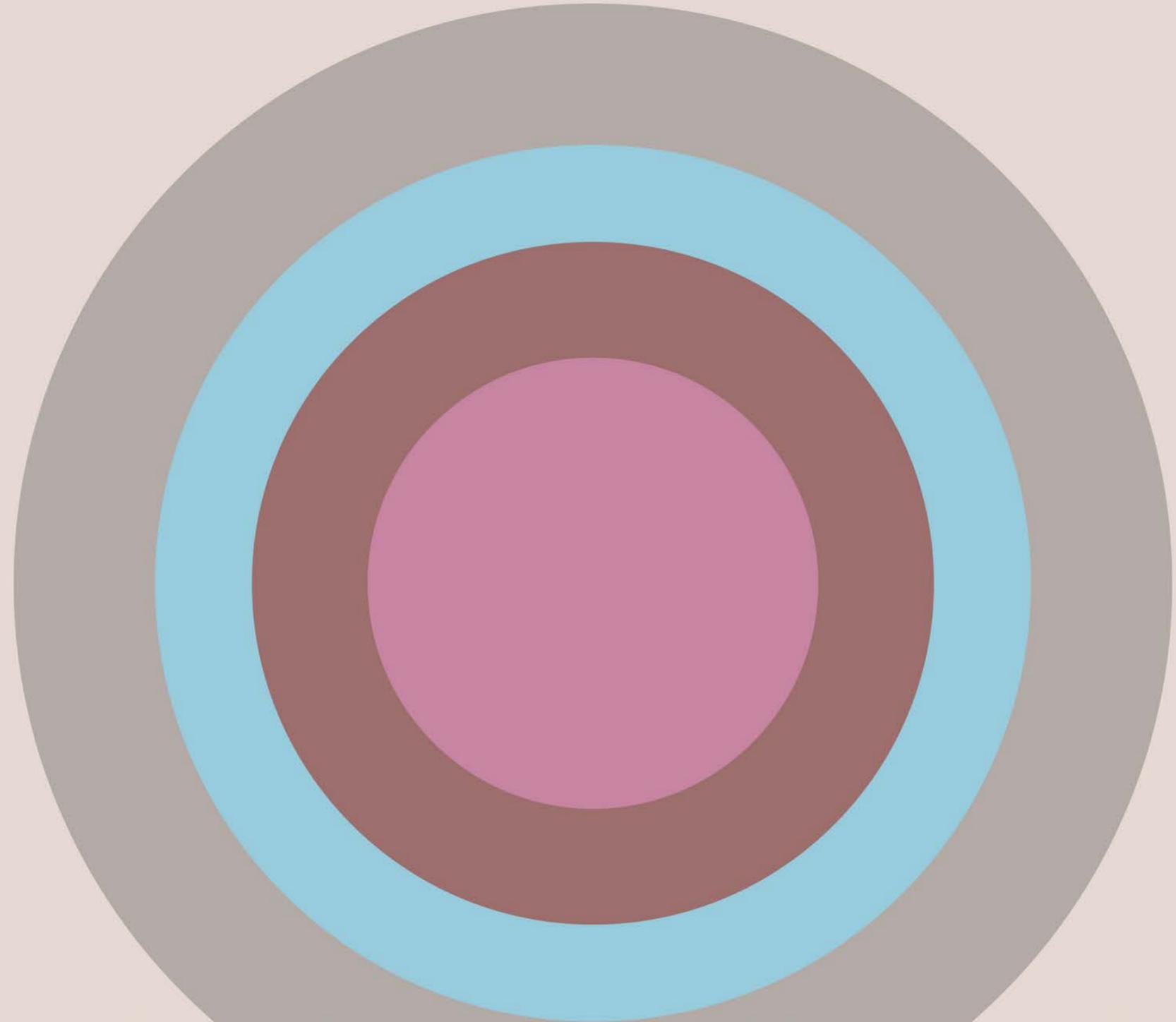
Notice Yourself.
May I be healthy, safe and strong.



Imagine specific people you know.
May she/he/they be healthy, safe, and strong.



Imagine your neighborhood, country, continent, the world, all life-forms.
May all beings on planet earth be healthy, safe, and strong.



Imagine the earth, space and all life-forms in the cosmos.
May all beings throughout all time and space be healthy, safe, and strong.

Mindful Moment





Artful Meditation

- Gather paper and drawing supplies (pencils, markers, oil pastels, paints, etc.).
- I will ask you to create several different types of art for a few minutes at a time.
- You can use different sheets of paper for each one or put them all on one page.
- However you do it will be great!

1. ENSO

- Draw a series of open circles.
- This is called enso, the Buddhist symbol for emptiness.



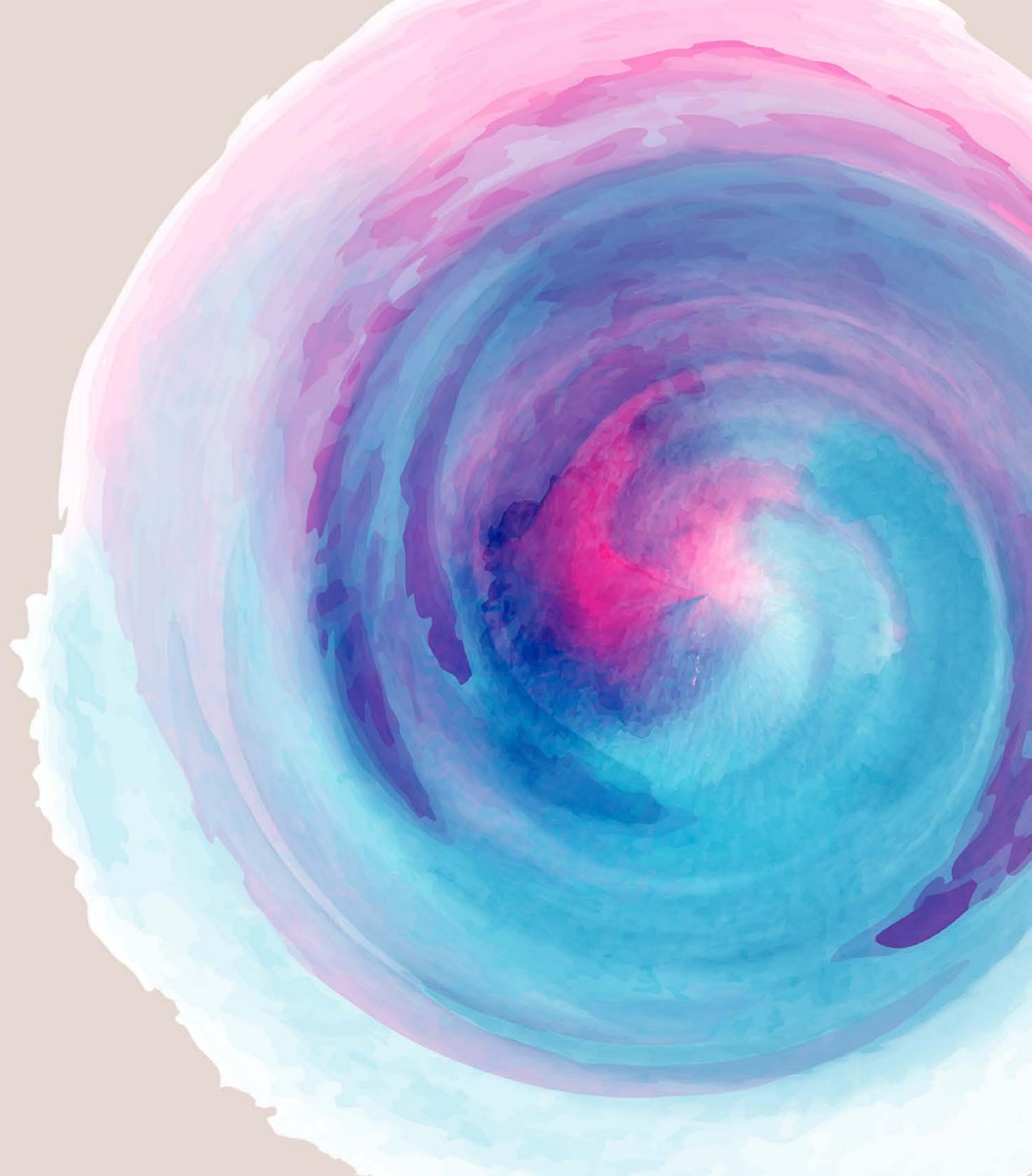






2. Spiral

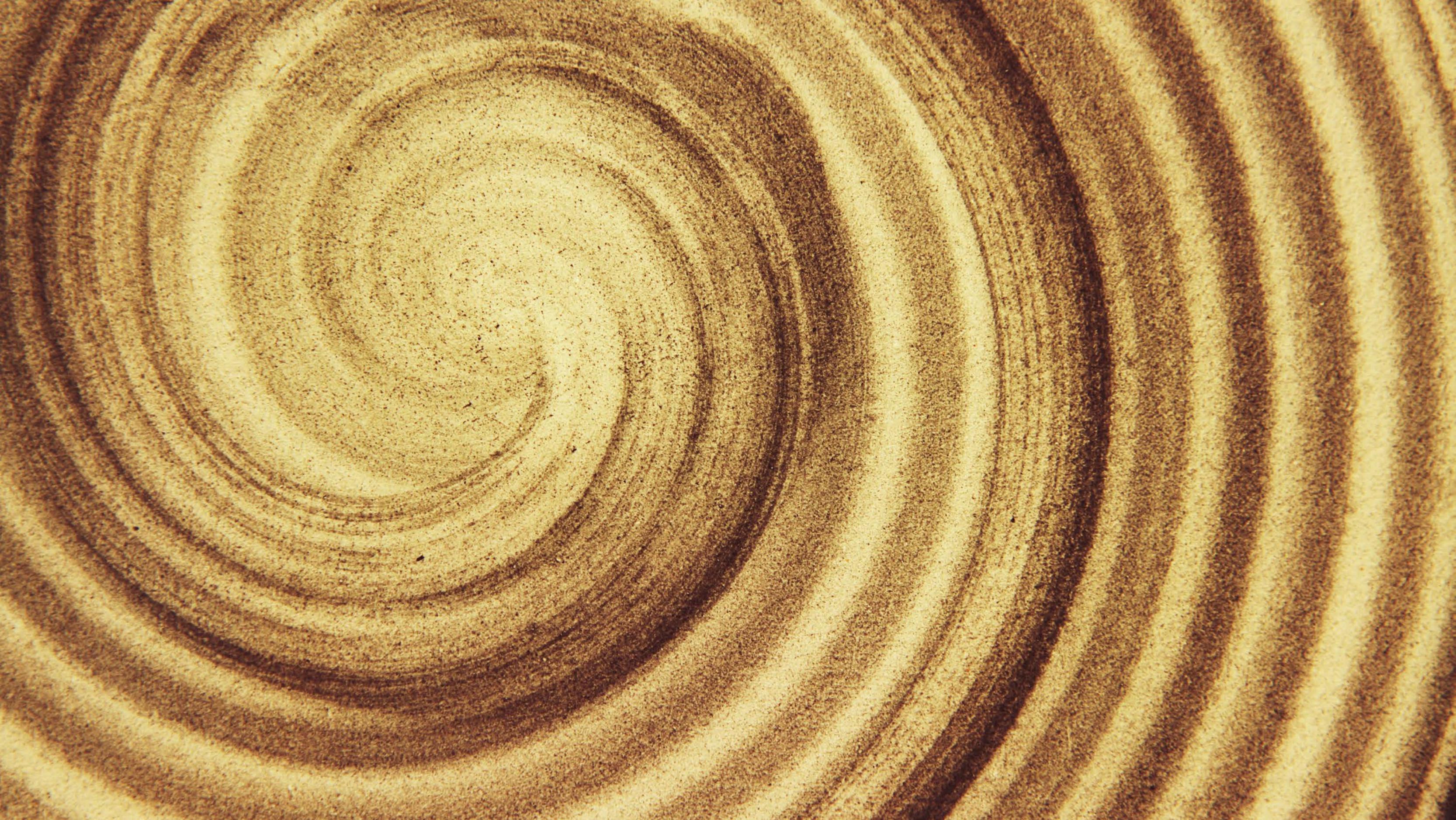
- Spiral (not out of control).
- Fill a page with one, or several tightly wound spirals.
- Can work outside in as well as inside out.







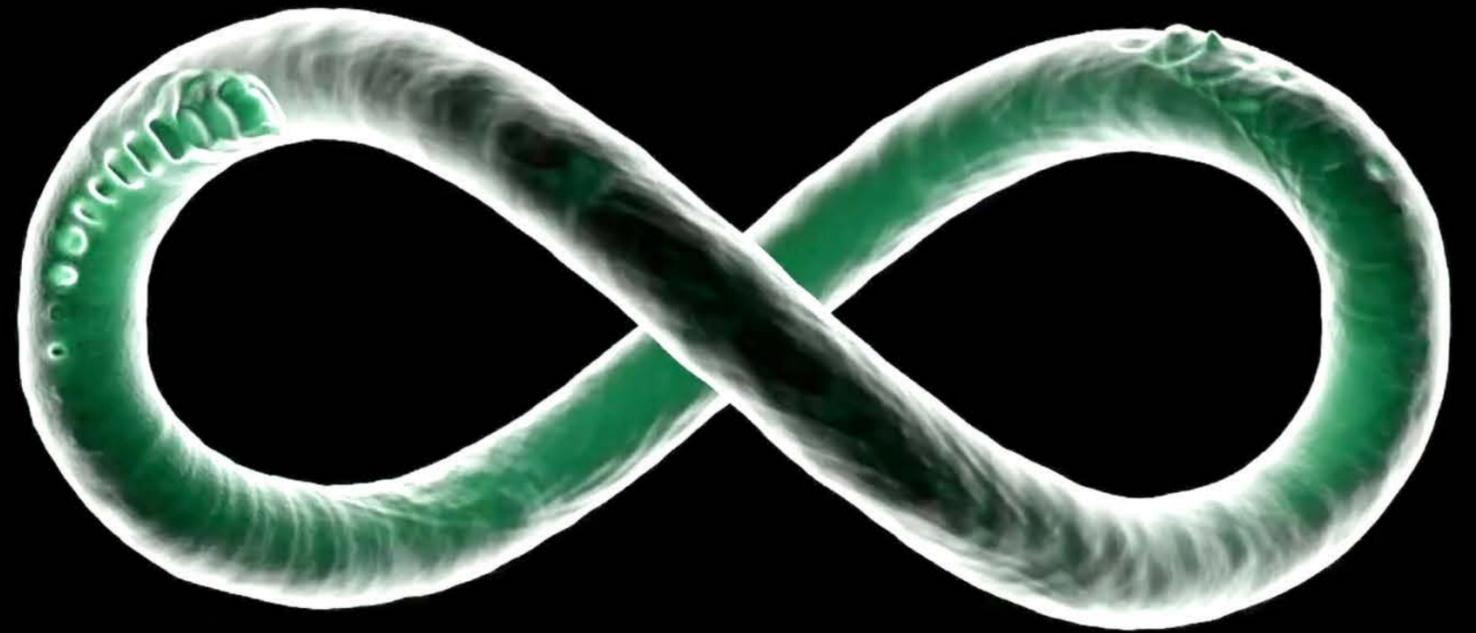


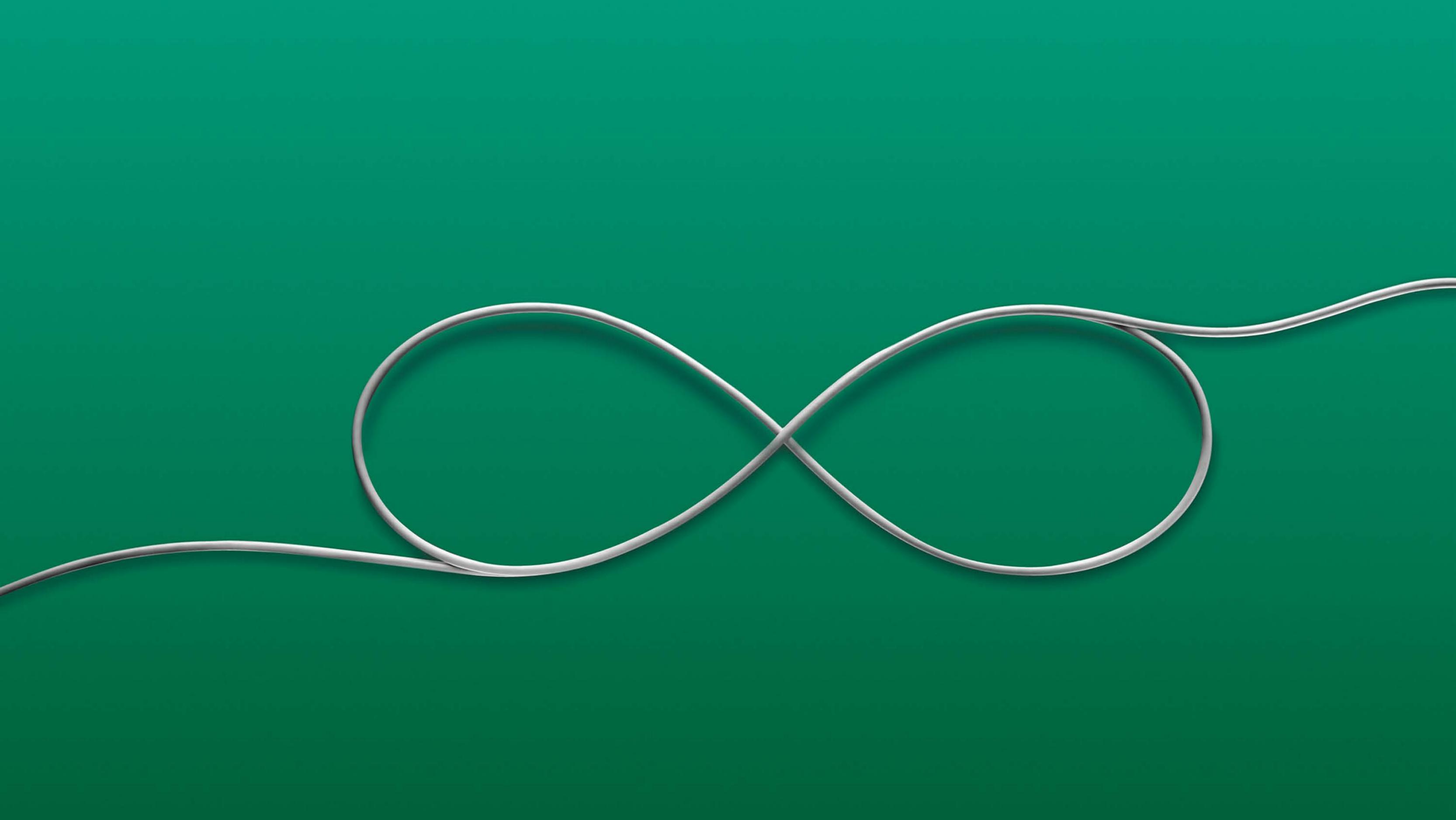




3. Mobius

- Draw an infinite line.
- This sideways figure 8 is called a Mobius, otherwise known as the symbol for infinity.









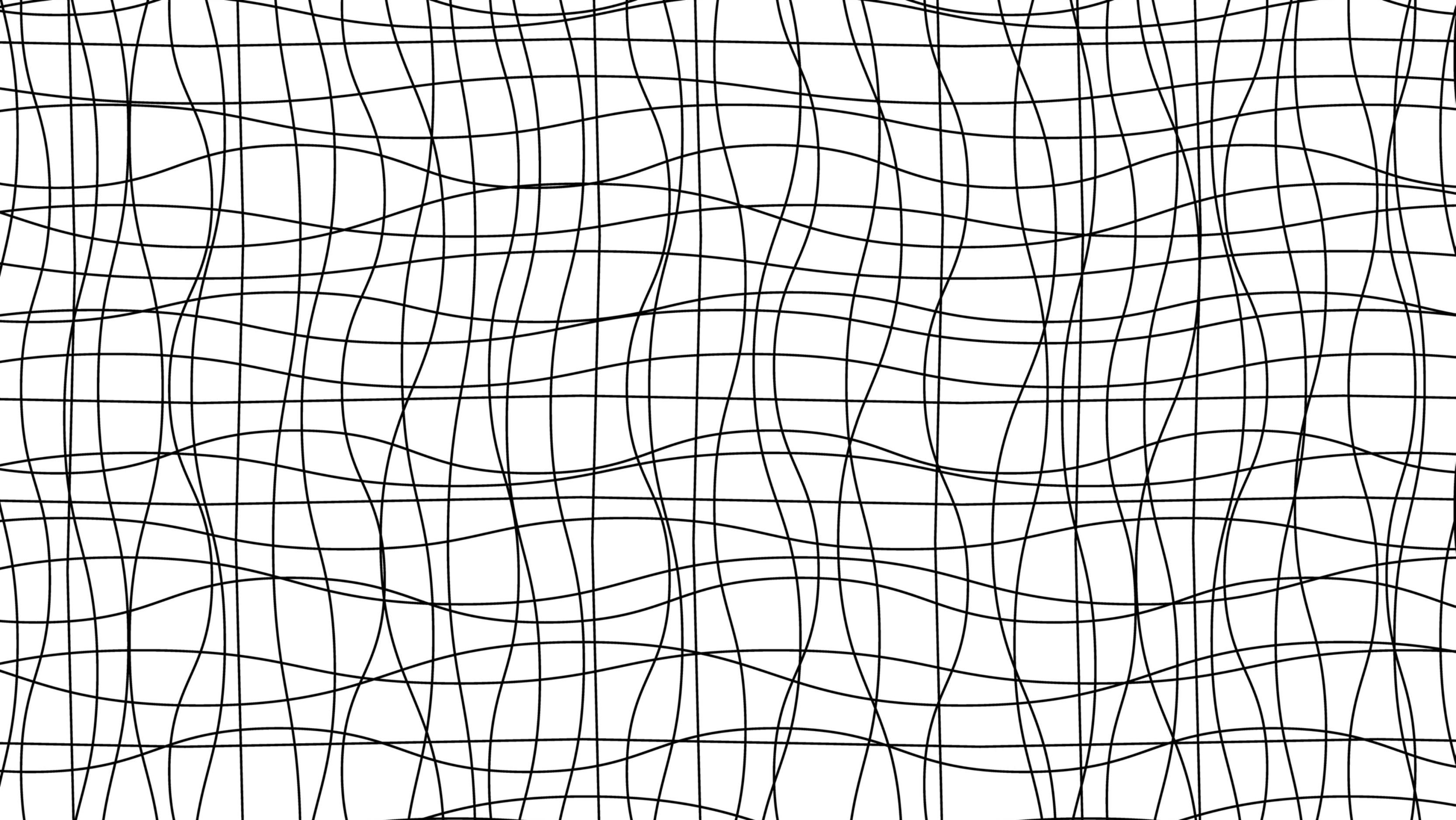


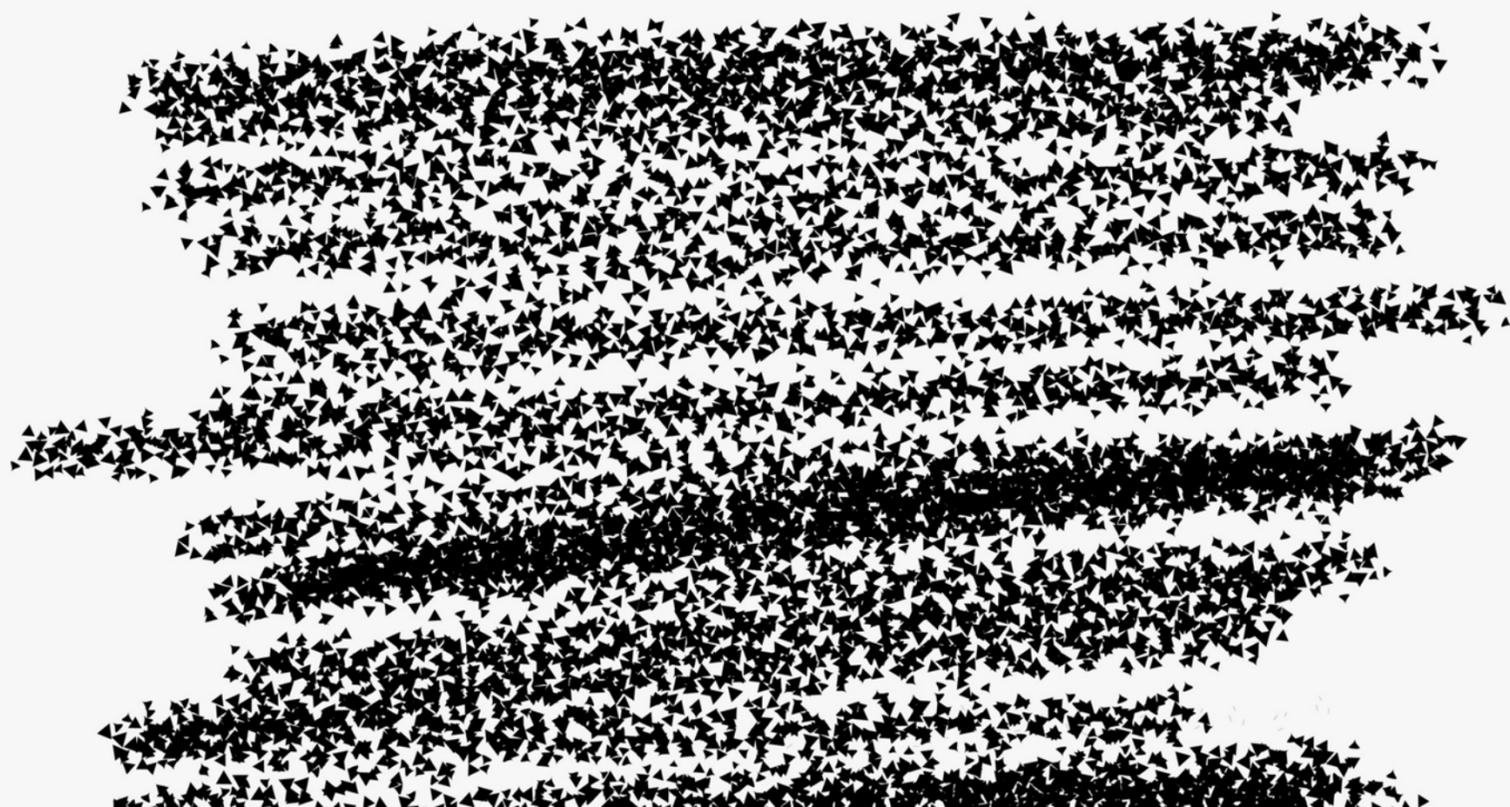
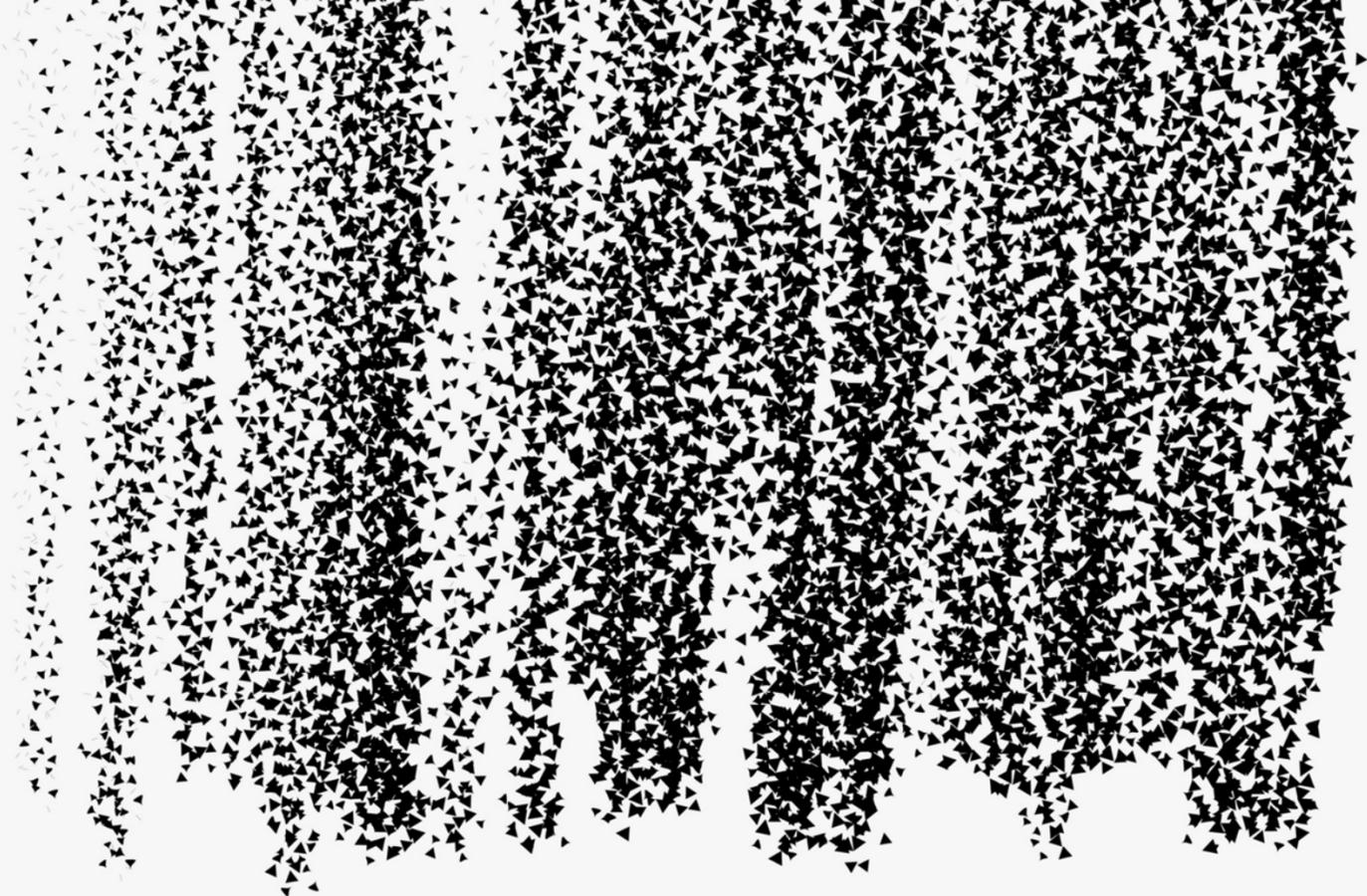
4. Hatch Marks

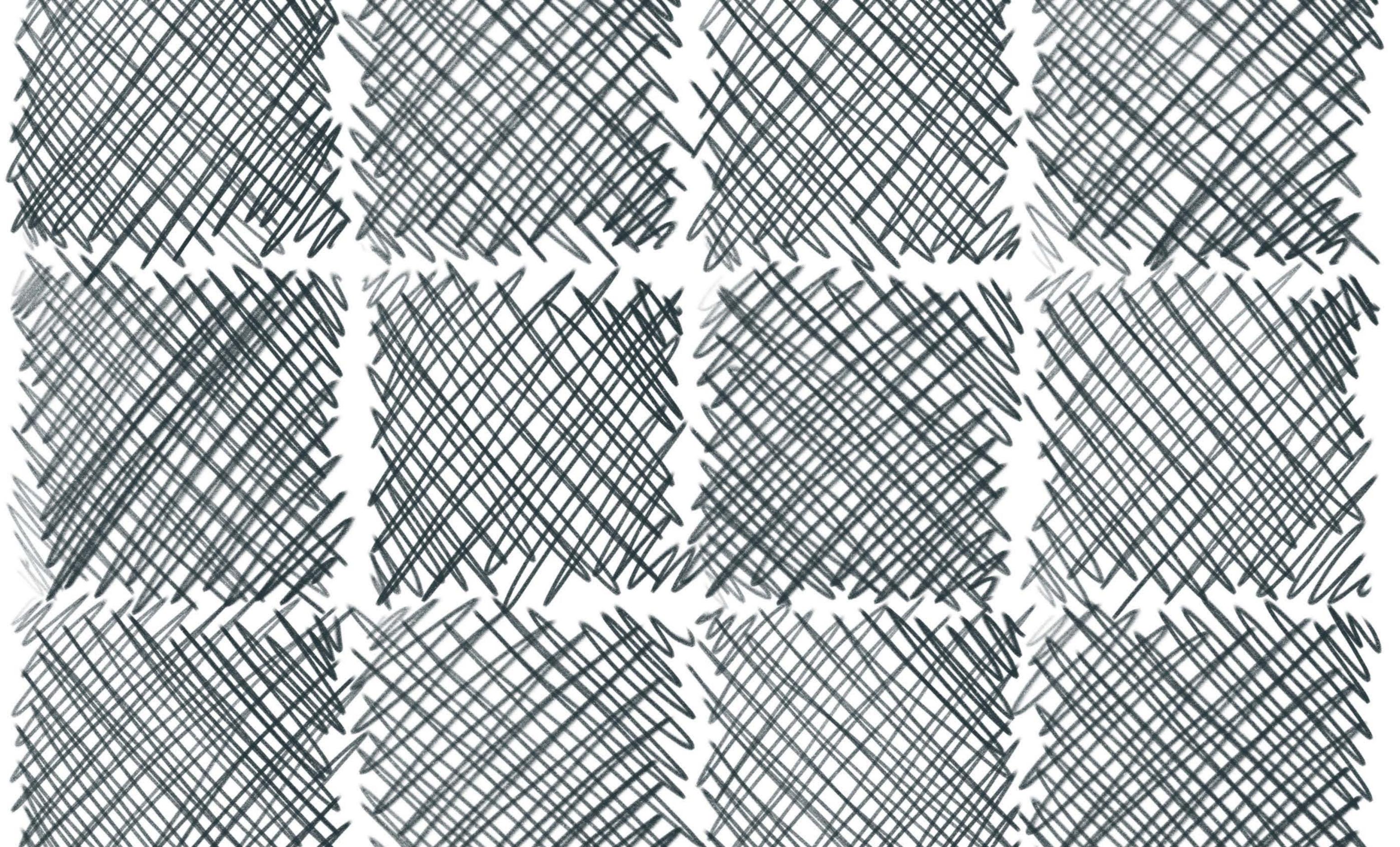
- Fill a page with hatches.
- Make a series of small marks.
- You can layer them at different angle.







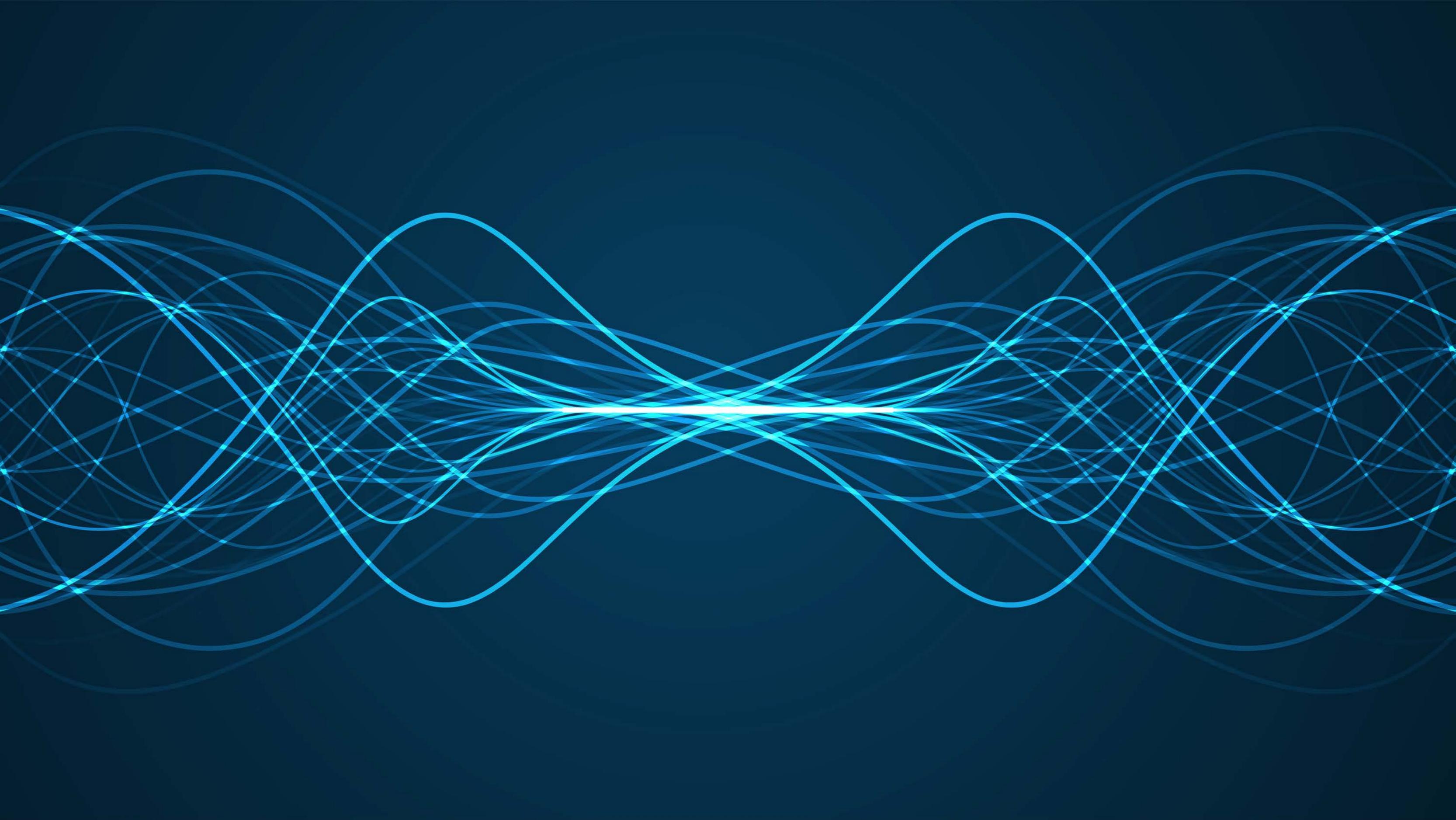


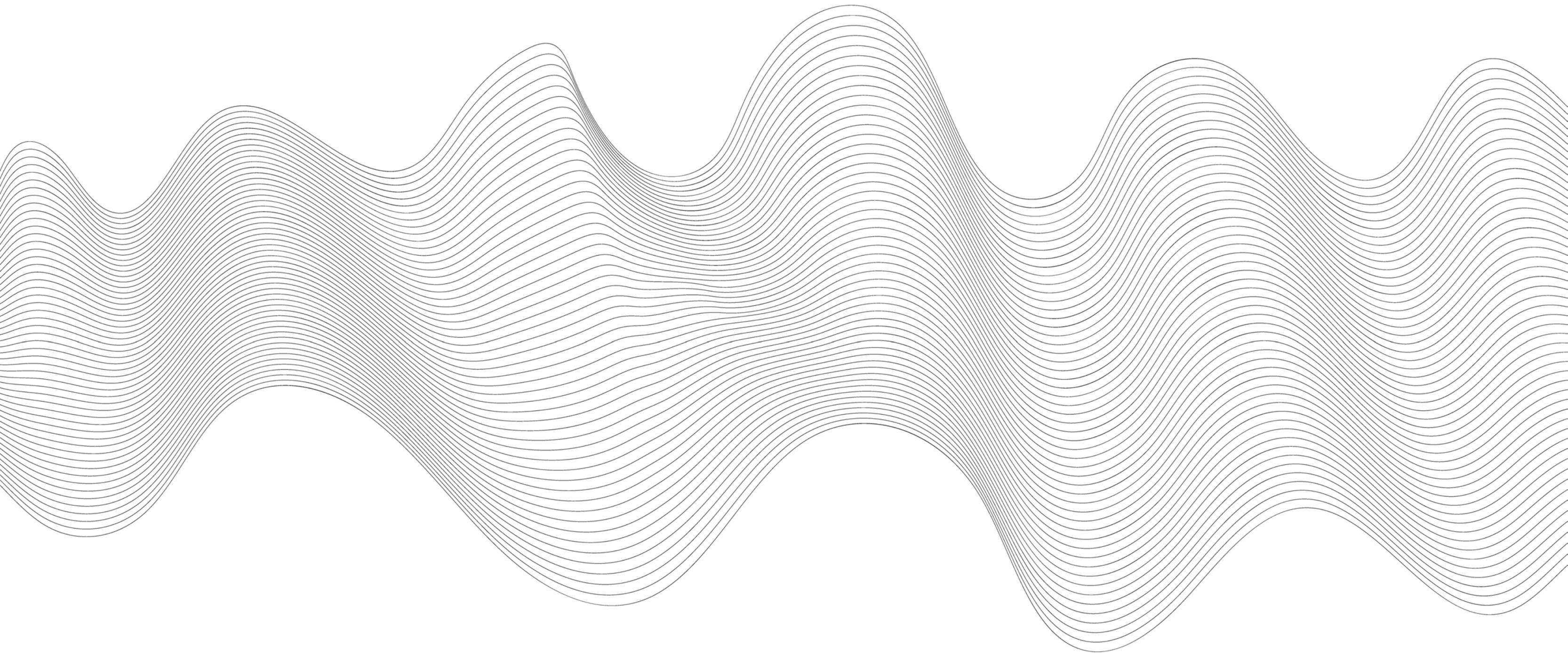


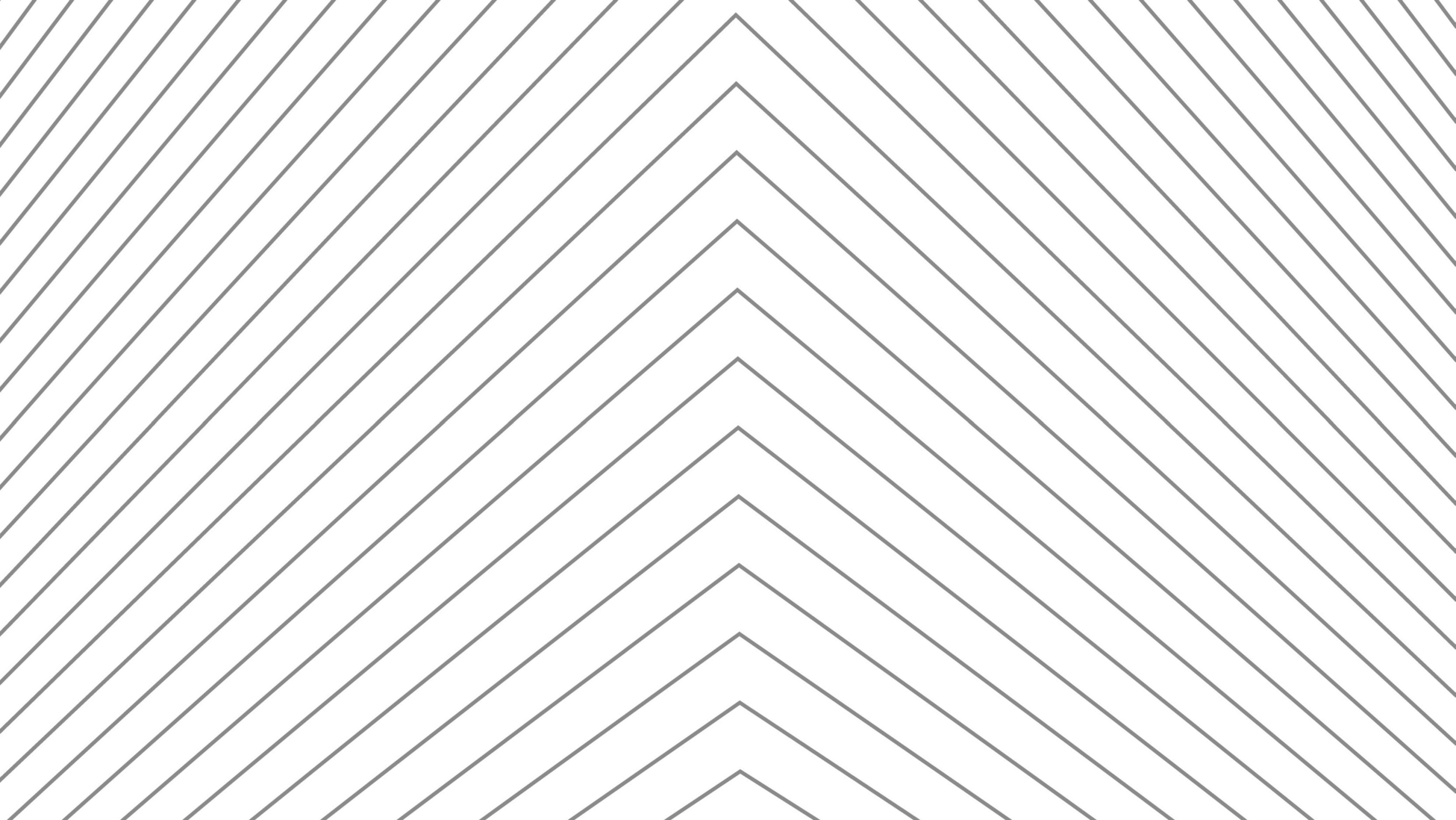
4. Draw your Breath

- Draw your breath.
- Following your breath, in and out, make a wavy line.











What did you notice about using
these art exercises for
mindfulness?

Raise your Zoom hand or put your answer in the chat.



you don't have to move mountains.
simply fall in love with life. be a
tornado of happiness; gratitude; and
acceptance. you will change the world
just by being a warm; kind-hearted
human being.

- anita krizzan
author

Affirmation

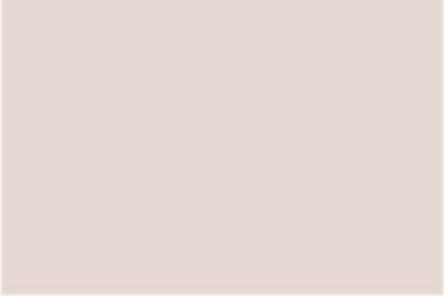




**I am a Modern
Creative
Woman
who...
is healthy, safe,
and strong.**

Your Reflections for the Week





Your Inspired Action

20 minutes a day will give you more than enough time to complete tasks this week.

1

A question of Purpose

2

Action

3

Peaceful Purpose

4

Reflection



A Question of Purpose

- What actions can you take this week to put your Loving Kindness into the world?
- How can Loving Kindness help you with your values and life purpose?

Action

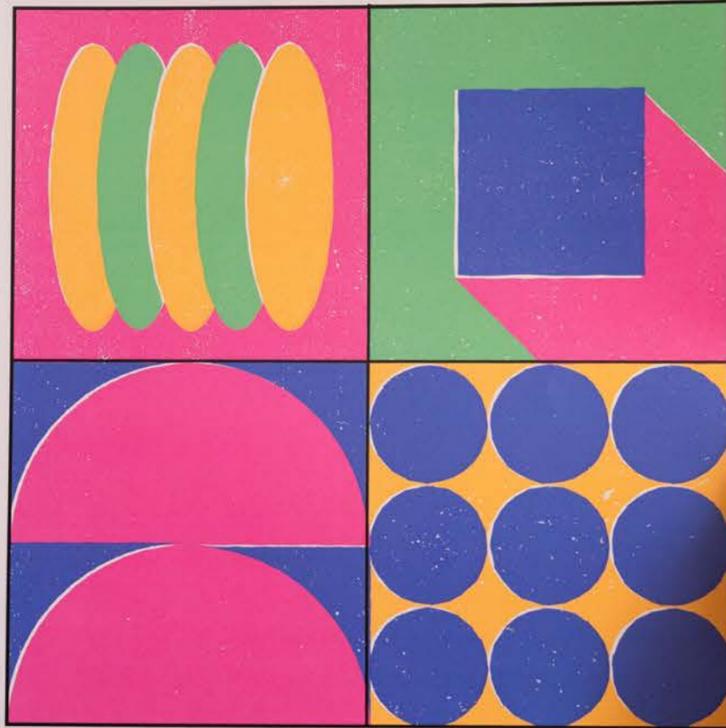
- Write one new new way you can respond with loving kindness to four challenges you are facing.
- Be as specific as possible with the challenges and your new solutions.
- These are actions you will take to bring peace into the challenging situation.



FOCUS ON THE ART

01.05.25

01.05.25



WE LIVE
TO CREATE

Peaceful Purpose

- Write more about a one of the situations you wrote about from the previous page - a challenge you are facing.
- How might you feel differently about the situation if you choose actions of Loving Kindness?
- Now read the loving kindness meditation for yourself and again for any of the people in the situation. How do you feel? What do you notice?

Reflection

- What do you notice about yourself after three weeks of Loving Kindness?
- What new outlook do you have on challenging situations?





**BREATHE IT ALL IN.
LOVE IT ALL OUT.**

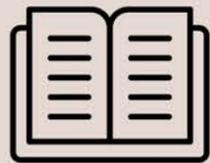


On a scale of 0 -10, how present are you
right now?

What are your "before" and "after" scores?

Put both numbers in the chat.

What To Do Next



Review

Review your orientation manual & workbook.



Make the commitment

Schedule 20 minutes a day & put in your planner.



Exercises

Read and complete the exercises for the week.



Ready for More?

Friday at noon PST on IG live
@dramybackos

Book your VIP Creativity day or weekend

Podcast

New trip planned!

Paris Retreat - September 8-14
\$1000 Off for MCW members

The Modern Creative Woman



What will you remember about
today's class?

Put your answer in the chat
or raise your Zoom hand.



Thank
you!