



Jessica Morey: Embodied +Relational Mindfulness With Youth



Jessica Morey is co-founder of a non-profit organisation (Inward Bound Mindfulness Meditation) that offers meditation retreats for teenagers in the US and the UK. This interactive and engaging presentation offers an array of practices, insightful research and a working definition of mindfulness that includes and transcends meditative practice.

TOP EMBODIMENT TIP: Simply practice listening to the person speaking, instead of ruminating over your own words.

Introduction: **Meditation retreats for teenagers**

- Jessica introduced Inward Bound Mindfulness Meditation retreats and gave a brief introduction of the organisation, its origins, approach and key people involved.

Relational Mindfulness: **Beginning with practice**

- Settling into a space and feeling safe can be helped through deep breathing practice.
- 'Lightning Round' - a listening practice that invites you to let go of insecurity.
- Reflective questions for empathy and re-connecting with the 'teenager-self'.

Working With Teenagers: **Importance of mentors**

- Young people appreciate and need wise support and guidance from authentic and embodied adults.

Meditation Retreats: **What we do and our methodology**

- Inward Bound Mindfulness Education (iBme) retreats introduce young people to the practice of mindfulness by leading them through guided meditation, mindful movement, small group discussions and engaging group activities.
- Using innovative formats, teaching frameworks and curriculum, the iBme retreat model allows participants to gain a level of insight into their own experience and achieve authentic connection with peers that is often challenging to achieve in their daily lives.

Thoughts On Mindfulness: **The soil, not the solution**

- Mindfulness is a way of preparing the 'soil' of one's life so that we can then cultivate, planting and growing healthy things, such as non-violent communication.
- Mindfulness is not simply a focus of attention, but a quality of 'knowing' beyond attention.

Resources

- ❖ **Website:** <https://jessicamorey.org/> , <https://ibme.com/>
- ❖ **References:** *21 Lessons for the 21st Century* by Yoval Noah Harari -Recommended for an instructor or a teacher working with youth and attempting to gain permission to create a space within an institution for mindfulness.



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Philip Shepherd is the author of two books, *Radical Wholeness* and *New Self, New World*, and is also the originator of The Embodied Present Process (TEPP), which is taught online and in workshops around the world.

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