



## **MINDFULNESSRESOURCES**

**Developedby**

**Dr,RonPassfield,DirectorMeritSolutions**

**Theseresourceswereprovidedtosupportabreakfas  
seminaron“TheMindfulLeader”andaonedayworks  
“CreatingaPerformanceCulture”(applyingmindfuln  
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**[www.meritsolutions.com.au](http://www.meritsolutions.com.au)**

# MINDFULNESS RESOURCES

Developed by

Dr, Ron Passfield, Director Merit Solutions

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These resources were provided to support:

- a breakfast seminar on “The Mindful Leader”

- one day workshop on “Creating a Performance Culture”  
(applying mindfulness to shaping team culture).

## 1. Louie Schwartzberg

TED Talk: *Nature, Beauty and Gratitude*

[http://www.ted.com/talks/louie\\_schwartzberg\\_nature\\_beauty\\_gratitude.html](http://www.ted.com/talks/louie_schwartzberg_nature_beauty_gratitude.html)

Louie Schwartzberg is an award-winning, time-lapse cinematographer, director and producer who captures breathtaking images that celebrate life-revealing connections, universal rhythms, patterns and beauty.

Louie Schwartzberg's website is “Moving Art”—video based on time-lapse photography.

Schwartzberg produces videos that offer escape from the stresses of daily life, providing a way to connect with ourselves, each other and the natural world (includes the “Gratitude” video).

<http://www.movingart.tv/>

He is working on an app that will allow you to access these videos on your TV or mobile device, e.g. tablet, smartphone—mobile access to mindfulness videos!

Louie has developed a time-lapsed video, *Wings of Life*, which is due for release by *Disney Nature* on 13 April 2013. The video showcases how our pollinator friends—bees, bats, hummingbirds and butterflies—sustain us by enabling flower-bearing plants to reproduce. This miraculous keystone event keeps us alive by providing over one third of the food we eat.

<http://www.movingart.tv/wingsoflife/>

Also on YouTube:

*The Beauty of Pollination* - Moving Art™

<http://www.youtube.com/watch?v=MQiszdkOwuU>

[www.meritsolutions.com.au](http://www.meritsolutions.com.au)

**NOTE: TED Talks** –IdeasWorthSpreading(1,000+videos)-(search for “mindfulness”)

<http://www.ted.com>

## 2. Eckhart Tolle

Author of “ **The Power of Now** ” and “The New Earth” and many writings and videos in the area of Mindfulness. The *Power of Now*, while written in a Q&A format, is virtually a series of meditations on what it means to be present – each answer being so profound.

Talks at Google: *Eckhart Tolle in Conversation with Bradley Horowitz*

His key message was that technology can take over our life because it accelerates your thoughts and emotions. He argued that our real existence is about developing consciousness. He told Google staff that the path to real creativity and happiness was through being in the moment. Eckhart Tolle offered some consciousness practices that you could undertake even while you are in the front of your computer.

<http://www.youtube.com/watch?v=gE1dWwoJPU0>

Tolle has his own website where he sells his books, audiobooks, CDs and meditation music. He also has his own broadcast show, “Eckhart Tolle TV”. You can access all this here:

<http://www.eckharttolle.tv/>

Tolle has a YouTube Channel, *Eckhart Teachings* (91 videos at last count), where he talks about mindfulness and related topics

:

<http://www.youtube.com/user/EckhartTeachings>

## 3. Andy Puddicombe

*All it takes is 10 mindful minutes*

When is the last time you did absolutely nothing for texting, talking or even thinking? Mindfulness expert Andy Puddicombe describes the transformative power of doing just that for 10 minutes a day, simply by being mindful and experiencing the present moment. (No need for incense or sitting in strange positions.) – you will achieve a greater sense of calm, clarity and focus

for 10 whole minutes? Not just that, but Andy Puddicombe says that it is so refreshing your mind and experiencing the present moment that it can change your life. (9.5 minutes)

[www.youtube.com/watch?v=qzR62JJCMBQ/](http://www.youtube.com/watch?v=qzR62JJCMBQ/) (9.5 minutes)

## 4. Phillippe Goldin (Stanford University)

*Cognitive Neuroscience of Mindfulness Meditation and Brain Systems from a clinical perspective* drawi Phillippe discusses different forms of meditation and interventions and focuses on the components, clinical neuroscience findings of Mindfulness Based Stress Reduction (MBSR—Jon Kabat-Zinn). Attention, Mindfulness based outcomes and education (MBSR—Jon Kabat-Zinn).

Google Tech Talks—YouTube:

<http://www.youtube.com/watch?v=sf6Q0G1iHBI>

## 5. Chris James

Chris James, a former Buddhist monk, teaches internationally about the healing power of sound and song, voice and self expression. **“Everyone is born with a beautiful voice”**. Through discovering our natural voice, we learn to trust our creativity and intuition, speak our truth and be heard. Music, for Chris, is the key to mindfulness:

<http://www.chrisjames.net/>

*You are actually born with a beautiful voice... When we just let go of what we're not, best it and start to feel, our natural beautiful voice just starts to flower.*

See—The Big Sing—Byron Bay

<http://www.youtube.com/watch?v=oEKME9i-MsE>

## 6. Seth Godin

*Quieting the Lizard Brain*

*The lizard is a physical part of your brain, the prehistoric lump near the brain stem that is responsible for fear and rage and reproductive drive...*

*The amygdala isn't going away. Your lizard brain is there to stay, and your job is to figure out how to quiet it and ignore it.*

[http://sethgodin.typepad.com/seths\\_blog/2010/01/quieting-the-lizard-brain.html](http://sethgodin.typepad.com/seths_blog/2010/01/quieting-the-lizard-brain.html)

## 7. Prof Bill George, Harvard Business School

*Mindful Leadership: When East Meets West*

<http://hbswk.hbs.edu/item/6482.html>

Reflections on the Mindful Leadership Retreat

<http://www.billgeorge.org/page/reflections-on-mindful-leadership-retreat>

## 8. Russ Harris M.D. and Psychologist – Acceptance and Commitment Therapy (ACT)

ACT is a mindfulness-based approach to behaviour therapy that has proven very powerful in dealing with a range of conditions, including depression and indecisiveness. It can be used with individuals, couples and groups.

Mindfulness skills are developed through four core principles/approaches:

1. **acceptance** – allowing unpleasant feelings, sensations and urges to come and go without struggling with them running from them or giving them undue attention.
2. **cognitive defusion** – learning to perceive thoughts, images, memories and other cognitions as nothing more than bits of language, words and pictures (they are not reality)
3. **contact with the present moment** – bringing full awareness to the here-and-now experience with openness, interest and receptiveness
4. **the observing self** – accessing a transcendent view of self, ever-present, impervious to harm.

The focus on acceptance and commitment as outcomes are achieved through two other core principles:

5. **values** – clarifying what is most important, what sort of person you want to be, what is significant and meaningful to you, what you want to stand for
6. **committed action** – setting goals, guided by your values and taking effective action to achieve them.

This summary is drawn from a very readable, non-technical article by Russ that explains and illustrates these principles with an example of treating an individual, Michael:

[http://www.actmindfully.com.au/upimages/Dr\\_Russ\\_Harris\\_-\\_A\\_Non-technical\\_Overview\\_of\\_ACT.pdf](http://www.actmindfully.com.au/upimages/Dr_Russ_Harris_-_A_Non-technical_Overview_of_ACT.pdf)

Russ Harris is the author of the bestselling self-help book, “The Happiness Trap”:

<http://www.thehappinesstrap.com/>

Heaps of free resources (book chapters, articles, podcasts):

[http://www.thehappinesstrap.com/free\\_resources](http://www.thehappinesstrap.com/free_resources)

## 9. Jon Kabat-Zinn

Jon Kabat-Zinn is the creator of Mindfulness Based Stress Reduction (MBSR) and has been working in this area for over thirty years. His books and videos tell the story of his astonishing results with people suffering from mental illness, stress and eating disorders. Many others in the area of mindfulness quote his work and share the findings of neuroscience that reinforce the power of mindfulness. One of his acclaimed books is "Coming to Our Senses" (both literally and metaphorically).

Stress Reduction (MBSR) ears. His books and videos lesuffering from mental in the area of mindfulness cethat reinforce the s"Coming to Our

**What is Mindfulness?** (2.21 minutes)

<http://www.youtube.com/watch?v=xoLQ3qkh0w0>

### ***The Healing Power of Mindfulness (Complete Video)***

[http://www.youtube.com/watch?v=\\_lf4a-gHg\\_I](http://www.youtube.com/watch?v=_lf4a-gHg_I) (1hr, 52 minutes)

This video of a talk organised by the Tucker Foundation, Dartmouth College, has been broken up into 5 videos of about 27 minutes each to make it more accessible. Jon is extremely erudite in this field, humorous and practical. Some of the videos take you through mindfulness exercises.

tion, Dartmouth College, seachtomakeitmore , humorous and practical. rcises.

### ***The Healing Power of Mindfulness: 1/5***

What is mindfulness and why it has influenced every facet of modern thinking. Our need to "call up ourselves"—getting in touch with ourselves and the present moment

facet of modern thinking. with ourselves and the

[http://www.youtube.com/watch?v=jPG60\\_4fo5U](http://www.youtube.com/watch?v=jPG60_4fo5U)

### ***The Healing Power of Mindfulness: 2/5***

Mindfulness is awareness, paying attention on purpose in the present, **non-judgementally**. Mindfulness is the antidote to stress. We need to be more "being" than "doing". Introduce the "breath" exercise.

sein the present, **non-** tobemore cise.

<http://www.youtube.com/watch?v=yy0mULm1vYE>

### ***The Healing Power of Mindfulness: 3/5***

Continue the breath exercise for mindfulness.

### ***The Healing Power of Mindfulness: 4/5***

The power of the Mindfulness Based Stress Reduction structure of the brain in 8 weeks. Our brains see don't see things that are there—we are seriously

—actually change the thing that aren't there and out of touch. Mindfulness is

really about living - living your life as if it matters from moment to moment.  
The absence of mindfulness has led to cancer and inflammatory diseases.  
We need to tune body and mind to be in synchronicity with our own mechanics.  
We need to develop a relationship with our body, mind and heart.  
Mindfulness is expanded heartware, not human "doings" but human  
"beings". (includes a Q&A section, continued in 5/5)

<http://www.youtube.com/watch?v=RJii2sciBB8>

***The Healing Power of Mindfulness: 5/5***

<http://www.youtube.com/watch?v=IEUB9d7b1gg>

Wrap up and Q&A (audience participation).