

## **Mindfulness Practices**

One of the key things that we can do to make a difference in the school and home environment is to benefit from the growing awareness of the power of **Mindfulness!**

Through understanding that the biggest influence on your life is **Your Mind**, we can create positive influence by having thoughts on purpose instead of having Thoughts on Accident.

Taking time for Silence and to start the day with remembering the Love Light within is a simple exercise for ALL ages. What has worked perfectly in Jill's classes is this poem, which can be learned in different languages throughout the year—bridging to relevant cultures for the local communities represented within the process.

### **Making Silence**

*I cross my legs.  
I place my hands on my knees.  
I tell my body to be still.  
I tell my mouth to be silent.  
I make my back straight.  
I take a deep breath.  
I make Silence.  
And Feel my Love.*

One of our favorite books to give many other useful practices in Mindfulness is this:

### ***A Blueprint for Happy, Resilient Parents, Teachers and Kids through the Magic of Heart-Thoughtful Mindfulness***

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<https://sparkleyourlightbooks.com/heart-thoughtful-mindfulness/>

Authors Snyder and Rysdon acknowledge that we are bombarded with so many things, that we may lose track of how we are responding to things. Mindfulness helps us to become aware of what's going on in a particular moment and paying attention to whatever you're doing in that moment. They teach strategies to support your:

- relationships
- sense of calm
- health

- happiness
- confidence

**And...give you the ability to**

- gain greater clarity
- reduce stress
- have better health
- and more focus
- weed out what's not important
- see more options and possibilities

There are also powerful videos that convey techniques and the power of transformation that can take place through this useful devotion to such practices.

***Mindfulness in Schools (Nov. 15, 2017)***  
**sponsored by [www.PeaclnSchools.org](http://www.PeaclnSchools.org)**

Teens reflecting on the internal experience of mindfulness testify to the positive difference it made: a place to feel safe, a pathway out of overwhelm, a way to manage your emotions. Real stuff that gives you what you need, a way to make life manageable, to speak to others in a way that others want to listen, to be able to listen effectively to others. They unanimously believe it should be in all schools.

**'Room to Breath': Transforming a Public School Community**  
**Aug. 29, 2017**  
**by [www.MindfulSchools.org](http://www.MindfulSchools.org)**  
**Training the World's Educators in Mindfulness**

Faced with overwhelming behavioral and learning problems, a public middle school in San Francisco decided to try something different.

Acknowledging that many kids feel that school is not relevant to them. They don't feel heard. They are consumed with interpersonal issues between each other. Distraction was rampant.

When they get kicked out, they go to the office. The Latino and African American kids were getting the biggest pull-outs.

One of the therapists introduced going into the classroom to teach meditative strategies to reduce conflict and deepen focus. They wanted to create the opportunity to make something different. The mindfulness instruction was clarified as something not religious or spiritual. It starts with a focus on the body. It trains you to be comfortable when you're not entertained. Use of the Tibetan bell.

Understanding that the biggest influence on your life is **Your Mind**. One way to create influence is by having thoughts on purpose instead of having Thoughts on Accident.

Start with: "I wish for myself to be happy. " I wish for myself to be healthy. I wish for myself \_\_\_\_\_, (something unique to you)." Three times today, wish for something that brings yourself happiness.

Mindful listening: Tibetan bell. Then, focus on the sounds outside of the room. Then, focus on the sounds inside yourself.

Different day: Focus on something to taste: raisins. Hold it quietly until they begin together. Take a full minute to eat it. Take notice of how it changes in your mouth. Next time you're eating, be mindful of the process of eating it.

Different day: Bring to mind someone that you care about, but somebody that you might have issues with. Hold in mind: "I wish for you to be happy. I wish for you to be safe." Find a wish on your own that is meaningful to you in regards to this person. Let your attention rest in your body, just noticing how your body feels, and how your mind feels.

The students start to find how they can use it in their lives.

Different day: Today you're going to practice holding calm attention, even when there are distraction sounds outside of yourself.

Techniques such as these continue and the students give powerful testimony towards the positive difference that results.