

Discovering Your Resilience and Strength through Visualization and Meditation

Monday, March 5

6:30 - 8:00pm

1091 Boston Post Road, Rye

"You never know how strong you are until being strong is your only choice."

Cancer survivors know this all too well. In this workshop, we will unpack the many ways you can tap into your inner strength, share tools that help you manage anxiety, and connect to your joy while helping you foster self-compassion both during your cancer journey and for the rest of your life.

The workshop will include an introduction to mindfulness and a discussion on personal resilience, techniques and practices to foster your own resilience, a practice meditation, and tools to help in our daily lives.

1) Listen

- Insight Timer App <https://insighttimer.com>
- Headspace <https://www.headspace.com>
- Health Journeys Guided Imagery
<https://www.healthjourneys.com/audio-library/cancer>

2) Watch

Library of online talks by David Nichtern
<http://www.ustream.tv/channel/David-Nichtern>

Gentleness & Precision

<http://www.ustream.tv/recorded/45045587>

Meditation & Working with Strong Emotions

<http://www.ustream.tv/recorded/58671522>

Going Deeper with Your Meditation Practice

<http://www.ustream.tv/recorded/57519887>

Sense of Humor

<http://www.ustream.tv/recorded/44235367>

Meditation, Contemplation & Action

<http://www.ustream.tv/recorded/43204684>

3) Read

Full Catastrophe Living (Revised Edition): Using the Wisdom of Your Body and Mind to Face Stress, Pain, and Illness
by Jon Kabat-Zinn

When Things Fall Apart: Heart Advice for Difficult Times (20th Anniversary Edition)
by Pema Chodron

Mindfulness-Based Cancer Recovery: A Step-by-Step MBSR Approach to Help You Cope with Treatment and Reclaim Your Life
by Linda Carlson PhD RPsych

4) Chant

Kirtan, a form of **devotional chanting** that originated in India, is a traditional practice that allows people to access inner peace, calm, connection, and mindfulness state. Kirtans were originally written in Sanskrit, the ancient Indian language. The Sanskrit alphabet has a strong energetic and vibrational component—it is said that the words, when chanted, create a powerful vibration in the body, affecting a person's mind and spirit. In other words, no knowledge of Sanskrit is needed to receive and experience the yogic benefits of Kirtan.

<http://www.snatamkaur.com/music>

<https://krishnadasmusic.com/collections/music>

<http://devapremalmiten.com/Music/>

<http://www.wahmusic.com/cds.php>

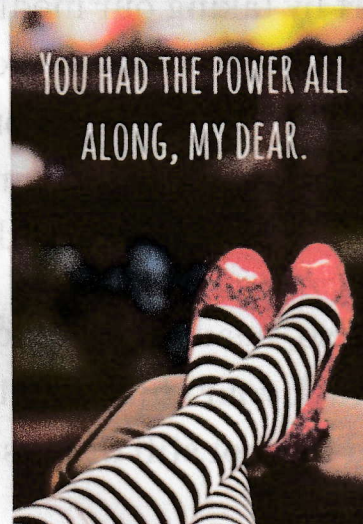
5) Practice (with a group)

Wainwright House Mindfulness Meditation

<https://www.wainwright.org/mindfulness-and-meditation>

Kaia Yoga—

<http://www.kaiayoga.com/the-mindful-space>



Taking Your Seat: Simple Meditation Instructions For Ordinary People

David Nichtern

Shamatha or mindfulness meditation is a very organic practice, a foundational practice. It's based on noticing the moment when our awareness connects with our present situation, and actually deliberately cultivating that kind of simple awareness. The benefit is that we become more synchronized in body and mind and begin to relate to our world in a less distracted and more wakeful way.

To practice shamatha / mindfulness as a formal meditation practice, there are three steps:

1. Taking our seat

We start by taking our meditation seat, usually a solid cross-legged sitting position on a cushion on the floor. You'll want to get into a comfortable posture with a good firm connection between your butt and the cushion — you should feel grounded and stable. Then you can just rest your hands on your thighs or your knees, depending on how long your arms are.

Your torso, head and shoulders should be upright but relaxed. Then just gently tuck your chin in a little bit. The posture should feel dignified and uplifted but not stiff or tense.

Of course if you have trouble sitting cross-legged for whatever reason, you can take a kneeling posture or just sit upright on a chair. The main point is to use whatever support you need (cushions, etc.) to be comfortable, but in any of these positions your back should be as straight as possible and not

supported by the wall or the back of the chair. In general we say “not too tight and not too loose” and that is a good guideline all the way through.

There's a feeling of containment, of taking your seat and reducing your activity, your sphere of activity. Then, you can make sure your jaw is relaxed, either lightly closed or slightly open. Your eyes are open with a soft downward gaze, maybe four to six feet on the floor in front of you. You're not shutting down your awareness of the space around you, but you can relax your focus somewhat.

2. Placing Your Attention on Your Breathing

Having settled your body in this way you begin to pay attention to your breathing — in and out. In this case it's natural breathing — not pranayama or any other breathing technique — just ordinary breathing. Your awareness becomes connected to your breath. Here again there is a light touch rather than becoming too intense and hyper-focused. Just a nice relaxed attentiveness to the breath going in and out of your body.

When you notice that your awareness is elsewhere — maybe you're thinking of your relationship, your work week coming up, or a big bowl of chocolate ice cream. Whatever your thoughts are, when you notice that your mind is somewhere else, just bring your attention back to your breathing, without any kind of judgment or commenting or evaluation. Just bring it back.

3. Labeling thoughts as thinking

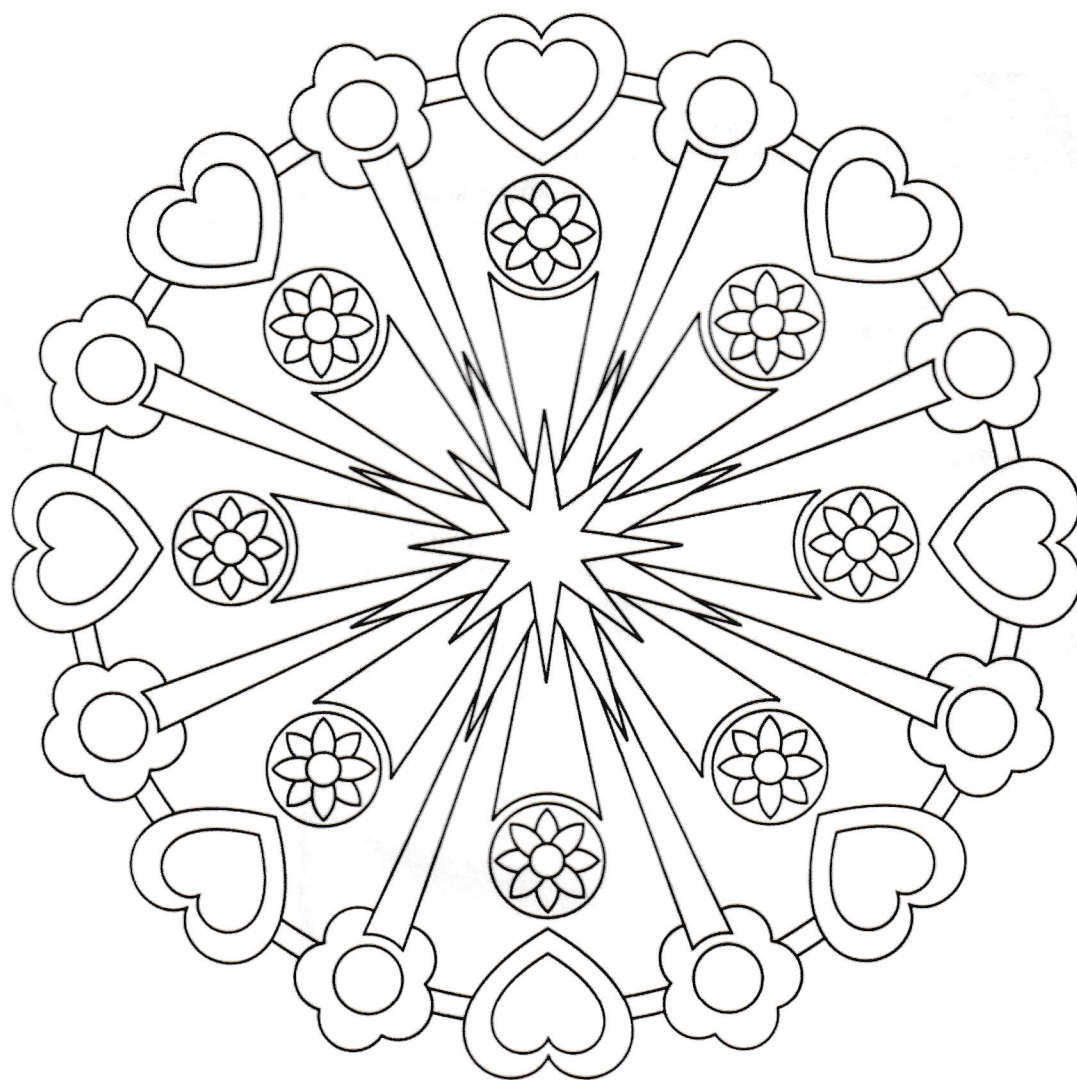
When you notice that you're thinking, just say to yourself, “thinking.” Just label it with that one word, “thinking”, and then bring your attention back once again to your breath. Trungpa Rinpoche used to say that when you are sitting like this, you have a flat bottom and your thoughts also have a flat bottom. Before maybe your thoughts had little wings and were flying all around and taking you with them, but now your body is settled and your mental activity will settle down as well.

It is also helpful to take a “democratic” approach toward our thoughts. They are all equal in some sense. We do not favor some thoughts or freak out about others. Very simply, when you notice you are thinking and have drifted away from awareness of the breath, just label any and all thoughts “thinking” and bring your attention back to your breath. It is important to note that we are not repressing our thoughts and neither are we following them. We are simply letting them be as they are, noticing them, and then returning our attention to our breath.

During longer periods of sitting — if you need to move to restore your circulation, or when you have real discomfort, you can just bring your legs up in front of your chest and continue your practice. Then just resettle yourself and take a fresh start.

That’s a basic introduction to the technique of shamatha / mindfulness meditation — how to actually go about it. It’s OK to start modestly at first, maybe sitting once every other day for 10-15 minutes or so. From there you can build up to a daily sitting practice for however long feels right for you. Once you get underway, working with a teacher can be very helpful. Meditating in a group setting can also be beneficial and can give you context, structure and support for your practice.

Follow David on his website (www.davidnichtern.com), facebook (facebook.com/davidnichtern), or twitter (twitter.com/davidnichtern).



WWW.PRINTMANDALA.COM



Jackie Berner is a certified Mindfulness Meditation Instructor, a longtime meditator, and yoga practitioner. She is passionate about sharing the simple act of paying attention to our thoughts and breath, which help bring presence into our daily lives.



Julie Engerran has been a student of yoga, meditation and mindfulness for nearly 20 years. After a cancer diagnosis, she began to more rigorously study positive psychology and human flourishing and is drawn to the role of mindfulness and purpose in personal resilience and organizational transformation.



MINDFULNESS MEDITATION CLASSES

with Jackie Frederick-Berner

code 6456

On-Going Classes

*(begin Tuesday,
October 17th)*

Mondays

7:30pm

(begins Oct 30)

Tuesdays

9am

Wednesdays

12 noon

Thursdays

10:45am

Saturdays

10am

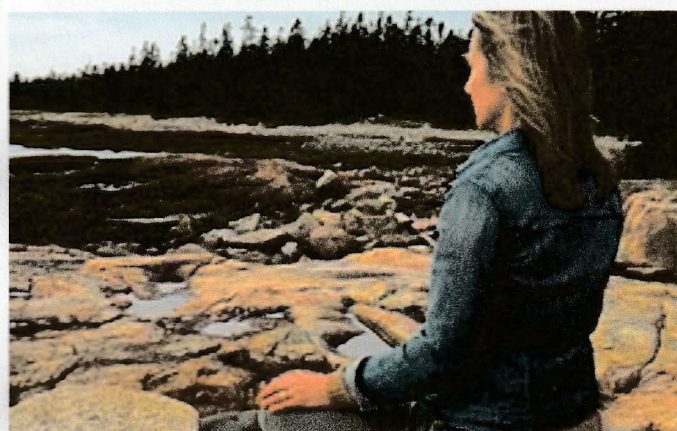
(begins Nov 4)

**Member &
Non-Member
\$5**

This 30-minute class reinforces the simple steps of this proven, ancient practice whether you're brand new to meditation or a seasoned sitter. By learning how to pay attention to your breath and thoughts on the meditation cushion, you're better able to stay present and connected in everyday life no matter what happens to come your way.

This class gives you the tools and guidance to start or deepen a meditation practice along with the support and energy that comes from meditating regularly in a group setting. The 15-20 minute meditation session is bookended by instruction and an opportunity to ask questions and receive clarification on your practice.

*pre-registration preferred online,
walk-ins welcomed*



*Jackie
Frederick-Berner*

Jackie Frederick-Berner is a Mindfulness meditation instructor in the Buddhist Shamatha tradition. She received her certification through Kaia Yoga's Meditation Teacher Training program in Westport, CT. She has also studied Mindfulness-Based Stress Reduction and has completed the MindfulSchools.org Training Curriculum, a program designed to teach mindfulness techniques to kindergarten through twelfth grade students. As a member of the Healing Arts Collective of Rye, she is part of a group of health and wellness professionals dedicated to helping community members manage stress, foster resilience and nurture well-being. Through the HAC, she has facilitated guided walking meditations for Rye teachers and residents. Mindfulness meditation has and continues to deeply enrich her life and Jackie is passionate about sharing this practice with others so they too can experience the fruits that mindfulness has to offer.



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