

# UF Mindfulness News

December 2022



uf mindfulness



## 360° UF Mindfulness Practice Spring Semester 2023

**Recurring online mindfulness practice group at UF open to faculty, staff and students and the community**

Meet like-minded mindfulness practitioners, learn about mindfulness meditation and mind-body practices in 360° fashion, and calm and relax your mind. Come with a



beginner's mind - novice and senior mindfulness practitioners are welcome.

The sessions are in Zoom every Monday from 5:30 to 6:30 pm U.S. Eastern time in spring semester from January 23 to May 1, 2023.

[Register](#) for the whole spring semester 360° Mindfulness Workshop and receive the Zoom link. You may attend only one of the Monday sessions or all of them. Bring a friend or colleague to mindfulness practice.

The slides and supplementary recordings of 360° mindfulness sessions from fall 2022 semester are posted at: <https://www.ufmindfulness.org/program360fall2022>. Most 360° sessions are highly experiential and practice oriented. Participation in Zoom sessions is highly recommended.

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## Keep UF Mindfulness Going in 2023

Support the self-funded UF Mindfulness Program with a gift of giving. Giving with an open heart is a compassionate act of great value for the greater good. With your gift you help co-create a mindful UF community.

Give now: <https://www.ufmindfulness.org/support-uf-mindfulness>

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UF Mindfulness Education and Research Fund

"It is our mind, and that alone, that chains us or sets us free." --- Dilgo Khyentse Rinpoche



## Art and Mindfulness Spring 2023

Join us for mindfulness meditation practice at the [Harn Museum of Art](#).

The in-person practices are facilitated by members of the [UF](#)

[Mindfulness team](#). Each session focuses on the practice of mindfulness

touching a deeper way of knowing yourself, others, and the world. The

sessions also invite participants to marinate in the present moment and enjoy select art pieces of the museum.



The first session is **Saturday, January 28, 2023 10-11 am**, Jan Snyder "A Fresh Look: Seeing with Our Wisdom Eye".

Register at: <https://www.eventbrite.com/e/488164843187>

Keep the date for upcoming Art & Mindfulness sessions:

- Saturday, February 18, 2023 10-11 am, Carol Lewis
  - Saturday, March 18 2023 10-11 am, Sabine Grunwald
  - Saturday, April 29, 2023 10-11 am, Kim Holton
  - Saturday, May 13, 2023 10-11 am, Trish Magyari
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"Only in the reality of the present can we love, can we awaken, can we find peace and understanding and connection with ourselves and the world." --- Jack Kornfield

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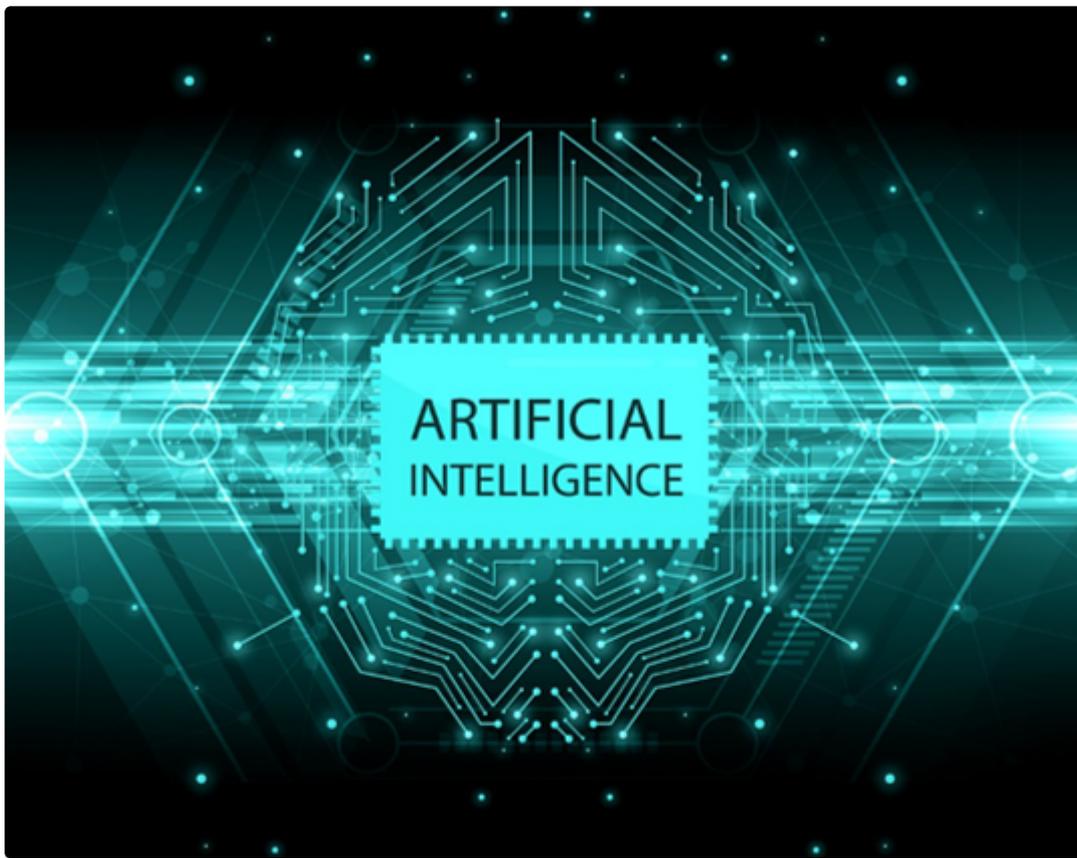


## Get Involved, Calling All Students. Your Voice Matters!

Do you want to be involved in the conversation about Mindfulness at UF? Do you have ideas or suggestions to help improve Mindfulness Programming at UF? If so, come join the UF Mindfulness Student Development Committee!

We are looking for new members for the [Student Development Committee](#). The group meets about once a month during the semester and all students at UF are encouraged to join. Students with any amount of mindfulness experience are welcome. If you are interested in getting involved, have questions about the Student Development Committee or what involvement would look like, reach out to Student Development Associate Director, Jen Kennymore at [jkennymore@ufl.edu](mailto:jkennymore@ufl.edu).

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"It's like the old story about the man who says to God, "Tell me the secret of life." And God says, "You are the secret of life." --- GPT-3 AI language model

## AI, Spirituality, Humanity, Wisdom and Mindfulness Practice

**Artificial intelligence (AI)** is transforming our lives and education. **OpenAI** is an artificial intelligence research laboratory that conducts research in the field of AI with the goal of promoting and developing friendly AI in a way that benefits humanity as a whole. OpenAI has created a striking chat GPT (<https://chat.openai.com/chat>) that writes papers, answers study questions, and assists projects and all kinds of work.

**OpenAI's GPT-3** (Generative Pre-Trained Transformer 3) is the groundbreaking language model that was trained by major philosophical, spiritual/religious, and humanistic texts. These texts have formed the basis of human beliefs and worldviews, such as the Bible, the Torah, the Tao Te Ching, Meditations by Marcus Aurelius, the Koran, the Book of the Dead, Man's Search for Meaning by Viktor Frankl, the poetry of Rumi, the lyrics of Leonard Cohen, and many more. Being human and human understanding of the world from different perspectives and cultures - in essence, the wisdom of what is known in its totality - is engrained in the data fed into this AI model.

Thomas and Wang (2022) who conducted the OpenAI study said that "A way to understand what GPT-3 is capable of is to think of how we, as human, can see patterns and predict what will happen next based on our experiences ..... GPT-3 has access to every idea, experience, or sentiment ever written down and recorded by human hands, and thus, recognize an almost infinite number of patterns that it can use to guess how a particular pattern might be completed."

Here are some of AI GPT-3 answers to life's essential questions that sound all too human (excerpts from Thomas I.S. and Wang J.'s (2022) book *What makes us human?* Sounds True Publisher, Boulder, CO):

## What is love?

GPT-3: "Love is patient, love is kind, It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs,"

## What is true power?

GPT-3: "Knowing others is intelligence;  
knowing yourself is true wisdom.  
Mastering others is strength;  
mastering yourself is true power."

## What do I do when people are unkind to me?

GPT-3: "As an antidote to battle unkindness, we were given kindness."

## What do I do when the world feels too much for me?

GPT-3: "Do not be daunted by the enormity of the world's grief. Do justly now, love mercy now, walk humbly now. You are not obligated to complete the work, but neither are you free to abandon it."

## Where should I focus my attention?

GPT-3: "Our past thinking has determined our present status, and our present thinking will determine our future status; for man is what man thinks."

## What do I do if I think I'm not good enough?

GPT-3: "You are always good enough. If you have a hard time believing this, it is only because you are

living under the shadow of an external source of judgement."

## How do I make the world a better place?

GPT-3: "Love the world in spite of its imperfections. Work to perfect yourself, not the world."

## How do I get out of the cycle of suffering?

GPT-3: "By realizing that all the things that contribute to your suffering are also, in some way or another, suffering themselves, Honor that, forgive yourself, and begin again."

UF Mindfulness: "AI GPT-3 provides the wisdom of human knowledge. Mindfulness practice makes us fully realize, experience, and embody this wisdom."



## Mindfulness Meditation and Wellness Practices at UF

- UF Mindfulness Program: <https://www.ufmindfulness.org/>
- UF GatorWell: <https://gatorwell.ufsa.ufl.edu/services/mindfulness/>

- UF Counseling and Wellness Center (CWC) – Workshops & Events: <https://counseling.ufl.edu/outreach/workshops/>
- UF HR: <https://wellness.hr.ufl.edu/resources/toolkits/emotional-wellness-toolkit/uf-resources/>
- Arts in Medicine – UF Health: <https://artsinmedicine.ufhealth.org/>

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## Upcoming Spring 2023 Mindfulness Opportunities with GatorWell

\*open to current UF students \*

### Body Scan Mindfulness session on Zoom

Wednesday, January 11th 4:00 - 4:30pm

Register here: <https://bit.ly/MindFall22>

In this session you will learn about mindfulness and a body scan.

You will also practice a body scan and learn about various mindfulness resources.



### Koru Mindfulness Course

Thursdays, January 19 - February 9 5:15pm-6:30pm in the GatorWell Conference Room

Register here: <https://bit.ly/KoruJan23>

(you can use the same/similar description of the course from previous newsletters)

This is a **FREE** four week class that meets one time a week, for 75 minutes. In the class we review a variety of mindfulness practices including belly breathing and walking meditation. Students who participate in the course gain access to the Koru Mindfulness app for **FREE** and those who complete the course receive a Certificate of Completion. Students can learn more about the course and Koru Mindfulness here: <https://korumindfulness.org/>

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## Yoga for Faculty and Staff

Faculty and staff free, **lunchtime yoga classes** appropriate for all levels of experience will start again January 9 after the winter break. No registration is necessary. Please bring your own mat if you have one.



Classes meet weekly starting September 6th as follows:

- Monday from 12:15 – 1:00 pm in Smathers Library, Room 100
- Tuesday from 12:15 – 1:00 pm in Ustler Hall's Atrium (second floor)

If you would like to be added to the UFHR yoga listserv, please email [mkholton@ufl.edu](mailto:mkholton@ufl.edu).

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## Contribute to the Next UF Mindfulness Newsletter

Submit an announcement, event, or writing piece to be published in the next UF Mindfulness newsletter. Send material to [mindfulness@ad.ufl.edu](mailto:mindfulness@ad.ufl.edu).

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### UF Mindfulness Program

 Facebook

 @Sacred\_swamp

Web site: <https://ufmindfulness.org/> or <https://mindfulness.ufl.edu>

 [mindfulness@ad.ufl.edu](mailto:mindfulness@ad.ufl.edu)



 [ufmindfulness.org/](https://ufmindfulness.org/)