



Basic Mindfulness

TRAINING FOR
CHILDREN, TEENAGERS
PARENTS & TEACHERS

HAPPINESS - DEVELOPING LIFE'S MOST IMPORTANT SKILL



Happiness is a state of well-being that encompasses living a blissful life with a sense of meaning and contentment. Perfect happiness, enlightenment, emanates when all of our needs are satisfied. A variety of psychological, spiritual and philosophical approaches have endeavoured to define happiness and ascertain its sources. Some psychological researchers have defined happiness as a life experience marked by a preponderance of positive emotions.

The pursuit of happiness has speeded up! And we human beings are chasing after happiness faster than ever. Happiness makes our life goals—like success, relationships and prosperity—feel meaningful and enjoyable. Though a single term, Happiness is a rainbow of different flavors of emotions. The quest of happiness consists of intentional activities and habits that promote long-term health and well-being.

ABOUT US



Anurudhan Devadas
(Founder, *Mindfulness Mentor*)

Anurudhan Devadas strongly considers Mindfulness in daily life and framed 'Mindful for Happy Life', a Life Management course that focuses on bringing one's attention to experiences occurring in the present moment. Anurudhan is a Mechanical Engineering graduate and the owner of "IsmartCAD Solutions", an Engineering Design outsourcing firm. As part of the international projects in his working period at Autodesk INC and IsmartCAD Solutions Pvt Ltd, Bangalore, he travelled different countries like Malaysia, Bali and Singapore, attaining excellent exposure of Mindfulness training. Anurudhan is highly trained from International Mindfulness Faculties. His active participation in different community service projects for community services clubs is the perfect example of his ethical standards and goodwill towards society. With more than 5 years of experience as a Mindfulness Mentor, he conducts training for students, teachers, Engineers, Bankers, job seekers and many more.

Anurudhan had done his MBSR course, a renowned International Mindfulness Based Stress Reduction program and followed different Mindfulness Masters, in particular, Jon Kabat-Zinn, Joseph Goldstein, Jack Kornfield, Thich Nhat Hanh, Sharon Salzberg, and Ajahn Brahm. He had also got the opportunity to meet His Holiness the Dalai Lama in Bangalore as part of his exploration on Mindfulness.

Anurudhan made headway to the "Mindful for Happy Life" an 8-week Mindfulness based Life skills training with a total of 40 hours. The four modules of this course are Life Management, Stress reduction program, Science of Mindfulness and Happiness program. The course involves 5 hours of training per week and various Mindfulness meditation practices.

Every man wants to be happy, but in order to be so he needs first to understand what happiness is.

JEAN-JACQUES ROUSSEAU

One must practice the things which produce happiness, since if that is present we have everything and if it is absent we do everything in order to have it.

EPICURUS

EXERCISE

Examining the causes of happiness Take a quiet moment alone and try to find out what really makes you happy. Is your happiness derived mainly from outer circumstances? How much of it is due to your state of mind and the way you experience the world? If happiness comes from outer circumstances, check how stable or fragile they are. If it is due to a state of mind, consider how you can further cultivate it.

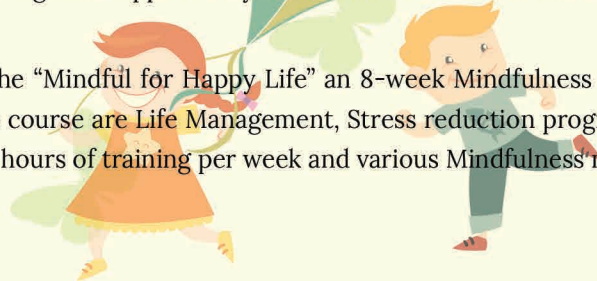
(Courtesy : Matthieu Ricard)

Seeking happiness outside ourselves is like waiting for sunshine in a cave facing north.

TIBETAN SAYING

The outward freedom that we shall attain will only be in exact proportion to the inward freedom to which we may have grown at a given moment. And if this is a correct view of freedom, our chief energy must be concentrated on achieving reform from within.

MAHATMA GANDHI



Mindful team unfolded another program Mindful Hatha Yoga, Integrating mindfulness on yoga workout, thereby providing opportunity and space for the individuals to become more mindful in movement, posture and breath. Mindful Hatha yoga is a formal meditation practice consisting of gentle stretching, strengthening and balancing exercises, worked out very slowly with moment –to –moment awareness of breathing and sensations that arise as you place your body into various postures. Mindful Hatha yoga helps you to live in the present moment while practicing yoga. The ultimate intention of this course is to develop happiness and peace in the society through secular path.

Sitting still like Frog

A frog is a remarkable creature .It is capable of enormous leaps,but it can also sit very very still. Although it is aware of everything that happens in and around it, the frog tends not to react right away .The frog sits still and breathes ,preserving its energy instead of getting carried away by all the ideas that keep popping into its head. The frog sits still ,very still while it breathes .Its frog tummy rises a bit and falls again . It rises and falls.

Anything a frog can do , you can do too. All you need is mindful attention . Attention to the breath .Attention and peace and quite .

By doing frog Exercise ,children will learn to

- Improve their concentration skills
- Be less Impulsive (and not immediately act on what they are thinking or feeling)
- Have some degree of control over their inner world without rejecting or repressing anything .



Sitting Still with the attention of a frog is an important basic Mindfulness exercise

Consciously relaxing the body is different from relaxing through sports or reading. After all the exercises, encourage your child or teenager not to jump up straight away and instead remain focused on the calmness. Tell him (or her) to remain lying or sitting down, to remain calm just a bit longer until he notices that his body wants to start moving again – without necessarily having to. Without pressure. He will notice that calm and relaxation are nice. It gives him a bit of a break, a chance just to be himself.

(Adapted from “Sitting Still Like a Frog: Mindfulness Exercises for Kids (and Their Parents) Book by Eline Snel)



CHILDREN'S STRESS

A lot of children can't sit still for a minute. They react to all kinds of stimuli and that can be a problem,” “Many are extremely insecure, thinking that they are not cool or good enough. They're also under pressure from parents and teachers to achieve in school, sport and music lessons. Most of them are getting up in the morning with these kinds of worries.”

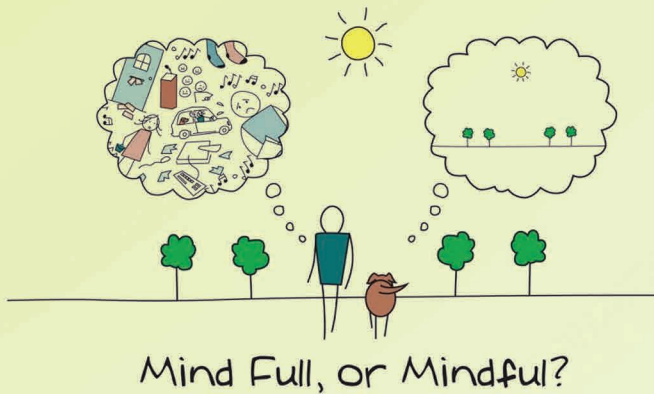
Children's nervous systems and brains are still in the process of developing and are even more sensitive to the negative effects of stress.

Mindfulness exercises are suitable for kids aged 5 and up who want to calm the churning thoughts in their heads, learn how to feel and understand their emotions, and improve their concentration,. “It also helps them to free themselves from behavioural patterns that do not serve them well, such as bullying, being withdrawn, being selfish or trying to please others.



MINDFULNESS

- Mindfulness is the capacity of the mind to live in present moment and knowing what is happening right now , without judgment or preference. For example when you are looking at blue sky , you are aware of that I am looking at sky . Now the mindful object is blue sky so there will no other objects like office , problems, family etc will come to your mind.



Mindfulness is a valuable wellness and self-care tool for teachers. Mindfulness is supported by neuroscience research and is shown to reduce stress, improve physical and mental/emotional resilience and develop lasting self-care skills.

Benefits of Mindfulness Training at Schools

- Reduces stress .Anxiety and improved physical health
- Better relationships with colleagues
- Improved teaching effectiveness
- More successful classroom management
- Improved relationships with students
- Students focus and attention will improve for learning
- Mindfulness skills will support students throughout their life

INTRODUCING MINDFULNESS TO CHILDREN AND YOUNG PEOPLE

First things first...

Establish your own practice. You would have trouble teaching your children to ride a bike if you had never learned. To teach mindfulness to your children, you need to practice it yourself. There are a few exercises below that might help you to begin to bring this into your life. Don't let this step stop you, there are lots of simple ways to bring mindfulness into your life in small ways!

Keep it simple. Mindfulness is a big word for kids to understand. So perhaps introduce it as paying attention: it is noticing our thoughts, feelings, bodily sensations, and what is happening right now.

Check your expectations. Are you expecting mindfulness to stop anger outbursts? To eliminate worry? If so, you are likely to be disappointed. Remember that while feeling relaxed or reducing anger might be nice side-effects of mindfulness, they are not the ultimate goal. Mindfulness will not get rid of what is normal child behaviour like tantrums, loudness, whining etc.

Don't force it. If your kids aren't interested drop it and come back to it at another time.

Practical application of Mindfulness

In the last few years, the value of Mindfulness has grown significantly. With mindfulness entering mainstream culture in the form of courses, books, workshops and popular mobile apps, more and more people are interested in learning about this powerful and applicable spiritual practice. Although its popularity has grown progressively, there is still confusion about how to practice it in one's everyday life.

There are many simple ways where you can be more mindful. Here are a few suggestions on how to practically apply Mindfulness in your daily life.



Listen to the Mindfulness Bell



An easy way for children to practice mindfulness is to focus on paying attention to what they can hear. You can use a bell, a set of chimes or a phone app that has sounds on it. Tell your children that you will make the sound, and they should listen carefully until they can no longer hear the sound (which is usually 30 seconds to a minute)

Mindfulness of breathing

Mindfulness of breathing is the most powerful and simple mindfulness practices. To begin mindful breathing, get into a comfortable position and relax your body. Take a few deep breaths, inhaling and exhaling through the nose, Simply observe the incoming and outgoing of natural and normal breath and you will definitely enjoy this mind-calming exercise.



Mindfulness of breathing Instructions

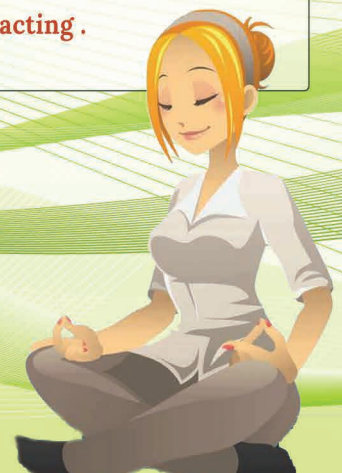
- Choose a comfortable place for mindful breathing practice
- You can sit on floor, office chair, sofa or you can lie down on your back.
- Keep your head and neck aligned with your spinal column by dropping your shoulders completely
- Now, your Face and body are completely relaxed
- slowly close your eyes and keep smiling

The exercise is simply to identify the in-breath as you in-breath and the out-breath as you out-breath. When you breathe in, you know that this is your in-breath. When you breathe out, you are mindful that this is your out-breath.

Now pay attention to your breathing, we breathe naturally through our nose as we breathe in we know that we are breathing in.

As we breathe out we become fully aware of our out breath. No need to control your breath.

Breathing in, feel your in breath.
Breathing out, feel your out breath.
Breathing in, I know I am breathing in .
Breathing out, I know I am breathing out .
In - out
Air coming into your nose, air coming out.
Now notice your abdomen movements, when
you breathe in
your abdomen rises and when you breathe
out your abdomen falls.
Place your hands on your abdomen so you
can feel it rise and
fall with your in breath and out-breath,
Breathing in abdomen expanding, breathing out
abdomen contracting .



Practice with a Breathing Buddy

For young children, an instruction to simply "pay attention to the breath" can be hard to follow. One way to make this easier may be to practice with a breathing buddy. Ask your child to lie down and place a stuffed toy (their buddy) on their belly. They focus their attention on the rise and fall of the stuffed animal as they breathe in and out.

Body awareness

Bringing your awareness to your body and body sensations is another powerful and practical application of mindfulness. This is a practice that grounds you in the present moment. By bringing your perception to your bodies, you will shift the focus of your attention from your thoughts to your felt experience in the body. Be fully present in your body, noticing any sensations that arise. Also, be aware of any emotions you may feel in the body – happiness, sadness, fear, joy, peace, etc.

Establish a Gratitude Practice

Gratitude is a fundamental component of mindfulness and it is important to teach children to appreciate the little things in their lives, as opposed to focusing on all the toys and goodies that they crave. You might introduce this by having a time each day/week to share the things you are thankful for (e.g. over dinner, just before bed).

Mindful eating

Mindful eating is nothing but paying attention to our eating methodology. Some of the recent researches have shown that eating mindfully improves digestion, regulates appetite and helps enjoy food much more. It's even called the antidote to dieting, as observing deeply into what we eat is enough to help us make better food habits and avoid overeating.

mindful eating refers to the knowledge of paying attention to eating habits. Just stuffing food into your mouth without paying attention, not tasting the food you're eating and not noticing your thoughts, feelings, and sensations' regarding the food being consumed all this comes under mindless eating.



Mindfulness can be practiced anytime, anywhere by noticing what our mind is doing and gently bringing ourselves back to the present moment. It is very likely that your mind will drift off repeatedly. That is to be expected. When you notice yourself drifting off, merely bring yourself back to focusing on whatever you were focussing on - usually your breath. You may have to bring yourself back many times during mindfulness practice. That's ok. It doesn't mean you are doing it wrong. Our minds constantly pull us out of the present moment. We are gently practicing coming back to the present whenever we notice we've left it.



The Science of Mindfulness

The Science of Mindfulness shows you certain techniques that can fundamentally transform the **mind, the heart, and the experience of every day's life.**

Presently the Neurobiologists are learning that mindfulness practices change brain structure and makes it function in a meaningful and desirable way. The mental health professionals have discovered that practicing mindfulness holds great promise not only for own personal development, but also as a powerful tool to virtually augment every custom of psychotherapy.

Neuroplasticity during mindfulness practice is being considered as one of the most important discoveries in the field of neuroscience. Neuroplasticity that takes place during mindfulness is proven to reshape and strengthen the neural connections in the brain.

Loving Kindness Meditation

Welcome to Mindful for Happy life Loving Kindness Meditation.

You can begin the practice of loving-kindness by meditating for 10 minutes in a quiet place. Let yourself sit in a comfortable fashion. Let your body rest and be relaxed. Let your heart be soft. Let go of any plans and preoccupations.

Begin with yourself. Breathe gently, and recite inwardly the following traditional phrases directed to your own well-being.

You begin with yourself because without loving yourself it is almost impossible to love others

Think:

I love myself.

May I be free from anger.

May I be free from sadness.

May I be free from pain.

May I be free from difficulties.

May I be free from all suffering.

May I be healthy.

May my body be healthy and strong.

May I be filled with loving-kindness.

May I be happy.

May I be really happy.

May I be at peace.

I spread this loving-kindness out.

I send love to Dad and Mom.

May I be free from anger.

May I be free from sadness.

May I be free from pain.

May I be free from difficulties.

May I be free from all suffering.

May I be healthy.

May my body be healthy and strong.

May I be filled with loving-kindness.

May I be happy.

May I be really happy.

May I be at peace.

**I send loving-kindness to my teachers
and the friends at school.**

May they be free from sorrow and suffering.

May they be free from anger and difficulties.

May they be happy.

Free from all difficulties and sadness.

May they be well and happy.

May they be at peace.

I send love now to all the people

And animals – everywhere on this earth.

May all beings on the planet be free from suffering.

May they be free from pain, grief, and despair.

May they be happy, truly happy.

May they be at peace.

May all beings in the universe be free from suffering.

May all beings in all universes, everywhere, be free from suffering.

May they be well and happy.

May they be at peace.

May all beings of all kinds, in all directions be happy and at peace.

Above and below, near and far, high and low, seen and unseen.

All the animals and birds, and fishes.

All beings and creatures, plants and trees with no exceptions.

May they all be happy.

May they be free.

**I open my heart and accept loving-kindness
of every being and creature in return.**

I let that love into my heart.

And I share the benefits of this meditation with every one.

May all beings be well and happy.

May all beings be well and happy.

May all beings be well and happy.

May there be peace.

May there be peace.

May there be peace

Slowly open your eyes



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