



**Christopher Titmuss: The Unbearable Limits of Mindfulness and Self-Acceptance and Self-Compassion**



Christopher is a Senior Teacher/Writer/Critic in the Buddhist tradition with several titles to his name. Explore the limits of a conservative agenda of self-help industry of breathwork, mindfulness, self-compassion and self-acceptance. What if there is deeper exploration by influential practitioners and proponents to address more liberating imperatives?

**TOP EMBODIMENT TIP:** Communicate with others who like to go deeper, listen with focused and mindful interest and allow the arts to inspire us to go deeper.

**Lightness of Mindfulness in Self-acceptance and Self-compassion: A necessity for inquiry to go deeper in these areas.**

- Western world has experienced an expansion and exploration of mindfulness, drawing upon the teachings of the Buddha; benefit is less reliance on talking, more on practicing mindfulness and people have a resource, a method and techniques which contribute to a reduction of stress and anxieties.
- Mindfulness embraces the three fields of time and is not restricted to the present. What insight can we gain from looking at the past? What changes might need to be made in the future?
- Self-orientation may blind us to a variety of causes/conditions that contribute to stress in public and private sectors.
- An exploration of the causes and conditions of stress and anxiety - empower ways to change together - schools, hospitals, and business communities need this. Bring in ethics as part of this dialogue.

**Mindfulness is Liberating: It can lead us deeper to creative exploration, bring vitality and is good for all of us.**

- **Self-acceptance** - can seem a useful response when things are difficult, it is not a resolution. Looking at factors contributing to suffering, greed, blame, fear, reactivity - a wish to change is a confirmation of non-acceptance - be clear with oneself for potential of non-acceptance and change.
- **Self-compassion** - is not a feeling, it *is an action* such as
  - 1. Take care of the health of the body.
  - 2. Appreciate and use mindfulness support services available.
  - 3. Dialogue about causes and conditions that make life hard and difficult and can these be changed?
  - 4. Be mindful in daily life, learning from the present and past, in relationships of past, present to future.

**Guided Meditation: Invitation to sit tall, upright, with a quiet authority and presence to reflect**

- Eyes can be open, half-open ... sit tall, spine straight...contact of the backside with the chair ... vitality, sensations ... to centre & ground our being ... to become kindly, compassionately aware.
- ❖ **Books:** Author of more than 20 books, see Christopher's website below.
- ❖ **Courses:** Mindfulness Training Course at <https://www.mindfulnesstrainingcourse.org/> and 'Mindfulness in Times of Corona' <https://mailchi.mp/insightmeditation/christopher-titmuss-e-news-15th-may-1344629?e=ff08fb5e86;>
- ❖ **Website:** <https://www.christophertitmuss.net/>
- ❖ **Social:** <https://twitter.com/ctitmuss>; <https://www.facebook.com/christopher.titmuss/>; <https://www.linkedin.com/in/christophertitmuss/>;
- ❖ **References:** Buddhist tradition.



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