Title: Nature of the Mind

Exercise Code: SLINTEGRA013

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| Modules: | Group size: | Duration: |
| 3. Personal Integrity  4. Professional Integrity | Small group  Large group | 20 min |

# Purpose:

* 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:/

# Methods:

Experiental learning

# Advice for Trainer:

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.

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

# Source/Literature:

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

(Mind and Life Institute)

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

Psychosocial Rehabilitation Handbook 2008. (Psychosocial Rehabilitation – workshops)

# Handouts:

**HANDOUT: NATURE OF THE MIND 1**

Note: From the list below, the trainer/teacher selects one of the suggested concentration techniques which are to be used in the Step 3 of the exercise.

**SOUND CONCENTRATION EXERCISES**

1. **water exercise**

Use the sound of water (river, sea, waterfall - CD) as the background music for the exercise. Let the students focus on the sound of water for approximately 7 minutes. (If raining outside, the sound of rain drops can be used instead of CD).

After seven minutes, start with Step 4.

**VISUAL TECHNIQUES**

1. **FLOWER EXERCISE**

Imagine a plant (brief pause); perceive the plant in your mind (brief pause) - smell it, feel it (brief pause) - touch it (brief pause). Look at its shape, colour (brief pause). Look at its flowers (brief pause). Now look at the stem.

Now look again at the entire plant.

Mentally dissolve the plant in your mind.

Continue with Step 4.