Exercises for OPEN MINDFULNESS READ&DO

Jean-Luc Mommaerts

M.D., M.Sc., Ph.D.

1 1 Basic modules 1.1 The 'deeper self' Three-minute meditation: observe the 'behind the thoughts'

OPEN MINDFULNESS – Read&D	o
---------------------------	---

OPEN MINDFOLNESS - Read&DO
Three-minute meditation: 'emptiness for'

OPEN MINDFULNESS – Read&Do
Three-minute meditation: 'observe your thoughts and emotions.'

OPEN MINDFULI	NESS – Read&Do
---------------	----------------

Do one daily routine act in an open mindful way	2 Ses mi
	2.1 Wh
	·

2 Session 1 : open mindfulness

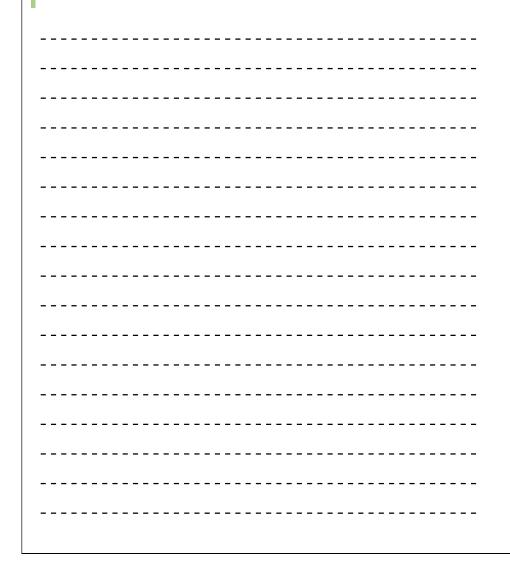
2.1 What is 'open'?

The 'emptiness' in which an apple may be tself.



2.2 Open mindfulness - basic choice

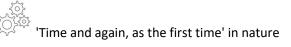
'Back and forth between lights and glow – meditation'



Sliding from conceptual attention to open attention, oriented on soft music.

3 Session 2: intimate with yourself

3.2 Simplicity



4 Session 3: acceptance

4.1 Disturbing thoughts are coming to disturb you because they are important.

'Empty teacup meditation' concerning a worrier thought

Going 'straight forward' to a worrying thought

OPEN MINDFULNESS – Read&Do

OPEN MINDFULNESS – Read&Do	OPEN MINDFULNESS – Read&Do
4.2 The difficult concept of 'acceptance'	Frustration-less desire
心 ^{论。} 'Accepting what is lying behind'	
-	

Stop doing what you do not like to do

- 5 Session 4: 'here and now,' time-less, bound-less
- 5.1 What does 'living in the here and now' mean?

bringing the connection with the 'here and now' to everyday life.

5.2	From	'here a	and n	ow' 1	to cor	nnected
ſ	from	within	with	ever	ythin	g

Feel yourself here and now and, at the same time, infinitely wide.

OPEN MINDFULNESS – Read&Do				
Feeling connected during meditation				

6 Session 5: deep form, deep content

6.2 Deep form and deep content, 'emptiness'

Third meditation: 'the always-back meditation'

OPEN MINDFULNESS – Read&Do				
A walk in nature, contact with emptiness				

OPEN MINDFULNESS – Read&Do

_ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _ _

7 Session 6: body and mind 7.2 Yoga	8 Session 7: open communication
Yoga' exercise: stretching your entire body	8.1 Attention and communication

8.2 Empathy

Applying open attention in communication at home

OPEN MINDFULNESS – Read&Do				
Open mindfulness meditation: 'focusing on someone you like'				
-				

The 'be happy' exercise

9 Session 8: being open mindful

9.1 Reconnecting

-

-

_

-

_

_

_

_

-

AURELIS session 'the finest moment of your life'
