

Exercises for OPEN MINDFULNESS READ&DO

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1 1 Basic modules

1.1 The 'deeper self'



Three-minute meditation: observe the 'behind the thoughts'

[illegible]



Three-minute meditation: 'emptiness for'

A series of 20 horizontal dashed lines for writing notes.



Three-minute meditation: 'observe your thoughts and emotions.'

A series of 20 horizontal dashed lines for writing notes.



 **Do one daily routine act in an open mindful way**

This image shows a full page of white paper with horizontal dashed lines, typical of primary school handwriting practice paper. The lines are evenly spaced and run across the entire width of the page. There are no margins, text, or other markings present.

2 Session 1 : open mindfulness

2.1 What is 'open'?



⚙️ The 'emptiness' in which an apple may be itself.

[illegible]



'The feeling that i could call xxx'

2.2 Open mindfulness - basic choice



'Back and forth between lights and glow – meditation'

[illegible]



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

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3 Session 2: intimate with yourself

3.2 Simplicity



'Time and again, as the first time' in nature

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4 Session 3: acceptance

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



'Empty teacup meditation' concerning a worrier thought

[illegible]

Going 'straight forward' to a worrying thought

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4.2 The difficult concept of 'acceptance'



'Accepting what is lying behind'

[illegible]

Frustration-less desire

[illegible]



Stop doing what you do not like to do

[illegible]

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.

[illegible]

5.2 From 'here and now' to connected from within with everything



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

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Feeling connected during meditation

[illegible]

6 Session 5: deep form, deep content

6.2 Deep form and deep content, 'emptiness'



Third meditation: 'the always-back meditation'

[illegible]

A walk in nature, contact with emptiness

This image shows a full page of handwriting practice paper. It features multiple sets of horizontal dashed lines spaced evenly down the page, providing a guide for letter height and placement. The background is white, and the lines are light gray or black, depending on the print quality. There are no margins, text, or other markings on the page.

7 Session 6: body and mind

7.2 Yoga



'Yoga' exercise: stretching your entire body

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8 Session 7: open communication

8.1 Attention and communication



'Opening oneself in communication'

[illegible]

8.2 Empathy



Applying open attention in communication at home

[illegible]

Open mindfulness meditation: 'focusing on someone you like'

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The 'be happy' exercise

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9 Session 8: being open mindful

9.1 Reconnecting



AURELIS session 'the finest moment of your life'

[illegible]