

VIEW

Mindfulness is paying attention to the present moment with intention and nonjudgement.

Much of our mental activity is preoccupied with thoughts of the past or anticipation of the future.

How do we learn to attend to each moment as it happens, aware of external and internal stimuli without reacting with old patterns? The practice of meditation allows us to soften and stop for a few minutes. It is sometimes called coming back home to ourselves.

Many habitual negative thought patterns can cause anxiety, depression, defensiveness, over reaction and even violence.

Mindfulness practice encourages emotional intelligence and resilience.

We learn to be aware of our emotions rather than pushing them away.

The result is intentional, peaceful and compassionate understanding and kindness.

What's not to love about that?

FORMAT

- Introduction
- Mindfulness (Breathing techniques, body awareness, meditation)
- Walking meditation
- Wisdom Talk
- Lovingkindness Closing
- Socializing



INSPIRATION

One of the great practitioners of western meditation and mindfulness is Jon Kabat-Zinn.

His secular mindful stress reduction program has helped people reduce anxiety and pain.

FULL CATASTROPHE LIVING and WHEREVER YOU GO, THERE YOU ARE, Kabat-Zinn's works, are grounded in a scientifically proven approach.

Fargo Moorhead Family Meditation is inspired by the Buddhist practices used by Kabat-Zinn and many other western psychologists and counselors. All the world's religions have meditative practices. Indeed, many forms of prayer are meditative. We will establish a connection to our authentic selves, to our families and friends, by learning to connect heart, mind and body in an atmosphere of ease, relaxation and social interaction.

Fargo Moorhead Family Meditation



Please join us in bringing a family
meditation practice to Fargo Moorhead.
All are welcome!

SPIRIT  ROOM

Sundays at 10:30 a.m.

Spirit Room
111 Broadway,
Downtown Fargo