

## Meditation: Cultivating Mindfulness

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### Summary

During this activity, participants will experience how they can cultivate the three pillars of mindfulness. This will help them to create more resilience, calmness, and effectiveness. All very helpful when encountering aggression.

Mindfulness will help patterns to recognize which behavioural patterns are triggered, to deliberately choose alternative patterns which might be more helpful and to do this from compassion for oneself and for others.

### Aims

- Knowing what the three pillars of mindfulness are;
- Experiencing what their benefits might be;
- Knowing how to cultivate mindfulness in daily practice.

### Participants

Adults in a work environment.

### Method

- Knowledge transfer
- Meditations

### Source

(Nhat Hanh, 2008)

Kabat Zinn, J. (2004). *Wherever You Go, There You Are*. London: Little Brown UK.

### Keywords

Meditation, Mindfulness, calming

### Contributor

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### Description

An individual or group will start exploring what mindfulness is, and how it can be cultivated.

The participant(s) will then experience what it is like to practice mindfulness in the form of meditation.

Lastly, the participants will learn about techniques by which they can develop a more mindful attitude in life in general, but also in situations in which aggression is experienced.

## Material

Audio recordings of the meditations (to be made by mindfulness trainers).

## Advice for Facilitators

- Please let these meditations be guided by experienced mindfulness trainers, which can be found all over Europe.
- Let the participants practice with each of the three pillars of awareness. This is displayed in the text below as follows: *Meditation:.....*
- Lastly, let the participants practice with the longer meditation: *A mindfulness meditation focuses on the three pillars* and leaves some time for questions afterwards.

## Handout

Yes, the text that is below can be used both by the facilitator as by the participant as a reference work.

[Download the handout from here.](#)

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Category: Mindfulness, Group size: Individual, Duration: 90 min

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