



Everyday Mindfulness & Technology

B. Nyanabhadra

Mindfulness begins and ends in the body

taking the time to pay attention to where we are, and what's going on, and that starts with being aware of our body

Mindful Awareness of Routine Activities

We can practice bringing our mindful attention to daily activities that are often performed mindlessly

Waking Up



Having a Shower

HAVING A SHOWER

Be mindful of the wave of pleasure as the **warm water** washes over you; mindful of the **smell** of the shower gel, soap or shampoo.



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Brushing Your Teeth



BRUSHING YOUR TEETH

Be mindful of your arm moving from ***side to side*** and the ***sound*** of the brush against your teeth; mindful of ***each and every tooth*** and the sensation of the brush against the gums.

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Mindful Meal

A study in people who eat out frequently found that eating mindfully resulted in people eating 20% fewer calories.



Washing the Dishes

WASHING THE DISHES

Be mindful of picking up one thing at a time and taking just an **extra second or two** to clean it thoroughly; mindful of the **passing thoughts** and of letting them go.



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Exercises



Standing in a Queue



STANDING IN A QUEUE

Be mindful of your **reaction** when you first see the queue; mindful of your **posture** as you stand there waiting; mindful of your breath as you focus on the **physical sensations** in the body.

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Other Activities

- Sweeping
- Moping
- Cooking
- Ironing
- Cleaning Toilet
- etc



10,000
BC



PRESENT
DAY

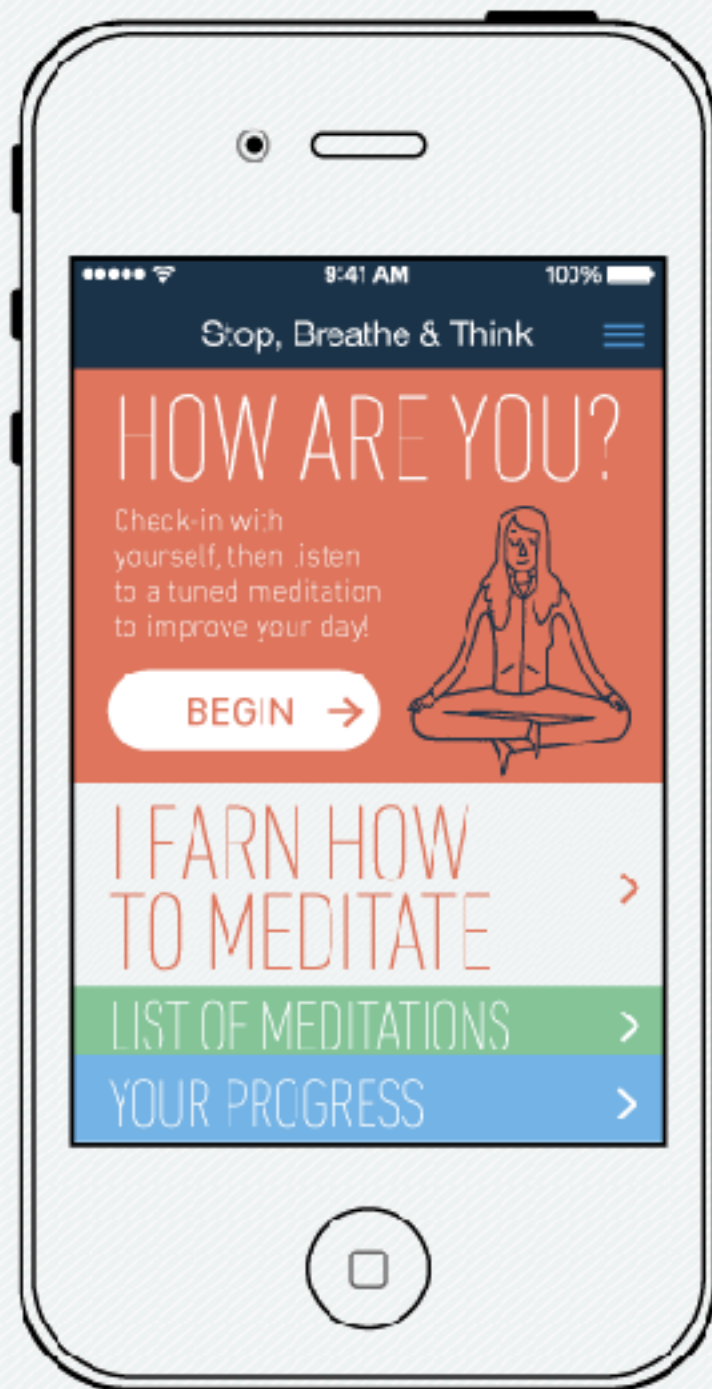




HEADSPACE[®]

TREAT YOUR HEAD RIGHT





GET MEDITATING IN 5 MINUTES. EASY.

With this app, you can develop and apply kindness and compassion in your daily life through a process called STOP, BREATHE & THINK:



STOP

Stop what you are doing. Check in with what you are thinking, and how you are feeling.



BREATHE

Practice mindful breathing to create space between your thoughts, emotions and reactions.



THINK

Learn to broaden your perspective and strengthen your force field of peace and calm by practicing one of the meditations.

**SMILING MIND
IS MODERN
MEDITATION
FOR YOUNG
PEOPLE.**





INSIGHT

Peace in our Timer

Mindful Awareness and Technology

- Take a deep breath before checking
- Set wake up screen on your phone to remind you to take a mindful pause before using it
- Set a ringtone to remind you to come back to the present moment each time you hear it
- Once a while leave your gadgets in your room, go out for a walking, jogging, running and enjoy the nature

Mindful Breathing

Take a deep and long breath, focus the sensation of the in and out breath



LEARNING ...

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- Learning to know
- Learning to do
- Learning to be
- Learning to live together

MEDITASI OLAH ...

1. **Olah Hati** (mengenal perasaan lewat mindfulness)
2. **Olah Rasa-karsa** (meditasi makan, meditasi jalan, meditasi berbaring, meditasi duduk, nyanyi berkesadaran)
3. **Olah Pikir** (short talks, workshop, dll)
4. **Olah Raga** (mindful movements, bambo stick exercise, dll)
5. **Olah Terus**

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Tetep-mantep-antep
sati-samadhi-panya



DO ONE
THING
AT A TIME

4 N

- Neng (Teneng) -
Eling
- Ning (Hening) -
Waspada
- Nung (Hanung) -
Konsentrasi
- Nang (Wenang) -
Kearifan



4 RODA

- Belajar
- Berlatih
- Bermain
- Bekerja

