

UF Mindfulness News

April 2021

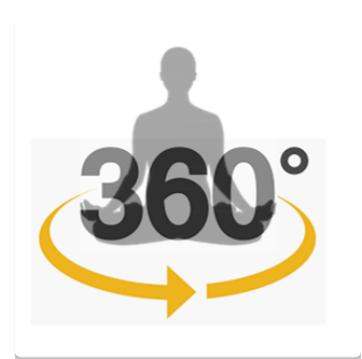


Summer calls for deepening your mindfulness meditation practice. The UF Mindfulness course program will reconvene in fall semester 2021.

Warmly, the UF Mindfulness Team.

360° Mindfulness Practice Sessions - Fall Semester

We thank all who joined us to learn and practice together this academic year. Our 360 practice series will resume with the fall semester, on Sept. 13 to be exact. We will continue to meet on Mondays from 5:30-6:30pm. Stay tuned for whether this series will be in person or via Zoom. If you have a preference of how we gather (in-person or online), please let Kim know at mkholton@ufl.edu. We hope you will continue your practice through the summer and look forward to seeing you again in the fall.





Co-created Poem by Participants in 360° Mindfulness

In the summer, I am no bummer
Willow tree moving in the spring rain
I'm watching a cardinal fly by and reminds me of my brother
Water and sky blend with my sapphire inner peace
I am awaiting a precious diamond ring
We both felt gratitude
What a wasabi flavor!
The thoughts run through my mind and I am filled with empathy
A river flows within me and the new day brings peace and love
A spring quietly boils up
My heart leaps for joy
As I scream and dance with wild abandon- and run into the ocean,
Wearing my green diamond and the djembe drumbeat
Makes a continuous rhythmic sound of my heartbeat
On a sunny spring day in the dawn hours
Days start like the motion to hug someone and end with the sound of a t-rex roar
The cello so low reminds me of winter, remind me of sparrows
I will throw away the crutches I do not need
† February 22, 2021

A Micropractice Offering

Small acts of mindfulness integrated throughout your day can prove helpful for staying grounded and connected in daily life. Here's a simple practice to consider.



The three breaths practice is just like it sounds. This quick, simple practice includes taking three mindful breaths. With the first breath, gently bring complete attention to the process of breathing. With the second breath, consciously relax the body. With the third breath, ask what is most important now.

Summer Graduate Course: MHS3930/SD6938 Co-Creating Cultural Consciousness

Would you like to grow in inter-cultural empathy and collaborative action? This might be the class for you... Sign up today!

We can all expand our awareness, knowledge, action, and relational capacity. This internationalized class will be interactive and will involve meaningful contributions from students, as well as embodied wisdom from community members who have various visible and invisible identities. Together, we will work on becoming more conscious on individual and collective levels.

International Scholars Program: This course fulfills one of the curriculum requirements of the International Scholars Program. [Learn more here.](#)

Spirituality and Health Certificate Program: This course (if you earn at least a B) fulfills 3 credit hours of the 9 credit hours required to obtain a Certificate in Spirituality in Health. To learn more about this program, visit: <http://www.spiritualityandhealth.ufl.edu/ufcourses/certificate.asp>.

Feel free to email questions to emi.lenes@ufl.edu and CC d.blackburn@ufl.edu.

CO-CREATING CULTURAL
CONSCIOUSNESS
MHS3930/SDS6938

SUMMER C 2021
TUESDAYS 3:30 - 6:30 P.M.

THIS INTERACTIVE COURSE WILL EXPLORE HOW WE CAN
EXPAND OUR INTERCULTURAL AWARENESS AND ACTIONS
ON INDIVIDUAL AND COLLECTIVE LEVELS.

INTERESTED? Contact Emi.Lenes@ufl.edu & (CC) D.blackburn@ufl.edu

Summer C Undergraduate Course: MHS 3930 Mindful Living

This 3 credit hour course will meet once a week online via Zoom Wednesdays at 2:00PM (Periods 5 – 7).

Mindful Living is geared to teach students about various approaches of how to live a more mindful life. This holistic approach focuses on the various mental, emotional, physical, and spiritual conditions that arise when confronted with stressful or traumatic situations throughout one's lifespan. Student will be provided a wide range of perspectives regarding personal responsibility towards stress management and mindful self-care practices. Throughout the semester, we will practice various mindfulness based techniques, specifically focusing on learning and applying mindfulness-based stress reduction (MSBR) practices and more informal mindfulness practices. Each week we will engage in various mindful, experiential, creative, didactic, and process-oriented discussions. Students also will be able to continue developing skills that lead to their personal, academic, and professional success!

When registering you can find the course by using the Class # 19464 in the search/filter function.

Undergraduate and graduate students can register for the course as no previous experience in mindfulness is required. The required textbook for this course is:

Kabat-Zinn, J. (2016) Mindfulness for Beginners: Reclaiming the Present Moment and Your Life. Sounds True. (ISBN: 9781622036677).

If you have any questions about the course please feel free to contact Myranda Warfield, M.Ed., NCC at myrandawarfield@ufl.edu.

MHS 3930
MINDFUL LIVING
A Course for Spirituality in Everyday Life
Wednesdays at 2:00PM (Periods 5 - 7)

This 3 credit hour course will meet ONLINE via Zoom for the Summer C semester. Class topics will include:

- **Weekly mindfulness practices**
- **Emotional Intelligence**
- **Self Care and Compassion**
- **Whole Hearted Living & MORE!**

Questions?
Contact Myranda Warfield, M.Ed., NCC at myrandawarfield@ufl.edu

Yoga

Kim Holton will be offering two 4-week yoga series during the month of June. These series will be offered through Santa Fe College's Community Education program. Registration and a course fee will be required. Brief descriptions are provided below, and you can find the registration link (once available) at kimholtonyoga.com.



Kundalini Yoga, Tuesdays 6-7:30pm

Kundalini Yoga is the yoga of awareness, designed to help people lead full and healthy lives. We will use posture, rhythm, breathing techniques, mantra, and meditation to deepen internal awareness, build energy and strength, release tension, improve flexibility, and calm the mind. Appropriate for ALL levels.

Lunchtime Yoga, Wednesdays 12:15-1pm

This gentle, all-levels yoga class is a perfect way to spend your lunch hour! Leave feeling energized and ready to face rest of your day all the while developing flexibility, strength, balance and clearing the mind. All levels welcome.



**EMBODIED LEARNING
& EXPERIENCE LAB**
UNIVERSITY OF FLORIDA

Therapeutic Interactive Digital Narratives Study

Researchers from the Embodied Learning and Experience (ELX) Lab at the University of Florida in the Department of Computer and Information Science and Engineering are looking to understand how counselors and therapists use storytelling in their interactions with patients! We hope this will help inform our research in the design of interactive storytelling technologies for therapy, to assist future counselors/therapists in the important work that they do.

- Who We Need: Counselors/Therapists
- What You Will Do: Participate in a one hour interview over Zoom
- When & Where: We will schedule the interview according to your availability! The interview will be conducted entirely remotely

We will be very grateful to those who can help us!

If you are interested in participating, please contact **Sarah Brown** for more information:

sarah.brown@ufl.edu | 254.423.0381

IRB #: IRB202100372

We want to hear from you

Take our survey



What are your needs and ideas to co-create mindful UF culture?

Last Opportunity - Your Voice is Important to Us.

The vision of the UF Mindfulness program is to create a more mindful UF campus culture. Provide your input how we can best support your mindfulness practice and infuse UF with mindfulness. This survey will take approximately 10 minutes to complete and is completely voluntary. **Survey link:** <https://bit.ly/UFMindSurvey>

"The only way to live is by accepting each minute as an unrepeatable miracle." --- Tara Brach.

Mindfulness and Relaxation Video UF-CWC

Recordings from the UF Counseling and Wellness Center (UF-CWC)

How to Shift into Natural Awareness?

In meditation there are three important shifts you can make to enter **natural awareness**: relaxing effort, broadening attention, and dropping objects.

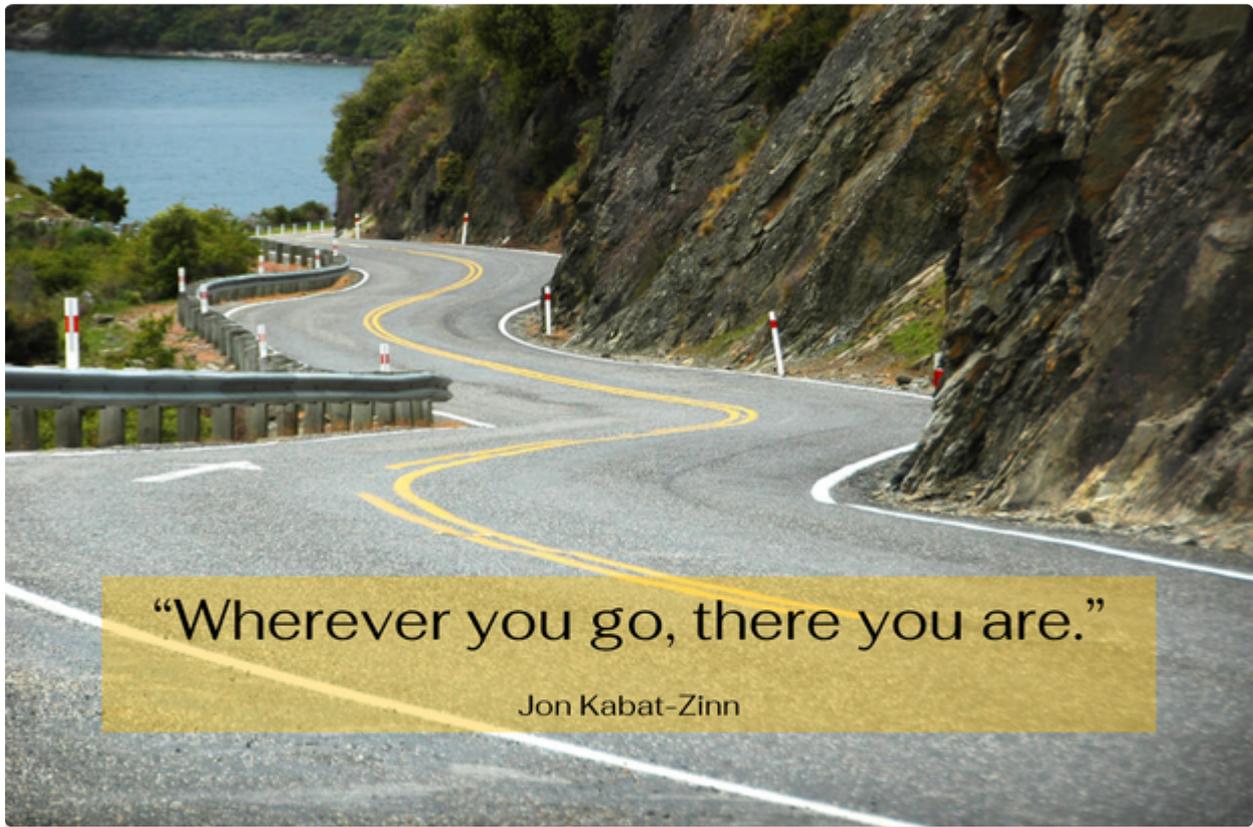


When you relax effort in a meditation you gently soften efforts to bring attention to the present-moment experience. It means that we relax effort on our breath or an object, and instead we *just be* with the thoughts or things as they arise. Think of shifting into natural awareness like riding a bicycle. Often we pedal really hard, but at a certain point, we stop pedaling and begin coasting. The bike stays upright, and we ride along, but we are not working so hard. The coasting is dependent upon the earlier pedaling stage, just like effortless in meditation is dependent upon the effort you made earlier, particularly the effort to concentrate your mind.

Broadening attention means you shift from narrow focused to broadened attention (awareness). Think about talking to a friend, and you focus first on her face, then shift to her whole body, and then notice the whole room in which you are sitting. We can think of the mechanisms of attention as being like a camera. Sometimes you use a telescopic lens in order to focus on something quite narrow (e.g., a close-up of a flower to see its intricate petals), while sometimes we use a panoramic lens to take a landscape photo (e.g., Grand Canyon). Likewise when we meditate we can apply a narrow (focused attention) or panoramic attention (natural broad awareness). Broadening attention shifts you into a state of natural awareness.

Lastly, natural awareness arises by moving your attention from objects (e.g., breath, candle, an emotion, a sound) to objectless-ness. Objectless awareness typically arises in longer or deeper meditation when we focus on the awareness itself. There will be objects arising in our meditation, such as sensations or thoughts, but since they are not the focus, they are less distinct and reside in the background, while in the fore we become aware of awareness itself. So instead of our anchor being our breath, for example, our anchor is awareness itself.

Natural awareness is effortless mindfulness out of which creative insights and wisdom arise. In natural awareness we rest deeply and open our mind to *what is*. The state of natural awareness provides a different way of knowing and "just be" than our ordinary daily focused attention that calls us to go through our "to-do-list".



“Wherever you go, there you are.”

Jon Kabat-Zinn

UF Mindfulness Resources (Canvas): 360 Mindfulness

Give a gift with an open heart

UF Mindfulness is a self-funded program with no financial support from UF. To maintain the program - media portfolio, coordination, interns, organize mindfulness events and teachings - consider a donation. Giving is a compassion practice.

Invitation to Contribute to Next UF Mind Newsletter

If you like to include an announcement or writing piece related to mindfulness in the UF Mindfulness newsletter please submit it along with an image or photo to mindfulness@ad.ufl.edu.



UF Mindfulness Program

 Facebook

 @Sacred_swamp

Web site: <https://mindfulness.ufl.edu/>

<https://www.instagram.com/mindfulnessUF/>

 mindfulness@ad.ufl.edu



 mindfulness.ufl.edu/