



**Susan Kaiser Greenland: Everyday Freedom**



Susan Kaiser Greenland is an internationally recognized leader in teaching Mindfulness and Meditation to children, teens, parents, and professionals. Her books, *The Mindful Child* and *Mindful Games*, helped to pioneer developmentally appropriate Mindfulness practices for young people. Explore how to elicit wisdom, compassion, patience, kindness and awareness. Learn activities to bring awareness into your life and simple Mindful Games to share with children.

**TOP EMBODIMENT TIP:** Make it a priority to take some time everyday to connect with your own inner state with a light touch and curiosity.

Motivation & Purpose: **Why Develop Mindfulness and Awareness?**

- The overall purpose of inner work is not self-centered, it is based on an interest in helping all beings. We start with inner work to help ourselves so we can then help others. **Attention, Balance, Compassion** are capacities we all have inside of us.

Inner Work: **What Does Inner Work Look Like?**

- Mindfulness & Awareness - seeing clearly like looking into a pond, without having an opinion about it (Giraffe)
- Wisdom (*Owl*) and Compassion (*Dove*), need both wings to be able to fly.
- Patience (*Snail*) - things take time, things will change
- Nervous System (*Watchdog*) - We have a natural Negativity Bias that protects us from danger and evokes the Fight, Flight, Freeze response which can make it difficult to tap into our inner qualities.

Mindful Strategies: **What are some activities for parents and children?**

- Glitter Ball exercise. Just Watching. Focus on an Object of Attention. Don't Stay Still. Take A Break. Connect with Nature, self or another person.

Compassionate Action: **What can we do, day to day?**

- You can drop these moments and practices into your day, bit by bit. We can't be mindful 24/7. Just need to acknowledge when we messed up, ground ourselves and come back to repair and apologize. This is a good teachable moment.

Resources

- ❖ **Books:** [The Mindful Child](#), [Mindful Games](#)
- ❖ **Website:** [susankaisergreenland.com](http://susankaisergreenland.com)
- ❖ **Facebook:** [mindfulnessstogether](https://www.facebook.com/mindfulnessstogether)
- ❖ **Instagram:** [@susankaisergreenland](https://www.instagram.com/susankaisergreenland)
- ❖ **References:** *Trauma Proofing Your Kids*, Peter Levine; Mingyur Rinpoche, Tergar Meditation Community



## **Susan Kaiser Greenland**





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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.

When you belong to a culture that lives in its head, you absorb its limiting assumptions at a tender age – assumptions about what it means to be human, what the body is, and what intelligence is, for starters.

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