



Getting Proximate to Pain:

Mindfulness Practices to Help Law Students Sit With Suffering

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Mindfulness Practice

Sit still, quiet
and upright
with focus, curiosity
and compassion.



Introduction



Brief Overview of Mindfulness/Meditation

❖ What it is not:

❖ Two Categories:

- Concentrative (Vedic Tradition)
- Mindfulness/Insight Meditation (Buddhist)

Brief Overview of Mindfulness/Meditation

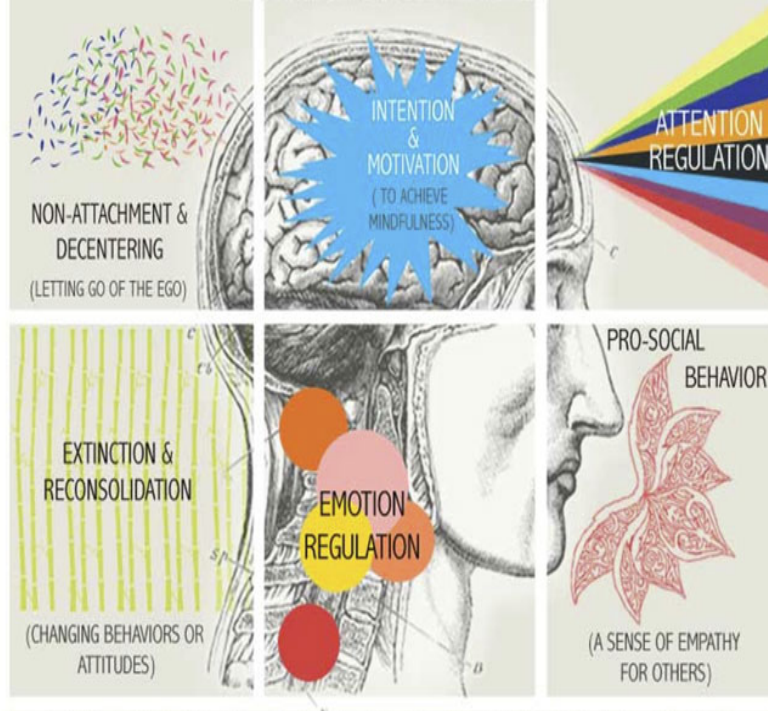
❖ Mindfulness/Insight Meditation

- Paying Attention in a Particular Way
- On Purpose, in the Present Moment
- Non-Judgmentally

Brief Overview of Mindfulness/Meditation

HOW IT WORKS: THE SCIENCE OF MEDITATION

MINDFULNESS INVOLVES SIX NEUROPSYCHOLOGICAL PROCESSES THAT LEAD TO A PERSON'S MEDITATIVE STATE OF SELF-AWARENESS.



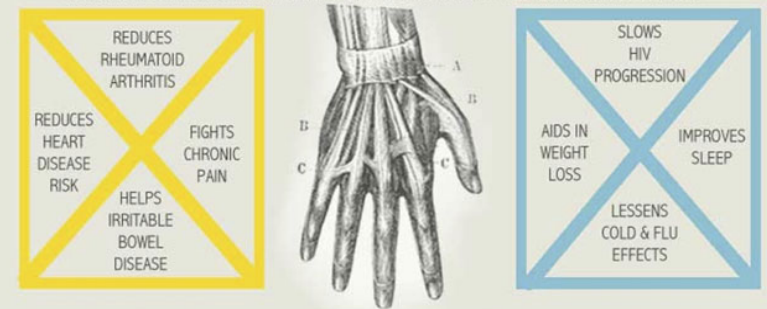
THE MENTAL BENEFITS OF MINDFULNESS

MINDFULNESS INCREASES BRAIN GYRIFICATION (FOLDING OF BRAIN TISSUE), WHICH ALLOWS THE BRAIN TO PROCESS INFORMATION MORE EFFICIENTLY - PROVIDING A BETTER GRASP ON LIFE'S STRESSORS

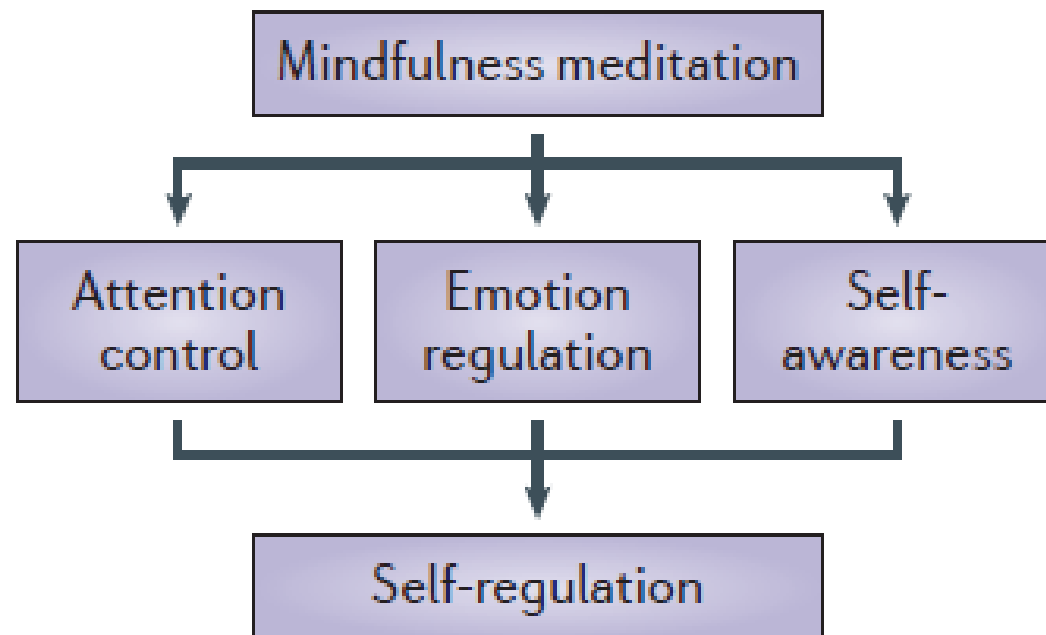


THE PHYSICAL BENEFITS OF MINDFULNESS

IN ADDITION TO REDUCING STRESS AND BOOSTING RELAXATION, RESEARCH SUGGESTS MINDFULNESS CAN LOWER STRESS-INDUCED INFLAMMATION, WHICH CONTRIBUTES TO MANY PHYSICAL AILMENTS.



How Mindfulness/Meditation Works





Incorporating Mindfulness Practices

- 1-2 minute transitional sitting practice at beginning of class
- Noticing and naming moments of tension and brief exercises (fists, shoulders, body scan)
- Self-care/meditation training

Mindfulness Practice

Sitting still, quiet and upright with focus, curiosity and compassion.





Metta (Loving Kindness) Practice

*May I (you) be well
May I (you) be happy
May I (you) be peaceful
May I (you) be loved*

*May I (you) be happy and peaceful
May I (you) be healthy and strong
May I (you) be safe and protected
May I (you) live with ease and well-being*



“Between stimulus and response there is space. In that space is our power to choose our response. In our response lies our growth and freedom.”

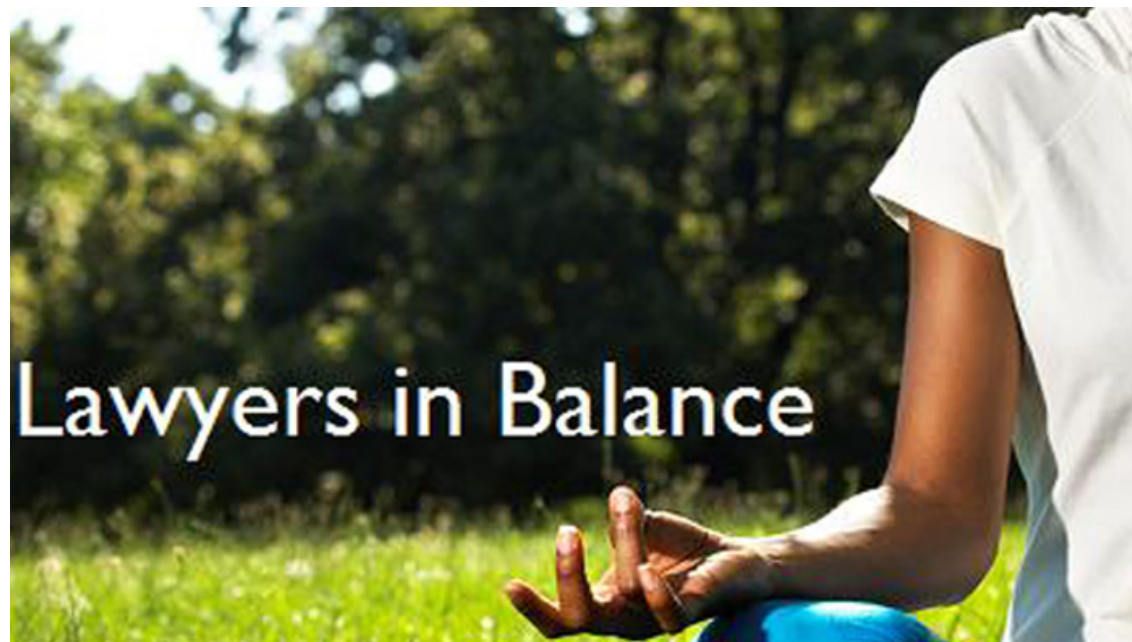
- *Viktor E. Frankl*



“Under duress, we do not rise to our expectations, we fall to our training level.”

- *Bruce Lee*

Resources and Reflections?





Thank you!