

# INTRODUCTION - WHAT DOES IT MEAN TO RELATE MINDFULLY

*“If you want to be happy, BE”*

- Leo Tolstoy

## DEFINITION OF MINDFULNESS

*“Mindfulness is paying attention in a particular way: on purpose, in the present moment, and non-judgmentally.”*

- Jon Kabat Zinn

## DEFINITION OF MINDFUL COMMUNICATION

Mindful Communication is an integration of mindfulness, embodied awareness, and an authentic intention to be present to that we are already connected and to create something in the world. Embodied awareness is the cultivation of being aware of how our actions, reactions, inner dialogue and feelings are experienced in the body and also how other's actions, reactions, inner dialogue and feelings are expressed in our body. This creates authenticity in our own relationship with ourselves but also develops compassion.

Intention forms the basis of our orientation in any conversation. Our training in creating our intention is to first know our motivation; where are we coming from? Without a clear and solid grounding in the intention to connect, to understand, to create, our patterns of communication will stay the same.

Without a solid foundation of presence and intention, simply knowing the principles of Mindful Communication will most likely not create understanding or outcomes that genuinely work for both parties.

Communication involves three components:

- Receptive element: Listening/ receiving
- Expressive element: Speaking/ giving
- Primary element: Presence, self-awareness

Without presence, we are on automatic pilot. Chances are less likely that our words and habits of interacting will be conducive to our aims or deeper intentions, especially when there is any difficulty or conflict.

We have to be HERE first if we're going to communicate. Communication is a way to complete the past, share the present and create for the future. Presence helps to create a ground for connection, and provides an important tool for examining and re-training our communication patterns.

## WHY MINDFUL RELATING AND COMMUNICATION

- What works about relationships?
- What doesn't work about relationships?
- Why have relationships?
- Why NOT have relationships?
- What's hard about relationships?
- What's easy in relationships?
- What are people concerned with in relationships?
- How do you have to be to have relationships work?
- How do others have to be to be in a relationship that works with you?
- How much of the above questions have to do with communication?
- How aware do you think you are about how you communicate and relate to others?

What is a communication issue that often comes up for you in your relationships?

- When does it happen?
- With who?
- How does it get resolved if it does, or how does it end?
- What are your actions leading up to it?
- What are the red flags that you can be mindful of and be preventively aware of?

Finally, I want to ask this one question: What IS RELATING?

We are all ALREADY related. Relating is really what we invent about how we relate to a person. You cannot NOT be related to another human being. You are by design connected to that human being. You have mirror neurons, all your senses are created so that you experience all that is around you and you are one in the same. You CANNOT NOT BE RELATED! So, consider that what you call relating is the junk you put in the space of your being connected and that prevents you from being present to your connection to all.

## WHAT HAPPENS TO OUR BRAIN WHEN WE PRACTICE MINDFULNESS

### NEUROSCIENCE OF UNTRAINED MIND - EGO MIND

In the untrained mind the input is directly processed via the relay centers of the brain and then via fast track goes to the emotional/instinctual centers (Amygdala), such that the emotional response occurs before intelligence and cognition have a chance to modify the response.

In the untrained mind the information supplied by the delayed input of intelligence (Prefrontal Cortex) is subordinated to the previously elicited emotional response, therefore, subsequent responses are primitive and survival oriented and routed through the fight or flight pattern, resulting in the release of adrenaline or cortisone, that in turn stress the physiology of the acupuncture and immune systems.

Memories of this sequence when recalled, reawaken the Ego's memory as it was shaped by primitive survival goals and mechanisms, thus memory is negatively emotionalized and stored along with fear, anxiety, anger, resentment or pleasure of gain.

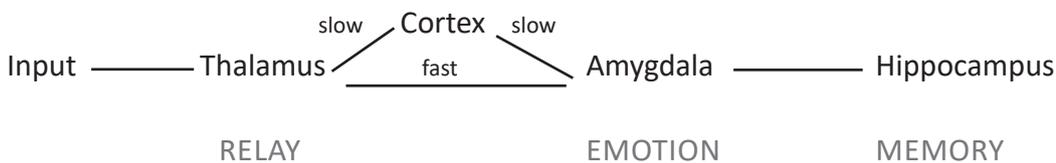
## NEUROSCIENCE OF MINDFUL MIND - HIGHER SELF MIND

In a practiced mind the input is fast tracked via the relay center to the Prefrontal Cortex and then to the emotional center. Perception is thus modified by intelligence and the overall meaning of events is contextualized accordingly.

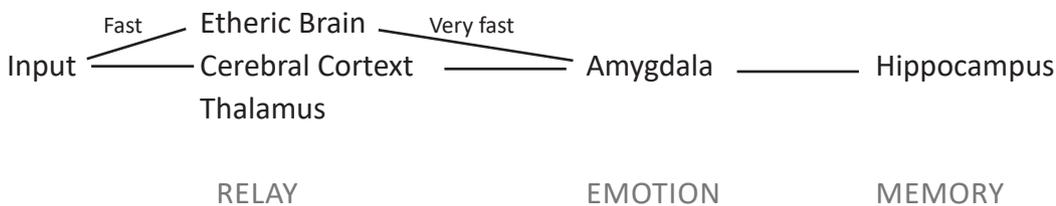
In being mindful, there is Spiritual Brain processing and physiology. The brain releases endorphins and balances the acupuncture system and releases oxytocin and vasopressin to the emotional center (Amygdala), which enhances maternal instinct, paternal behavior, pair bonding and social capacity.

## BRAIN FUNCTION AND PHYSIOLOGY

### Untrained Mind



### Trained Mind



### UNTRAINED

Stress – Adrenaline  
 Fight or flight  
 Alarm – Resistance – Exhaustion  
 Killer Cells and Immunity decrease  
 Thymus stress  
 Disrupt acupuncture meridian  
 Disease  
 Neurotransmitters – Serotonin low

### TRAINED

Peace – Endorphins  
 Positive emotion  
 Support thymus  
 Killer Cells increase  
 Immunity increases  
 Healing  
 Balanced acupuncture system  
 Neurotransmitters balanced

## Practice

Practice Mindful Thinking for 5 min a day. Also observe in your communications what we distinguished in class. When listening, practice really listening, not adding anything, not taking anything away, not judging and not making it be about you but truly be with them. When speaking, practice speaking a bit slower. Slow down some the pace of your speech – enough that it feels more relaxed and connected for you, but not so much that it appears forced or unnatural.

## Bonus Practice

Find a buddy in the course, exchange numbers and every time you do this text them, so that they know exactly the amount of times you got into that sort of communication. Even if it mild and it does not escalate to what you would call an issue.

