

## Introduction to Mindfulness Group Session 3

### Topics for discussion in Session 3

- How mindfulness can be practiced while walking, either as a formal or informal practice
- How we can intentionally cultivate heartfulness qualities with loving kindness practice
- Common challenges with heartfulness practices including “backdraft” and strategies to work with these challenges (eg. naming and normalizing experience, using grounding strategies, taking a break, titrating and pendulating)

### Practices we will do in session

- Mindful walking
- Mindfulness practice sampling various anchors for awareness (sight, sound, body, breath) then transitioning to loving kindness meditation practice
  - Sample loving kindness phrases:
    - *May you (or we/I/they) enjoy health and wellbeing*
    - *May you be safe and secure*
    - *May you have moments of peace and ease*
    - *May you have moments of joy and happiness*
    - *May you be held in kindness*
- Possibly mindful listening and speaking or another small group exercise

### Optional supplementary reading

<https://www.psychologytoday.com/ca/blog/feeling-it/201409/18-science-backed-reasons-try-loving-kindness-meditation>

- Article summarizing various research studies on loving kindness meditation by Dr. Emma Seppala

### Week 3 suggested home practice

**Informal practice:** try bringing mindful awareness to bodily sensations in everyday moments of walking each day

**Formal practice:** Try some formal practice once or twice daily. You may wish to practice loving kindness meditation or walking meditation. You can also choose from other practices we have tried such as the body scan, mindfulness of breath, body or sound anchors and mindful movement practices. (see links below, **bolded tracks are more specific to this week**) Please exercise care with limitations and areas of injury or pain with any movement practices.

<https://www.uclahealth.org/marc/mindful-meditations> and UCLA Mindful app

- **9 min loving kindness meditation**
- 3 min body and sound meditation, 5 min breathing meditation and 12 min breath, sound, body meditation
- 3 min short body scan and 13 min body scan for sleep in Basic Guided Meditation section, 14 min body scan in Health and Wellness Meditation section

<http://www.sharingmindfulness.com/audio/>

- **10 and 20 min loving kindness practices**
- 10 and 15 min mindfulness of breathing, 10 and 15 min mindfulness of sounds
- 15 and 35 min body scans
- 15 min and 45 min chair yoga

<https://www.tarabrach.com/walking-meditation-instructions-pdf-from-tara-2/>

- **Walking meditation handout and 6 min audio**

<https://jackkornfield.com/walking-meditation-2/>

- **Walking meditation written instructions and 5 min audio**

<https://jackkornfield.com/loving-kindness-meditation/>

- **12 min loving kindness meditation**

<https://cih.ucsd.edu/mindfulness/guided-audio-video>

- **6-20 min loving kindness meditations**
- 20-45 min seated meditations
- 10-45 min body scans
- 35-52 min mindful movement practices

<http://franticworld.com/free-meditations-from-mindfulness/>

- **9 min befriending meditation**
- 4 min chocolate meditation
- 14 min body scan
- 8 min mindfulness of body and breath

<http://franticworld.com/resources/free-meditations-from-mindfulness-for-health/>

- 8 min breath anchor

Centre for mindfulness studies app (<https://www.mindfulnessstudies.com/get-the-app/>)

- **15 min loving kindness meditation**
- **10 min soles of the feet practice**
- **10 min outdoor walking meditation**
- 10 min and 20 min awareness of breath
- 35 min mindful movement practice

Breathr free app (<https://keltymentalhealth.ca/breathr>)

- 5 min body scan
- 6 min eating a raisin
- 5 min mindful breathing
- 10 min sitting
- **5 min walking**
- **5 min loving kindness**
- **5 min kindness and self compassion**

Notes: