



Sean Fargo: How to Teach Mindfulness



Sean is the founder of Mindfulness Exercises. His background in practicing and teaching mindfulness includes two years' of experience as a Buddhist monk, teaching families, schools, businesses, and leading retreats. Discover how Sean models mindful facilitation and explains the main concepts of Mindfulness and his approach to teaching it.

TOP EMBODIMENT TIP: Keep on being courageous in what you open to and develop curiosity instead of judgement.

What Mindfulness is and What it is Not: **Mindfulness is noticing moment-to-moment experiences without judgement.**

- The mind is every cell in the body, it should not be confused with the brain. Well-being is a result of the practice. The goal of practice is to be aware in the moment.
- Mindfulness is not religious or belief-based. It is for all. We can all do it, whether we call it mindfulness or not. When we do it deliberately, we're cultivating the ability to stay with what is happening.

On Teaching Mindfulness: **Share from the integrity of your practise and a sense of shared compassion.**

- Have a good framework and avoid self-judgement. Practice mindfulness. Be grounded in your body and connect with those you are teaching from the heart, empathising with their challenges. Avoid telling your learners how they should feel. Concentration practices like counting breaths or focusing on an object fuel the ability to stay mindful.

Cultivate Non-Judgement: **Non-judgement is the heart of Mindfulness.**

- Judgement takes us away from the experience. We cultivate non-judgement by practicing loving-kindness, compassion, self-compassion, equanimity, joy, generosity, gratitude and forgiveness. These qualities of the heart cultivate the sense of connection.

The Body as a Resource: **Sensations of the body tend to be more noticeable than thoughts or perceptions.**

- Emphasise somatic sensations and point to how the body feels, notice the belly when breathing. These are starting points to learn to stay in the moment even if unpleasant..

Important Note:

- Create a safe container. Do not take people into their awareness without having some training around trauma sensitivity. Have a step-by-step approach. Body scans can be helpful, but there are many ways to do them, and people can have a love-hate relationship with them. Go on silent retreats at least once a year, even if it is at home.

Resources

- ❖ **Books:** Email: Sean@MindfulnessExercises.com
- ❖ **Website:** teach.mindfulnessesexercises.com
- ❖ **References:** [Trauma Sensitive Mindfulness](#), [A Clinician's Guide to Teaching Mindfulness](#), self-compassion.org,



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