



MTA Fridays: Mindfulness at Work

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Ken Wilber, (2016). *Integral Meditation: Mindfulness as a Path to Grow Up, Wake Up, and Show Up in Your Life*. Boulder, CO: Shambala Publications, Inc.

5 major states of awareness:

- Waking State = Gross, physical body in daily actions
- Dreaming State = Subtle
- Deep sleep = Causal
- Witnessing State/ True Self/ Real Self/ Observing Self = Turiya
- Nondual Unity State/Enlightenment = Turiyatita

Mindfulness is like being able to videotape your thoughts so that you can look at them objectively. You become the observer of your thoughts (Turiya), not the subject of your thoughts.

p. 54-55 **Videotaping:** Example, let us examine the need for achievement (or any issue that comes into your awareness):

- “Focus on what you do when you really want to achieve something, gain something, grasp something.
- Feel this grasping directly, immediately, and carefully – videotape it.
- Shoot it from all angles:
 - What color is achievement?
 - What size is it?
 - Where is it located (head, heart, gut, someplace else, some combination of places)?
 - What does it feel like, smell like?
 - What tends to trigger your grasping or desire-for-excellence tendencies?
 - Focus on that feeling of excellence, for achievement itself, the very feeling of wanting something bigger and better, greater and more admired – feel it as intensely as you can.
 - Focus on actually getting it, being bathed in it, and look at it from every angle.
 - See yourself achieving one of your goals, and in a way wildly beyond your greatest expectations.
 - What does achieving that exultant status directly feel like?
 - Let it drench your being and let yourself float in it fully, all the while bringing awareness to it.
- You are not practicing awareness or mindfulness with the idea that something else is about to happen; you are practicing awareness just for the sake of awareness itself.

- Simply be aware of the object; merely hold the object in feeling-awareness and videotape it. *That simple holding is the whole point; for that session itself, that is the entire aim or goal – simple present awareness, nothing more, nothing less.”* (p.55)

“Now the effect of that practice, eventually, will be to loosen your identity with that hidden subject, allow consciousness to dis-identify with it, and thus create an opening or clearing in awareness for the next higher self...to emerge.” (p.55)



So Hum Meditation

Information was adapted from Chopra Center Teacher Certification Instructional Materials

In this meditation you will use the Sanskrit mantra *So Hum* as your anchor or object of attention. In the Vedic wisdom tradition, a mantra is a sound without a meaning. It is a pure vibration that allows your mind to settle into quieter levels of awareness. When you silently repeat a mantra in meditation, you go beyond the mind’s thought stream and dip into the gap, the space of pure consciousness.

Here is how to practice the *So Hum* meditation:

- Choose a place where you won’t be disturbed. Sit in a chair or on the floor, using blankets and pillows to make yourself as comfortable as possible.
- Close your eyes and take a few moments to observe the inflow and outflow of your breath.
- Now take a slow, deep breath through your nose, while thinking or silently repeating the word *So*.
- Then slowly exhale through your nose while silently repeating the word *Hum*. Continue to allow your breath to flow easily, silently repeating *So . . . Hum . . .* with each inflow and outflow of the breath.
- Whenever your attention drifts to thoughts in your mind, sounds in your environment, or sensations in your body, gently return to your breath, silently repeating *So . . . Hum*.
- Do this process for a few minutes when you’re first getting started, gradually building up to half an hour. Just breathe easily and effortlessly, without trying to concentrate. When the time is up, sit with your eyes gently closed, taking a moment to rest in the stillness and silence. When you emerge from your meditation, you will carry a little bit of stillness and silence into all your daily activities.

Mantras you can use:

Mantras were adapted from Chopra Center Teacher Certification Instructional Materials and 21-Day Meditations.

Om – the universal sound that underlies creation and all the mantras

So Hum – I am
Om Shanti Om – mantra for peace
Ananda Hum – my essence is bliss/joy/happiness
Karuna Hum – my essence is compassion Kritajana Hum – my essence is gratitude/being grateful
Aham Prema – my essence is love
Tat Tvam Asi – Thou art That, You are That (the relationship between the individual and the Absolute)

STOP and Make Conscious Choices

Information was adapted from Chopra Center Teacher Certification Instructional Materials

When you feel like you're on the verge of slipping back into unhealthy patterns and old habits, use the formula based on the acronym STOP to shift your state of awareness and make more nourishing, conscious choices.

S: Stop.

T: Take three deep breaths. Inhaling and exhaling deeply will bring your awareness into the present moment.

O: Observe. Notice the thoughts, feelings, and sensations without judgment.

P: Proceed. Make your next choice with self-compassion and love.

STOP enables you to become present and see all the choices available to you so that you may choose spontaneous right action.

Resources for Meditation & Breathing Techniques

The Chopra Center chopra.com

Roger Gabriel, Vedic Instructor at the Chopra Center – rogergabriel.com

Insight Timer – mostly free meditation app