

Leading from Stillness

Neuroscience, Mindfulness, and Learning Acceleration



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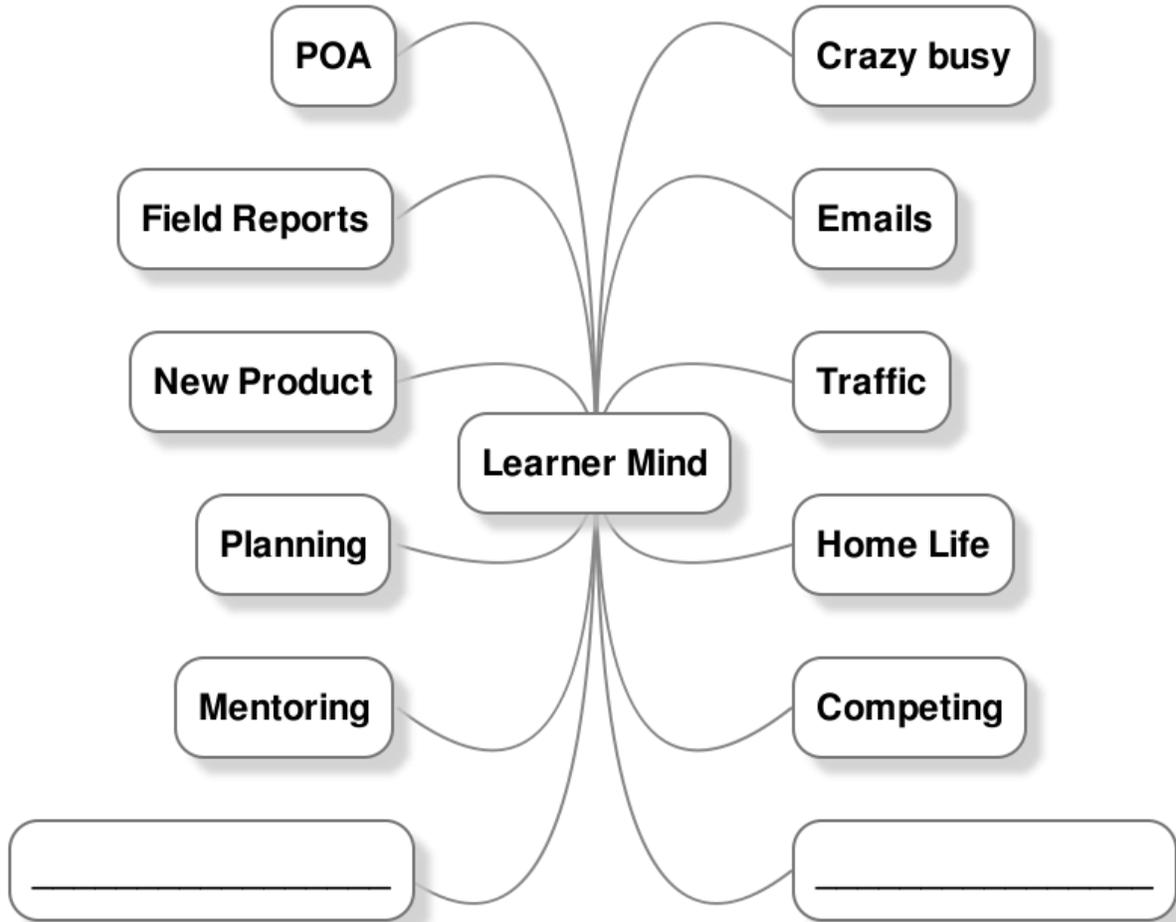
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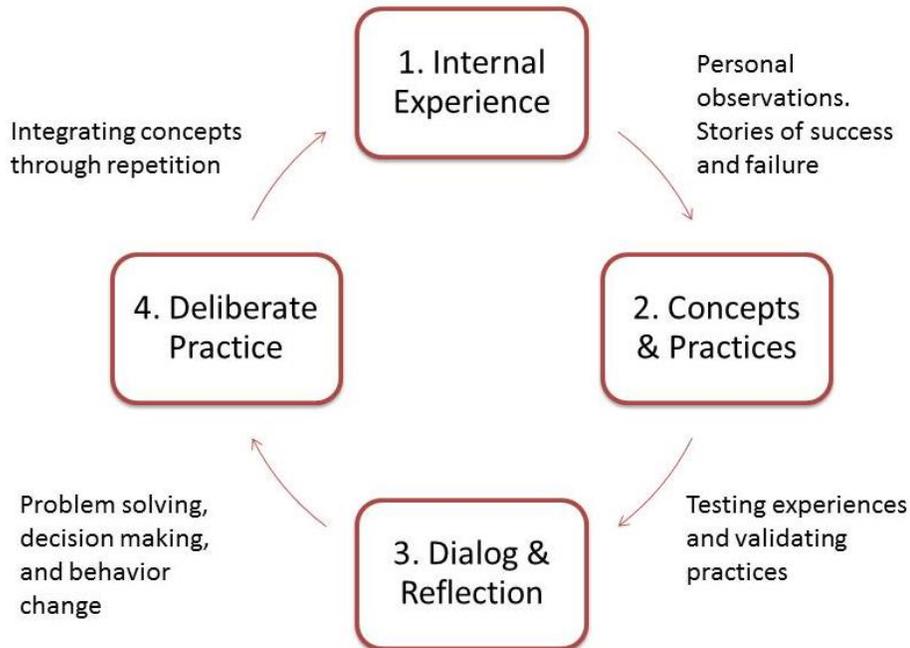
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Current State



Learning Process



Meditation Effects on Adult Learning

Children →	Adults →	Meditation Effects
Rely on others to decide what is important to be learned.	Decide for themselves what is important to be learned.	
Accept the information being presented at face value.	Need to validate the information based on their beliefs and values.	
Expect what they are learning to be useful in their long-term future.	Expect what they are learning to be immediately useful.	
Have little or no experience upon which to draw.	Have substantial experience upon which to draw.	
Little ability to serve as a knowledgeable resource to teacher or fellow classmates.	Significant ability to serve as a knowledgeable resource to the trainer and fellow learners.	

Personal Inventory

Primary current thoughts (positive, negative, content)	Primary current mood (energy, emotions, feelings)	Primary current sensations (tight, fluttery, hot, energized...)

Tic Tac Meditation

- Holding
- Seeing
- Touching
- Smelling
- Placing
- Tasting
- Following



The Lake Meditation

Picture in your mind's eye a lake, a body of water held in a receptive basin by the earth itself. Note in the mind's eye and in your own heart that water likes to pool in low places. It seeks its own level, asks to be contained. The lake you invoke may be deep or shallow, blue or green, muddy or clear. With no wind, the surface of the lake is flat. Mirrorlike, it reflects trees, rocks, sky, and clouds, holds everything in itself momentarily. Wind stirs up waves on the lake, from ripples to chop. Clear reflections disappear. But sunlight may still sparkle in the ripples and dance on the waves in a play of shimmering diamonds. When night comes, it's the moon's turn to dance on the lake, or if the surface is still, to be reflected in it along with the outline of trees and shadows. In winter, the lake may freeze over; yet teem with movement and life below.

When you have established a picture of the lake in your mind's eye, allow yourself to become one with the lake as you lie down on your back or sit in meditation, so that your energies are held by your awareness and by your openness and compassion for yourself in the same way as the lake's waters are held by the receptive and accepting basin of the earth herself. Breathing with the lake image moment by moment, feeling its body as your body, allow your mind and your heart to be open and receptive, to reflect whatever comes near.

Experience the moments of complete stillness when both reflection and water are completely clear, and other moments when the surface is disturbed, choppy, stirred up, reflections and depth lost for a time. Through it all, as you dwell in meditation, simply noting the play of the various energies of your own mind and heart, the fleeting thoughts and feelings, impulses and reactions which come and go as ripples and waves, noting their effects just as you observe the various changing energies at play on the lake: the wind, the waves, the light and shadow and reflections, the colors, the smells.

Do your thought and feelings disturb the surface? Is that okay with you? Can you see a rippled or wavy surface as an intimate, essential aspect of being a lake, of having a surface? Can you identify not only with the surface but with the entire body of the water, so that you become the stillness below the surface as well, which at most experiences only gentle undulations, even when the surface is whipped to frothing?

In the same way, in your meditation practice and in your daily life, can you identify not only with the content of your thoughts and feelings but also with the vast unwavering reservoir of awareness itself residing below the surface of the mind? In the lake meditation, we sit with the intention to hold in awareness and acceptance all the qualities of mind and body, just as the lake sits held, cradled, contained by the earth, reflecting sun, moon, stars, trees, rocks, clouds, sky, birds, light, caressed by the air and wind, which bring out and highlight its sparkle, its vitality, its essence.

Kabat-Zinn, Jon. Wherever You Go There You Are: Mindfulness Meditation in Everyday Life.
New York: Hyperion Books

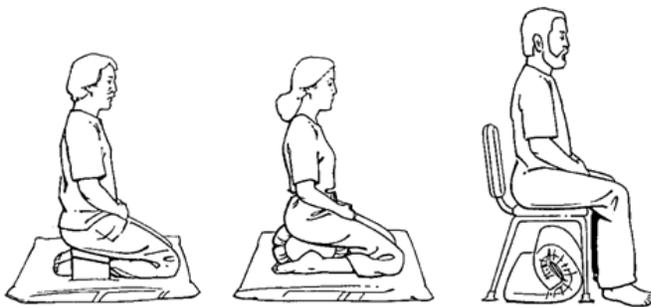
Home Practice



Full Lotus

Half Lotus

Burmese



On a stool

Seiza

On a Chair

Introductory Instructions:

- Arrange a space in which you can have silence and privacy (not critical, but helpful)
- Commit to 15 minutes (morn, eve, anytime really. Consistency is the trick, not time of day)
- Bring a timer to pace yourself (no need to track time in your head, there's enough going on there)
- Sit in a way that keeps the spine straight and head upright (or sleepiness will come calling)
- Close your eyes (shutting the "blinds" to the world gets you "tuned in" to internal awareness)
- Breathe normally (though you may feel funny with your breathing at first...)
- Keep your attention on the breath
 - o Inhaling – notice the air on your upper lip, nostrils, expanding abdomen and chest
 - o Exhaling – observe warm air in throat and nostrils, chest and abdomen deflating
 - o In and out... in and out... in and out... and so on for the duration
- Decide where to place your attention
 - o Let your thoughts flow by like clouds in the sky; sky is eternal, clouds are momentary
 - o When you find yourself caught in a thought or mental scenario, turn back to breath
 - o When you find yourself caught in feelings or emotional scenario, turn back to breath
- Repeat regularly
- Practice for two minutes at different times of day (before or after meetings, during lunch, etc.)

Suggested Reading

Leadership as a hero's journey – Kaufmann

Wherever you go, there you are – Kabat Zinn

Going to pieces without falling apart – Epstein

Being Zen – Bayda

The Tibetan book of living and dying - Trungpa

Awareness – De Mello

The power of Now – Tolle

How to meditate – Chodron

Mindfulness for dummies – Alidina

Full catastrophe living – Kabat Zinn

8 minute mediation – Davich

Real happiness – Salzberg

Brief Concept Meditations

The only Zen you find on the top of mountains is the Zen you bring with you. ~ *Robert Pirsig*

The only thing worse than being blind is having sight but no vision. ~ *Helen Keller*

We are what we think. All that we are arises with our thoughts. With our thoughts, we make our world.
~ *Buddha*

We live in illusion and the appearance of things. There is a reality. We are that reality. When you understand this, you see that you are nothing, and being nothing, you are everything. That is all. ~
Buddha