

## Mindfulness- Open Mind, Open Heart

*“Feelings come and go like clouds in a windy sky.*

*Conscious breathing is my anchor.”*

- Thich Nhat Nanh

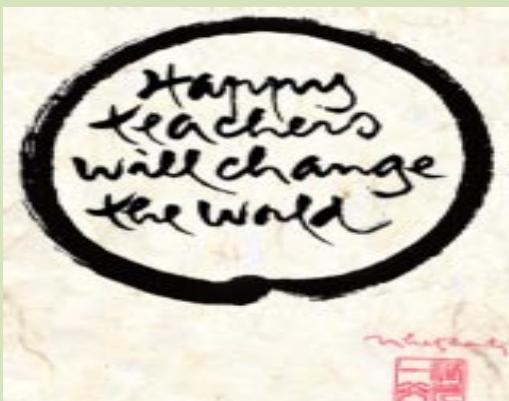


Faculty members of AIE, New Delhi with the students

The students of Amity Institute of Education, New Delhi attended a workshop on '**Mindfulness- Open Mind, Open Heart**' on 6th November, 2017 organized by Ahimsa Trust, conducted by the Monastics and Lay teachers of Plum Village and hosted by Pathways World School, Aravali, Gurugram.

Two faculty members Ms. Puneet Rahi and Dr. Sanjna Vij accompanied a group of thirty-nine (39) students for the event, aiming to teach practical mindfulness tools to one and all in order to cultivate personal practices for better living. Mindfulness is an integrated, mind-body based approach that helps people change the way they think and feel about their experiences, especially stressful experiences. It involves paying attention to our thoughts and feelings so we become more aware of them,

less enmeshed in them, and better able to manage them. The whole idea was to channel the energy towards positive mindful living.



Beautiful hangings displayed on the trees

The day began with '**Sitting Meditation**', which was helpful in deep breathing and gathering the thoughts. It was followed by '**Walking Meditation**', which helped in combining the body sensation with conscious breathing. The last of the meditative activity was '**Total Relaxation**', which included relaxing and realizing each part of the body. The day culminated with a talk on '**Dharma Sharing**', which is a small circle discussion on mindfulness living and practice.



Programme Schedule for the day displayed

During the sessions monks talked about the importance and power of smile, which can bring peace and make one feel alive. One must never fail in the act of kindness, however small the magnitude is. To quote Mother Teresa, "***We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop.***" Unperturbed by criticism, one must go about the assigned task with humility. Those who value the efforts, appreciate that the ocean would be less because of that missing drop.



Faculty members, students and participants with monks

The workshop aimed to weave mindfulness into all the daily activities, training the self to be mindful throughout the day: **while eating, walking, or working**. It was a beautiful and novel experience for each one, where one looked for self-introspection and to seek peace in the otherwise hectic life.

The workshop ended with a heartfelt gratitude to Mr Shantum Seth, Mindfulness Teacher, Ahimsa Trust for providing the opportunity to become a part of the workshop and enriching our lives with the same.

***It was a fruitful learning experience for all of us.***