**Size: small group, large group, Duration: 20 min**

**TITLE: NATURE OF THE MIND 1**

**SUBTITLE: CONCENTRATION**

**AIMS**:

* To learn to relax your body and emotional tension
* To learn how to direct attention using one’s senses
* To get to know the art of withdrawing one's senses
* To improve concentration

**DESCRIPTION**:

Through practical exercises students learn simple techniques to improve their concentration while at the same time they will be able to see the difference between tense and relaxed state of body and mind. Concentration comprises techniques which help us in gaining control over our mental abilities.

Note: In implementing the exercise, the trainer/teacher should closely follow the steps below:

**Step 1:** Teacher asks students to form a circle and to sit comfortably. Then he/she asks them to sit straight (yet not stiff) and to let their hands rest in their lap. Once they are settled, they can begin with the exercise.

**Step 2**: Direct your attention to your natural breathing; concentrate on your breathing in and then on your breathing out (repeat several times!)

Start to become aware of your body sitting in a chair. Relax it consciously. The head e.g. forehead, eyebrows, eyes, nose, ears and chin should be especially relaxed. Relax your chin; shoulders; arms; chest; body; legs. Let your entire body be relaxed; from the top of your head to your feet.

**Step 3**: **To proceed with the exercise, the trainer/teacher selects one of the sound techniques described in the annex to this exercise**

**Step 4:** The trainer/teacher concludes the exercise by stating: Now let’s redirect our attention to this room and to us being aware of our body here and now. Now, you can also tighten and relax your body. Slowly open your eyes.

**MATERIAL: /**

**PREPARATION:**

The trainer/teacher may prepare for the exercise by relaxing and making some breathing exercises which have a beneficial effect on the quality of one’s voice.

**COMMENTARY:**

The trainer/teacher should pay attention to give instructions using soothing voice, simple and clear sentences and appropriate speech modulations.

**EVIDENCE:** Theoretically grounded (Evidence based)

**AUTHOR:** Dr. Daniel Goleman (Modification by Sonja Bercko)

**SOURCE**: Goleman, D. (1988). The Meditative Mind 1988. New York: Penguin Putnam.

(Mind and Life Institute)

Sonja Bercko. (1998) Introduction on meditation. Audiotape. Velenje: Lumina.

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