



Mindfulness

Cultivating Conscious Happiness

An 8 Week Programme

We live in a world where the pace is approaching a speed and trajectory that may see us hurtling into outer space. Both our personal and professional lives are abuzz with activity and the term multi-tasking has become not only a welcome fad but one that is synonymous with being efficient and effective in the work place. All of this has led to a world that operates seemingly at a faster pace than our ancient forebears, but, and this is important to note, it has brought us ill health which form part of the lifestyle disease grouping, stress levels of a magnitude never before seen, societal violence and deep hostility, an uncaring and numb attitude in some quarters toward our environment. In effect the world is less bright and whole for the undoubted physical benefits bestowed by the Industrial Revolution.

But what if there was another way?

A way which sought to develop consciously, moment by moment an awareness that would help us to be aware of our self and find that deep well of living and nourishing awareness of present centred consciousness. Indeed, a way which brought our heart and soul into every act and one in which the illusions of conflict and acrimonious living just fell away from our personal world leading to a shift of our paradigm. This way, this path, would lead to the nurturing of true personal happiness, a happiness independent of the various physical appendages offered to us upon the platter of modern materialism.

This is the subject of the eight-week training programme on Mindfulness which forms the bedrock of Vipassana or Insight meditation. This programme will help

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Suite 1, 1A Dere Street,
Port of Spain
Trinidad, W.I



the participants to develop a greater clarity of understanding of the world around them and will assist in becoming aware the “inner witness”, a deeper part of ourselves which is calm, ever-abiding in peace and serenity and which is non-judgemental. The inner witness or true Self helps us in reframing our physical experiences, seeing them for what they are and not how we feel they should be seen.

Training Objectives:

- To articulate the meaning of Mindfulness awareness within a psycho-therapeutic and psycho-spiritual context
- To provide techniques for the development of mindful awareness
- To give information on the benefits of mindfulness meditation practices on the physical, emotional and mental health of individuals and groups
- To clearly articulate techniques for the building of psychological –mindedness and the development of Self- awareness
- To identify the connections between daily routines, activities , behaviours and moods in order to allow participants to make skilful and empowered decisions in their lives
- To provide tools and training to allow participants to integrate mindfulness practice in their daily lives

Expected Outcomes:

- The understanding of mindfulness and its origins in the spiritual tradition of Buddhism
- Participants will understand the four step process of mindfulness practice and its usage in enhancing their personal lives
- Participants will be able to proficiently and effectively use mindfulness practice to make informed, skilful and awareness-centred decisions in their lives
- Participants will understand the benefits which are derived from regular mindfulness practice and will begin to experience such results in their personal lives
- Participants will learn to cultivate a deeper awareness of the “I” and develop greater psychological clarity in their lives

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- Through the development of a deeper awareness of the “I” and the practice of Insight meditation, participants will recognise and learn to distinguish true happiness in their lives (which is situational-independent) from the temporary satisfaction of desires and wants.

Week	Study Plan	Components
One	<ul style="list-style-type: none"> • The Crisis of Meaning • What is Mindfulness anyway? • The Egg Diagram and the Self • Seven ways the mind avoids and engages • General rules for engaging with mindfulness practice 	Introduction to Vipassana or Insight meditation The Body and Breath meditation
Two	<ul style="list-style-type: none"> • Mindfulness and the development of Happiness • The benefits of Mindfulness practice • Challenges with the practice • What to expect 	The Chocolate meditation The Body Scan Habit Releaser
Three	<ul style="list-style-type: none"> • The mind, Where and what is it? • The Brain and the Mind • Beginning to weave mindfulness into daily life • Structuring mindfulness meditation 	Mindful Movement meditation Habit releaser



Week	Study Plan	Components
Four	<ul style="list-style-type: none"> • Rumours and mental poisoning- personal, familial, organisational and societal • Observing thoughts and Feelings • Dealing with challenges in the practice I 	Sounds and Thoughts meditation Habit releaser
Five	<ul style="list-style-type: none"> • Recognising and Accepting difficult experiences • Dealing with challenges in the practice II 	Mindfulness meditation for exploring difficulty Habit releaser
Six	<ul style="list-style-type: none"> • Accepting the memories of the past and becoming present • Being kind to yourself • Re-visiting the meaning of Mindfulness 	Presentation and discussion Introduction to Metta Bhavana / Lovingkindness meditation Habit releaser
Seven	<ul style="list-style-type: none"> • Where did the joy go? • Awakening to joyful living • Nourishing the Inner Self 	Presentation and discussion The Forgiveness meditation Habit releaser
Eight	<ul style="list-style-type: none"> • Bringing Mindfulness into daily living • The peace and serenity • It is your life, live it Mindfully 	Vipassana/Insight meditation Hwadu meditation- What is it? Habit releaser