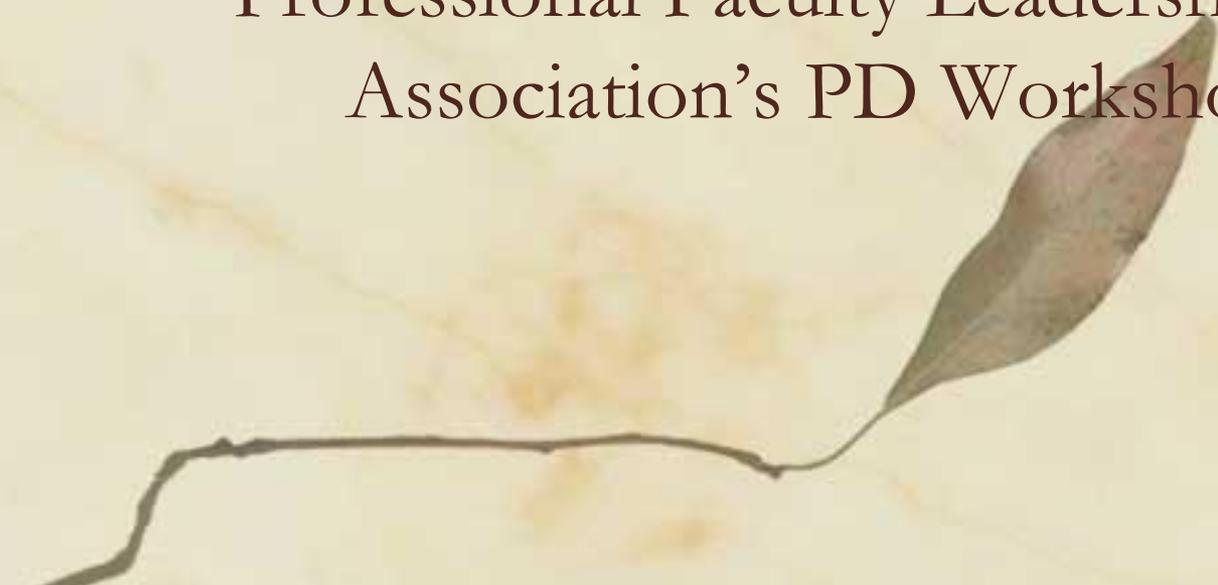




Contemplative Practices as a Tool Towards Seeking Balance

Michele D. Ribeiro, Ed.D.
Professional Faculty Leadership
Association's PD Workshop



What 5 things matter to you most?





- *“As an archer aims an arrow, as a carpenter carves wood, the wise shape their lives.”*

» *The Dhammapada*



PERMA

- Positive Emotions
- Engagement
- Relationships
- Meaning
- Accomplishment



Positive Emotions

- Beauty
- Gratitude
- Laughter
- Empathy
- Gentleness
- Reflection
- Kindness
- Celebration

Awe

Courage

Contentment

Harmony

Acceptance

Connection

Joy

Excellence



Movie of your Life

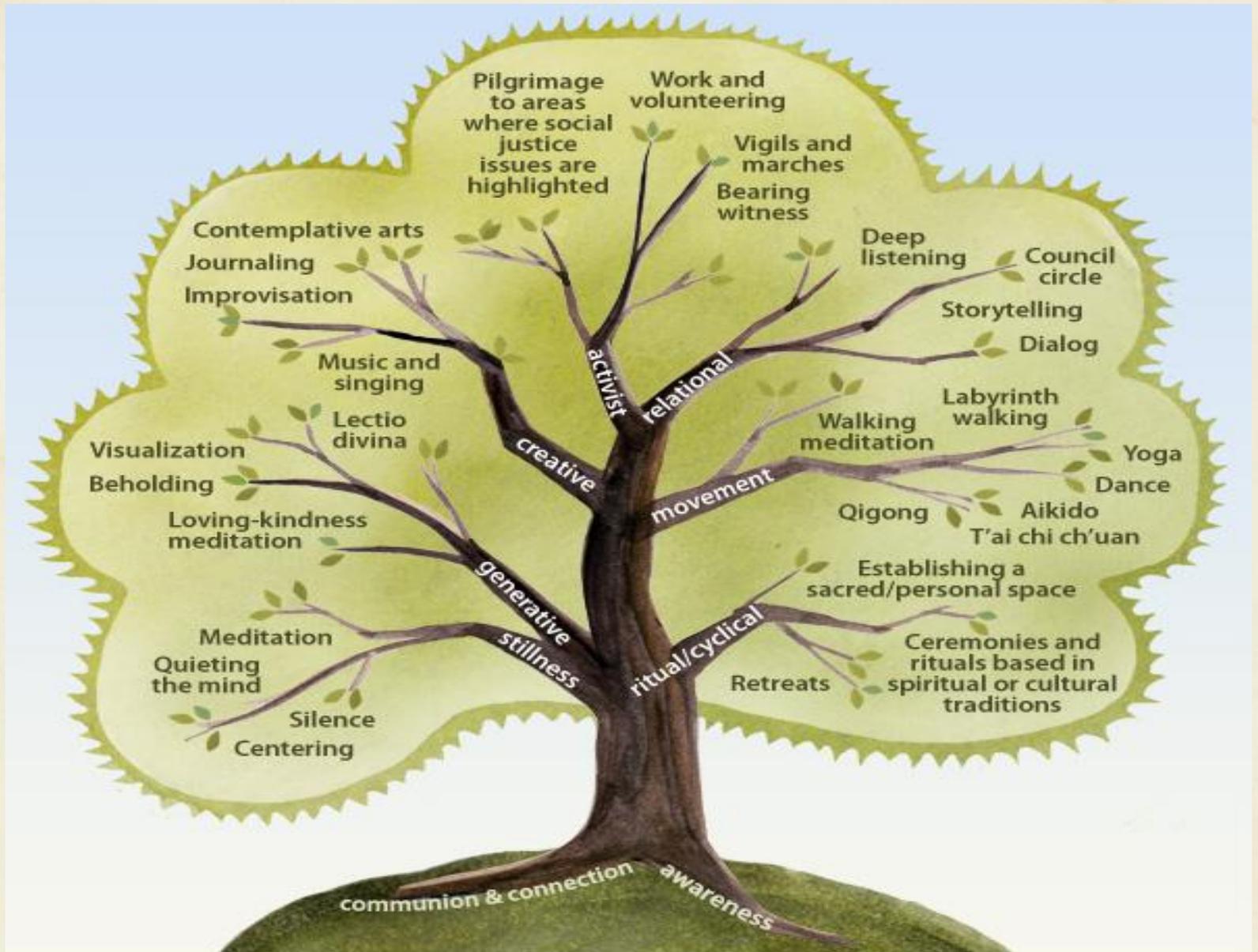
- What type of movie is your life; what genre?
- What is the title of your movie?
- Who is the director?
- What would your movie show about your childhood?
School years? More currently?
- What things stand out to you as the best scenes?
- What things stand out as the hardest to watch?
- What if anything would you want to change about your movie (character, script, director, theme, etc.)?
- How do you see yourself?
- How do your friends see you? Is there any difference?
- What do you hope your movie will contain in the future?



Choosing your Focus

- Where am I putting my focus?
- What energy does it take or give to me?

Creating a Ritual of Nourishment



The Tree of Contemplative Practices

www.contemplativemind.org

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- “I feel that I have found an effective way to release my mind from unnecessary worry that so often plagues it. This will be of profound help in my daily life as so many of the things that cause me anxiety and worry are about the present or the future and this meditation helps me stay present effectively erasing worries about anything other than being present in the moment. I imagine it will be a long road and it will not be without its own adversity and will require not only my undivided awareness and attention but my time as well. Something that will certainly be hard at first but only get easier with time, practice and discipline. I’ve learned that my mind is quick to wonder but when it has something as simple as the breath to be reminded of, it is also quick to return to this anchor, and that after these more extensive meditations I find myself beyond just calm. I finally feel truly at peace with all aspects of my life both past and future positive or negative. It is something that in all honesty I have never felt up until now. There is something deep and certain about it that I can’t put words to; it is a beautiful feeling.”

The Ten Perfections (pāramīs)

- Generosity (dana)
- Moral conduct (sila)
- Renunciation (nekkhamma)
- Wisdom (paññā)
- Energy (viriya)
- Patience (khanti)
- Truthfulness (sacca)
- Determination (adhitthana)
- Loving-kindness (metta)
- Equanimity (upekkha)

Female friendships that work are relationships in which women help each other to belong to themselves.

–Louise Bernikow

<http://upliftconnect.com/why-women-need-a-tribe/>





Practicing compassion/loving-kindness for Myself and Others

- Attend
 - Accept
 - Affirm
 - Share
- Ignore
 - Judge
 - Compete
 - Stash
- Volf (1996)

Reviving Me and We



Mahesh, 1990

- “When the number of people practicing the Transcendental Meditation program rises to about 1% of a city’s population, the 1% effect comes into play immediately. Crime, illness, and all other negative aspects of social life diminish sharply, and an influence of coherence and harmony spreads throughout society.”



Simple Practices

- Daily Mindfulness
- Three Good Things
- Extra Acts of Kindness
- Gratitude-Letter of Thanks
- Use Your Strengths
- Look for the Good in People

Resources

- www.headspace.com/register/free-trial
(10-day daily guided meditations on Headspace)
- www.StopBreatheThink.org
- www.Authentichappiness.sas.upenn.edu
- <https://www.dartmouth.edu/~healthed/relax/downloads.html#guided>
- <http://liberalarts.oregonstate.edu/sps/contemplative-studies>
- www.dhamma.org