Class 1 notes for TSD Mindfulness

TSD Mindfulness Summary

- Practice in using mindfulness techniques to tune into our head, heart and gut centers.

- These areas are important because they work together to bring us balance and stability.

- We use typical mindfulness technique to tune into the head center but when we start zoning our awareness on our gut and heart, we stray from typical mindfulness.

- Gut we notice impulses/gut reaction

- Heart we notice rhythmic symbols that represent the emotions in the heart.

- After practicing for a period of time we start to see that the thoughts in our head and the impulses in our gut distract us from the emotions in the heart.

- The head and gut have a pretty effective system for keeping us separate from the heart area.

- The heart area brings us to our trauma and our joy and everything in between.

- Once you start working effectively with all three centers you will see your relationships shift.

- When we practice TSD Mindfulness we Tame the mind, soothe the gut and dwell in the heart. Thus T...S...D.
Benefits of TSD Mindfulness

- Most remarkable benefit relationships improve.

- We are constantly working in relationship with the **people** and **things** in our lives.

- We have relationships with our **work**, the **food we eat**, **free-time**, **finances**, **media**, **politics**, **family**, **friends**, **coworkers** and the list goes on.

- TSD Mindfulness opens our eyes to the **motives**, **feelings**, and **desires** that drives those relationships.

- It might sound complicated but it’s actually ends up being really simple and clear. As a result of the work we are **led to let go of what does not serve us**, **embrace what does**, **set stronger boundaries for what does not serve us**, and **loosen boundaries towards what does**.

- We move our perception **more into the heart** and our world starts to look and feel different.

- **Stress reduction is another huge benefit.**

- Have you ever noticed how using mindfulness to reduce stress works sometimes but not all the time?

- You might have noticed that sometimes when you are experiencing stress, your mindfulness practice does not necessarily help.

- This is because stress either develops from the **mind**, the **gut** or the **heart** and depending on where it develops **our approach** to it needs to be **slightly different**.

- When you practice TSD mindfulness you will be able to deepen your awareness in a way that allows you to **determine where your stress originates**.
Notice I did not mention the physical body. Stress manifests in the body but does not originate there. **Stress can develop in the mind, gut or heart and manifest in the body.**

If our stress **originates in the mind** then using a typical mindfulness approach will be effective. Taming the mind definitely reducing stress in the mind.

However, if stress **originates in either the gut or the heart** a traditional mindfulness practice will not be as effective as the techniques you’ll learn here.

For example, if your stress **originates in your gut** a better approach is becoming mindful of what the gut believes **is going to change as a result of an event.**

Stress from the gut is always driven by the **fear that something is going to change.**

And in order to **calm** the gut we need to **soothe it.** We soothe the gut by **addressing its fear of change.**
TSD Mindfulness is New

- TSD Mindfulness is a **new set of teachings and practice**.

- You will see these teachings **reflected in it concepts from biology, psychology and spirituality** that have been around a long time... but this specific practice is new.

- There might be aspects of it that are similar to other practices but the overall teachings are new.

- **So this is exciting. You are coming into it right in the beginning.**

- You are **founding students**. Someday this practice could branch out and we will need **trained teachers to instruct in all areas around the globe**.

- If you find TSD Mindfulness **effective and life changing**, you might decide to **bring it to others** when you feel ready.
Participate in the TSD Challenge

- TSD Mindfulness is new so there is not research for example to back it up. So instead I invite you to take the TSD Challenge.

- The TSD Challenge is an experiment in practice taming, soothing and dwelling 5 times per week for 30 days and see for yourself all the positive benefits.

- If you are unsure about the outcomes of this practice, test it out yourself. Practice for 5 days per week for 30 days and see where it takes you.

- The length of time you practice each day is up to you, but obviously the more minutes you spend each day the more effective it will be.

- If all you can commit to right now is 5 or 10 minutes per day, then do that.

- Invite others to support you through this 30-day journey.

- Post your intentions and accomplishments on social media.

- Ask a friend to personally support you through the process.

- Notice how your levels of anxiety, irritability, energy, focus, feelings of love and care, connections with others, perspectives on food, money, and work change.
o First meditation practice will be steps toward taming the mind.

o In TSD Mindfulness, we actually refer to the mind as the mental field. This is because the mind can move, it is not always in our head, for example. The mind is our awareness. We can move our awareness to our heart, for example.

o The practice taming of the mind or mental field is based in Buddhist mindfulness practice. I will refer to Buddhist teachings here and there. The seven factors of enlightenment are a good place to start:

   o Mindfulness (sati). To maintain awareness of reality (dharma).
   o Investigation of the nature of reality (dhamma vicaya).
   o Energy (viriya) also determination, effort
   o Joy or rapture (pīti)
   o Relaxation or tranquility (passaddhi) of both body and mind
   o Concentration, (samādhi) a calm, one-pointed state of mind,[1] or clear awareness
   o Equanimity (upekkha). To accept reality as-it-is (yatha-bhuta) without craving or aversion.

o Tonight we will focus on concentration and the mental field.

o Our temperamental body is made up of our mental field, gut field and heart field. These three fields work together to drive our temperament, behaviors, feelings, and thoughts.

o In regards to a TSD Mindfulness practice, the mental filed in comparison to the other two fields, is most associated with free will and directing our concentration is a demonstration of will.

o Using will is not typically spoken about in a meditation practice but for a moment I invite you to consider all the ways in which you exercise free will in your daily life. The way you move your body, the food you eat, the words you speak, a decision to go to the store.
During this meditation, I invite you to let go of all those opportunities to exercise free will and only use your free will to concentrate your attention on the items I lead you to focus on.

We are heightening our concentration by localizing our free will. I invite you to let go of attempts to control everything in your world except the direction of your concentration.

This will be our first step in taming our mind.

We are going to concentrate on a sound, and then take a step back and notice the part of our consciousness that is steering your attention towards the sound. And then we are going to take another step back and notice the behavior or energy of this part of your consciousness.

It is this part of your consciousness that we will work on strengthening tonight and during the weeks to come.

In a typical mindfulness practice we are often taught not to control our attention. Instead we are instructed be an observer of what comes and goes.

If you don’t feel comfortable with this approach, then perhaps when we talk about strengthening concentration during TSD Mindfulness classes, you can instead focus on observation.

However, if some of you are feeling less competent with your ability to tame you mind using the practice you have, I invite you to try this alternative technique.

Personally, I have ADHD and I have had to use non-traditional techniques to overcome my attention challenges and they have been very successful.

The techniques for soothing the gut and dwelling in the heart are a little more precise when practicing TSD Mindfulness but how you tame your mental field is a bit more open ended. Do what works for you. If focusing on your breath is helpful, then do that.
In this meditation I will guide you to **notice the sounds in the environment and the physical sensations in your body.** Next class we will experiment with an open eyes meditation.

**The meditation**

Find a comfortable seated position, if you prefer to lie down, you can do that, but if you find that you focus better sitting up, then do that. Close your eyes. Take in a few relaxing breaths. Inhale, as you breath out feel your shoulders relax. Inhale and as you exhale feel your abdomen relax. One more focused inhale and has you exhale, feel your mind settle. Notice the sounds in your environment. What do you hear? Perhaps a fan blowing, or noise inside your house. If it is absolutely quiet, consider that you are listening to the space in between the sounds. If there are multiple sounds, choose one to focus your attention on. Pause. If you notice your attention drift in another direction, exercise your will and choose to focus on the sound. Take a step back and notice the part of your mind that focuses your attention. Pause. Notice how this part of your consciousness expresses itself to you.

Continue to follow the sounds in your environment. Notice the texture of the sound. Does it have a low or high pitch? Is it a constant sound or disjointed? Is it sharp or Dull?

If directing your attention towards the sound becomes challenging, consider directing your attention on the part of your consciousness that chooses the direction of your attention. What energy to you notice there? Is it clear and focused or is it distracted? Is it spinning in static? Or perhaps it is clear and focused.

On your own, notice the sounds and notice the behavior of your attention. Remember the only control we are attempting to exercise is the control of our attention’s direction.

Now shift your attention to your physical body? What sensations do you notice? Maybe pressure as the weight of your body settles into its position. Maybe you can feel the air upon your skin. Or movement from your breath. If there are multiple sensations, choose one to focus your attention on. Pause.

If you notice your attention drift in another direction, exercise your will and choose to focus on the sensation. Take a step back and notice the part of your mind that focuses your attention. Pause. Notice how this part of your consciousness expresses itself to you.

Continue to follow the sensations in your body. Notice the subtleties of the sensation. Does the sensation feel like heat? Or does it feel sharp? Does it feel tight?

If directing your attention towards the sensation becomes challenging, consider directing your attention on the part of your consciousness that chooses the direction of your attention. What energy to you notice there? Is this energy more clear than before? Is it more steady than before?

On your own notice the sensations in your body and notice the behavior of your attention. Remember the only control we are attempting to exercise is the control of our attention’s direction.
Prepare for next class - Definition of perfection

- The first list of one in the teachings, is the TSD Mindfulness objective and it states: **To move into perfect relationships by taming your mind, soothing your gut and dwelling in your heart.**

- If you would like to read ahead for next week, you can read the blog post about the TSD Mindfulness objective. And before you do, I’d like to address the word “perfect”.

- The teachings use the word **perfect** to describe the **relationships** we move into when practicing TSD Mindfulness.

- Let’s break down the word. What comes to mind when you think of perfection? **Clean, neat, beautiful, without flaws?**

- This is not the definition TSD Mindfulness is implying. Instead perfection is more related to **what is meant to be for you in particular.**

- I was meditating at a friend’s house one day and I was looking for a natural item to meditate on. I use stacked stones at my house. I decided to use the woodchips in my friend’s guinea pig cage. I grabbed a handful and dropped them in front of me to look at while I meditated. They were a mess.

- As I moved into a meditative mindset the chips all of a sudden looked **perfectly stacked**. Like someone has taken hours to place each individual chip where it was located.

- I felt in total awe of the pile of chips and almost started to cry because it looked so absolutely beautiful.

- This is the kind of perfection I am speaking about. Even though it might not look perfect from the outside, it is perfect looking from the inside out.

- The perfection **cannot necessarily be intellectually understood**, it becomes more of a feeling.