

LIVING MINDFULLY

BILLABONG RETREAT

#2

THE PROCESS

TO LIVING MINDFULLY

UNTANGLE



Moving out of being in a stress response, to down-regulating, slowing down

AWARNESS



Recognising you are not the voices in your head, they are just like clouds/ weather patterns constantly changing

PRESENCE



Practice daily, the techniques that help us to process the experience of life, and bring us into the right view - seeing clearly

PRACTICES

Choosing practices depending where you are on the scale of highly triggered to feeling more spacious

Gross Sensations

Subtle Sensations



Highly Triggered

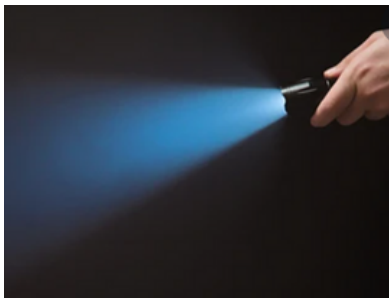


Spacious

IN YOGA



IN MEDITATION



Shamatha / Concentration



Vipassana / Awareness



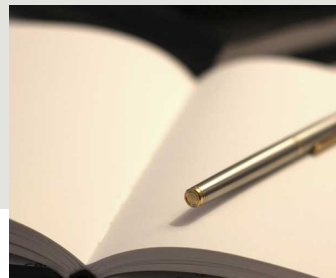
Highly Triggered



Spacious

PRACTICES

- Meditation
- Identifying thought patterns & habits
- Inquiring into them
- Changing your relationship with them
- Bringing understanding, compassion, love
- Right view - impermanence, acceptance,
- Gratitude



LABELING THOUGHTS

- Start a simple relaxation meditation practice - such as focusing on your breath
- Any time you have a thought write the theme of the thought down on paper - see it as letting it go.
- Return back to your relaxation meditation practice. e.g. breath focus.

Equipment: Pen & Paper or Journal

Variations to the practice

- Duration - can be for a whole day or week
- Vary object of focus
- Questions at the end



LABELING THOUGHTS

BENEFITS OF PRACTICE

- Helps to come out of the fusion with your thoughts
- Helps with being able to examine your mind



GIVES YOU FIRST
HAND EXPERIENCE

01
Repetitive

—

How repetitive your
thoughts are

02
Unproductive
& Unhelpful

—

How unproductive and unhelpful
most of your thoughts are

03
Conditioned

—

How conditioned they are
from your past experiences

04
Affect how
you feel

—

How your thoughts affect
how you feel

AS YOU SEE THIS

less attached

You become less attached
to your thoughts -
breaking the love affair
after seeing the reality of
them

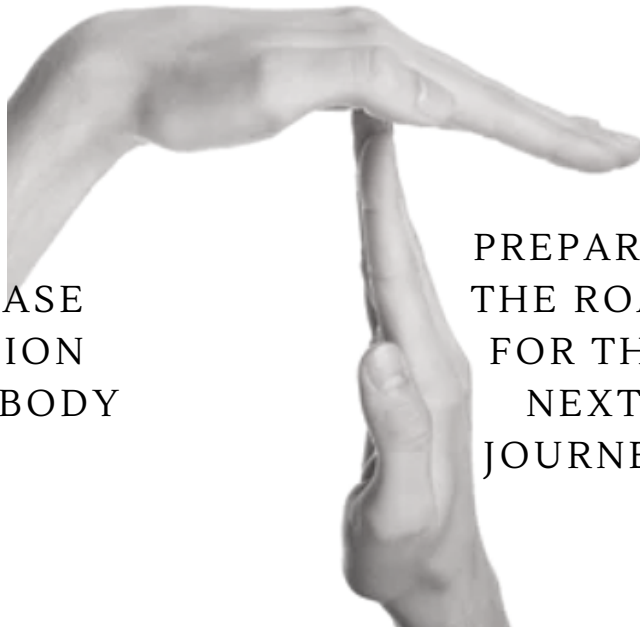
*disempowers
thoughts*

The process helps to take
away the power of
thoughts, as you start to
really see them for what
they are - just thoughts
they are not necessary
true

*lessens
negative
emotions*

From seeing your
thoughts as just thoughts
you see the choice you
have in following them

interrupts the story



LITTLE
SCRATCH IN
THE HABITUAL
RECORD

RELEASE
TENSION
FROM BODY

PREPARES
THE ROAD
FOR THE
NEXT
JOURNEY

WHO AM I IF
I AM NOT MY
THOUGHTS

lets practice



themes & categories



Can you see any patterns, themes, or categories you can place more than one thought into?

e.g. future thoughts, past, worry, judgements, analytical

QUESTIONS TO ASK YOURSELF
AFTER YOUR PRACTICE

emotions or
feelings



Can you
name the
emotion or
feelings
associated
with each
thought?

making a
connection
between a
thought and
how you feel

QUESTIONS TO ASK YOURSELF
AFTER YOUR PRACTICE

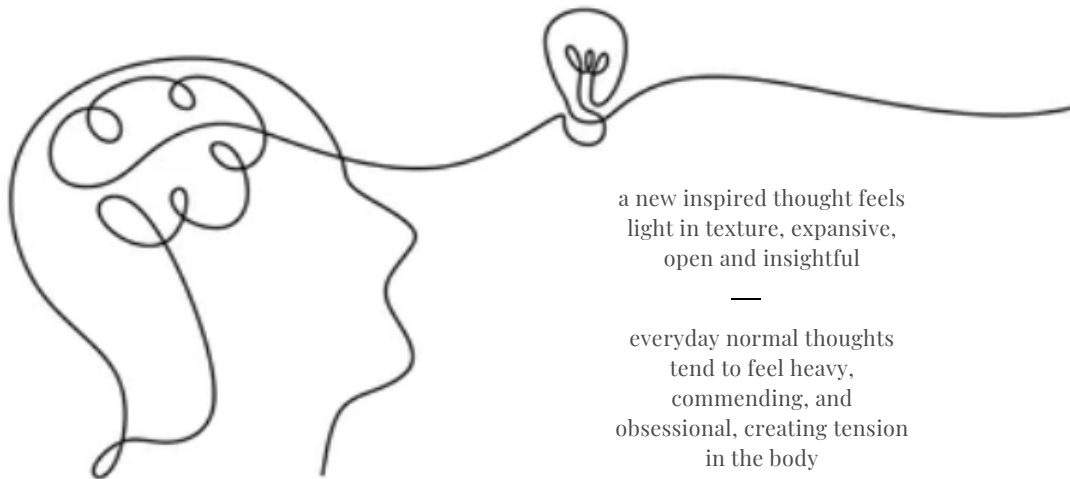
QUESTIONS TO ASK YOURSELF
AFTER YOUR PRACTICE

*useful or
useless*



Circle any
useful
thoughts and
cross out any
useless
thought

a useful
thought is
one that is
useful or
helpful for
this present
moment



a new inspired thought feels
light in texture, expansive,
open and insightful

everyday normal thoughts
tend to feel heavy,
commending, and
obsessional, creating tension
in the body

*strong
emotion*

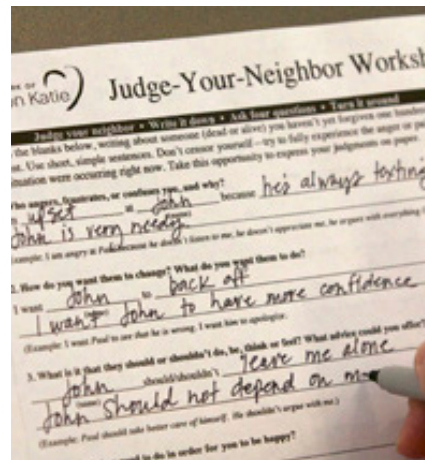
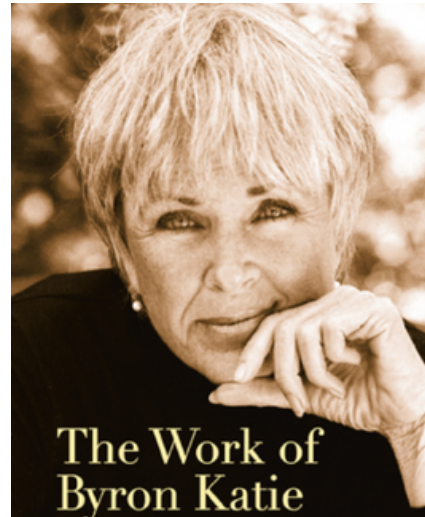


Any strong
emotional
thought?
or any
troubling
thought?

usually
repetitive,
loud &
demanding
in feeling,
and bringing
strong
feelings

QUESTIONS TO ASK YOURSELF
AFTER YOUR PRACTICE

Strong emotions
are usually
linked to an
attachment to a
belief, a story



Q1: Is it true?


Q 2: Can you
absolutely
know it's
true?

Q 3: How do
you react—
what happens
when you
believe that
thought?

Q4: Who
would you be
without the
thought?

Turn the
thought
around

He is always late. I need to be the one in control
She doesn't understand how important this is to me
I need him to do what I say. She is so rude
He makes me so frustrated when he is late.
I'd be a lot happier if he wasn't a victim,
He is trying to manipulate me. I need a different
She should clean more. I'm the one doing all
He just doesn't get it. He doesn't listen to me
She doesn't love me. She spends too much time
He is always late. I need to be the one in control
She doesn't understand how important this is to me
I need him to do what I say. She is so rude
H-



"A thought is harmless until we believe it.
It's not our thoughts, but our attachment
to our thoughts, that causes suffering."

-Byron Katie

©Buddha podcast
by Maligules 2012

"A thought is harmless until we believe it. It's not our thoughts but our attachment to our thoughts that causes suffering"

RESOURCES

GOING FORWARD

FOR SLIDES AND LINKS VISIT: [BASIA.COM.AU/RESOURCES](https://basia.com.au/resources)

- EFT VIDEOS
- POLYVAGAL VIDEOS
- THE 3 KEYS



The 3 KEYS

On-Demand Course



Live Group Zoom Sessions
14 Sessions a Year





NOW ONTO THE QUESTION

WHO AM I?

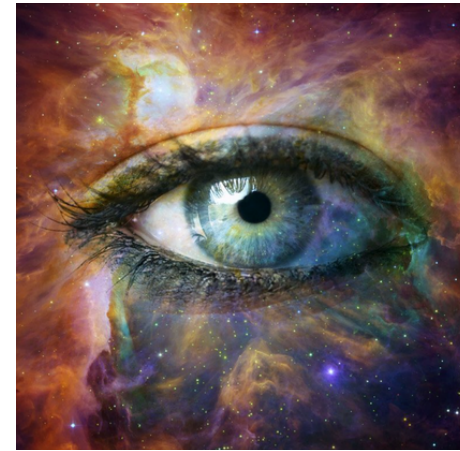
- The question of who am I lies at the heart of all spiritual traditions.
- Who are you?
- If you were to really answer that question
- My name is _____, I'm ___ years old, I am a ___ (female/male/orientation) and _____(profession, etc.)
- They are just labels. Labels we have acquired throughout our lives. But if you were to drop all those labels, for example, you decided to change your name or profession, would you still be here?
- We hold deep attachment to these labels



INQUIRY

WHO AM I?

- Throughout our lives, we don't usually have someone that challenges this notion of who we are
- In this inquiry lies your freedom. Especially your freedom from the voices in your head.
- This is why one of my favorite meditations is "Nheti, Nheti" (not this, not that). Dropping all labels, concepts, and ideas about whom we think we are and looking at what remains.
- We may know already that who we really are is beyond these labels, and may have concepts such as who I really am is spirit or a soul



LIVED EXPERIENCE

VS UNDERSTANDING INTELLECTUALLY

- But what is more important than knowing or having an intellectual understanding of this, is actually having the experience of this aspect of ourselves.
- Recognising you can live your life from there and doing so liberates you from suffering
- “If this understanding is held only in your head, you can know it but you are not being it. The head is saying, ‘Oh, I know, I’m the mystery,’ and yet your body is acting like it didn’t get the message. It’s saying, ‘I’m still somebody, and I’ve got all these anxious thoughts and wants and desires.’ **When we are being it knowingly, the whole being receives the message.** And when the whole body receives the message, it’s like air going out of a balloon. When all the contradiction, turmoil, and searching for this and that deflates, there is the experience that the body is an extension of the mystery. Then the body can easily be moved by the mystery, by pure spirit.” Adyashanti

WHO AM I?

EXPERIMENT

- If you were to put 5 objects in front of you, and I were to ask you - which of these objects is you?
- you would say- None of them! I'm the one that is looking at what you've put in front of me.
- It's the same with the voices in the head, your thoughts, if you are able to perceive them, they must not be you. You are the one who is aware of it.
- As soon as you say **you think that one thing you are thinking is you but the other thing you are thinking is not you, you have lost your objectivity.**
- There is nothing more important to your growth than the realisation that you are not the voice of the mind - you are the one who hears it.



IF YOU ARE ABLE TO PERCEIVE
THE VOICES YOU MUST NOT BE
THOSE VOICES

SUBJECT - OBJECT

RELATIONSHIP

- You have a subject-object relationship with your thoughts. You are the subject, and thoughts are just another object you can be aware of.
- Just like awareness of emotions, sensations in your body, objects in your environment, other people can all be in your awareness.
- You are not your thoughts. You are simply aware of your thoughts.

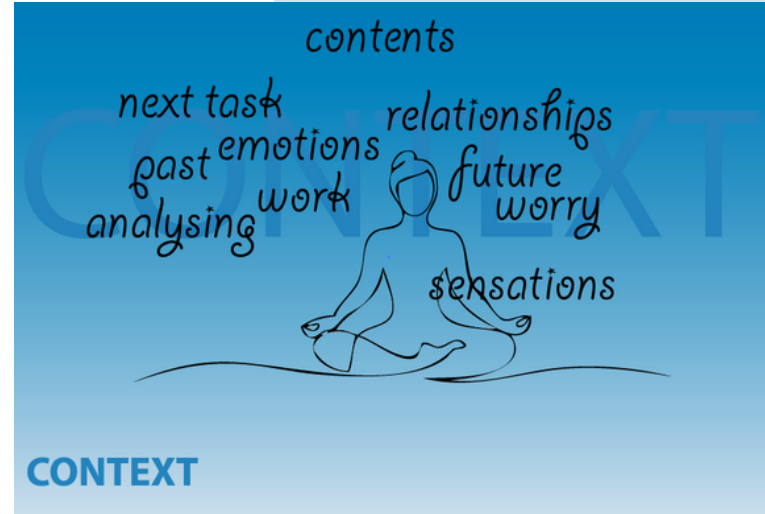


CONTENTS - CONTEXT

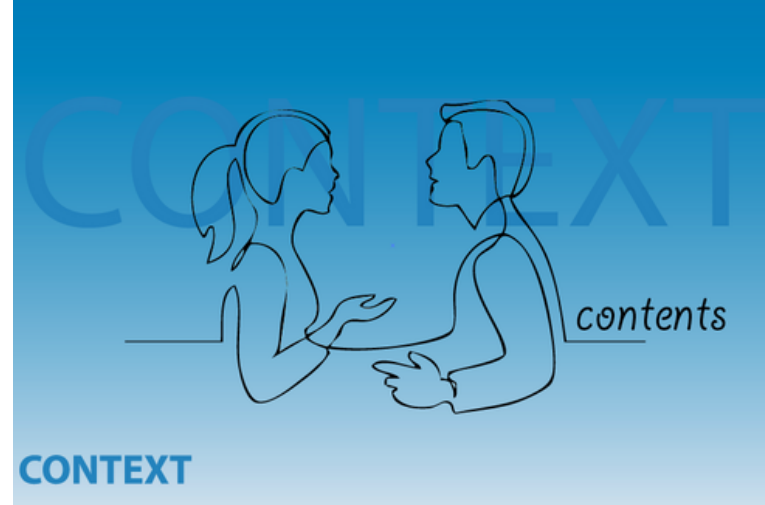
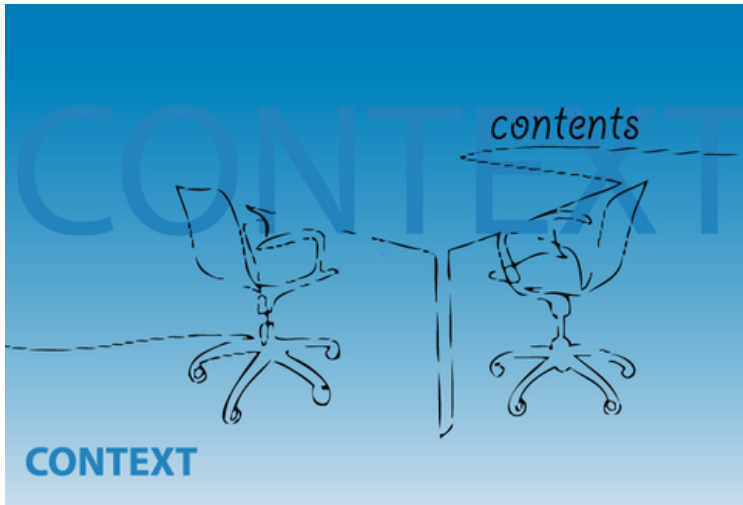
RELATIONSHIP



'YOU' are like a blue sky



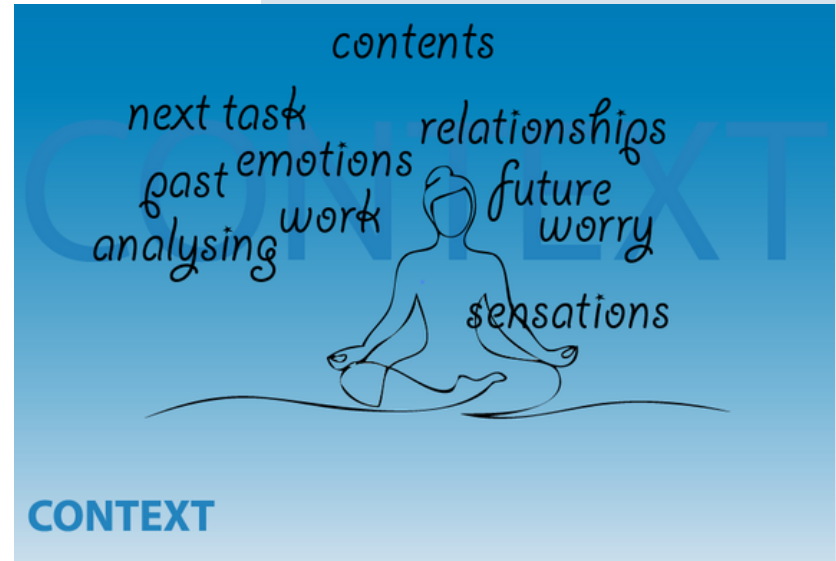
A backdrop to all that is arising, abiding & ceasing



WHAT'S LEFT

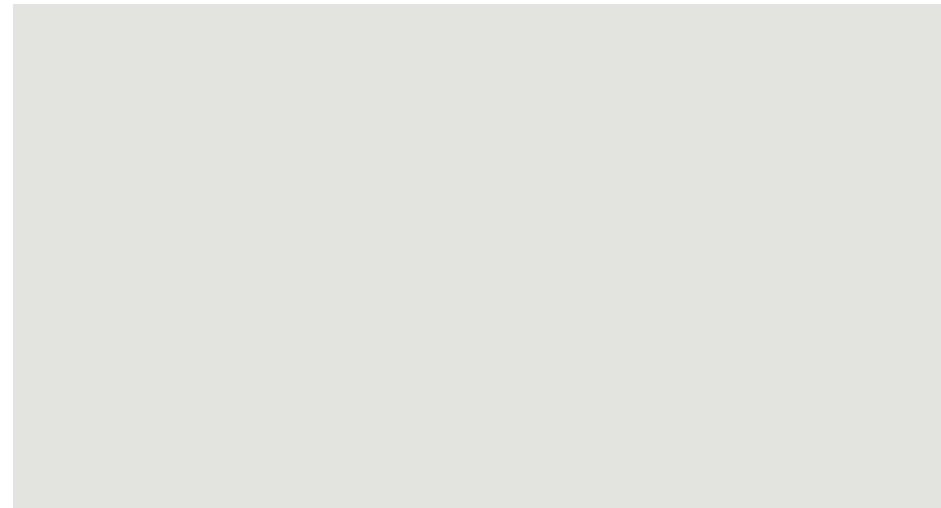
QUALITY OF BEINGNESS

- These outer and inner objects come and go and I experience them.
- Thoughts are just something else I'm aware of
- Who is having all these physical, emotional, and mental experiences?
- To do this you keep letting go of all the experiences and noticing who/what is left.
- So it's a step-by-step exploration of who we are not first which leads you into the place of that which you are.
- You are more like the experiencer and as you allow yourself to rest and feel into that, it has a certain quality to it.
- The quality is beingness, presence, awareness, consciousness, an intuitive sense of existence.
- You know that you're in there. You don't have to think about it; you just know.
- You exist regardless, thoughts or no thoughts."



LET'S PRACTICE

AWARENESS BASED PRACTICES



FOR MORE RESOURCES

VISIT: WWW.BASIA.COM.AU

SLIDES LOCATED IN BLOG

Basia

BLOG

LATEST ARTICLES AND VIDEOS

Helpful information to live a life that's
aligned to your truth



**Living Mindfully Workshop
Notes**



RIGHT VIEW

- HAVING AN AVERSION OR CLINGING CAUSES SUFFERING
- ATTACHMENT TO EITHER OF THESE 2 AMPLIFIES SUFFERING, CRAVING CAUSES SUFFERING,
- CHANGING OUR VIEW TO REDUCES SUFFERING
- COURSE IN MIRACLE - MIRACLE IS: SHIFT IN PERCEPTION
- WHAT WE DO HAVE CONTROL OVER IS OUR PERCEPTION OUR VIEW



RIGHT VIEW

IMPERMANENCE

THIS TOO SHALL PASS

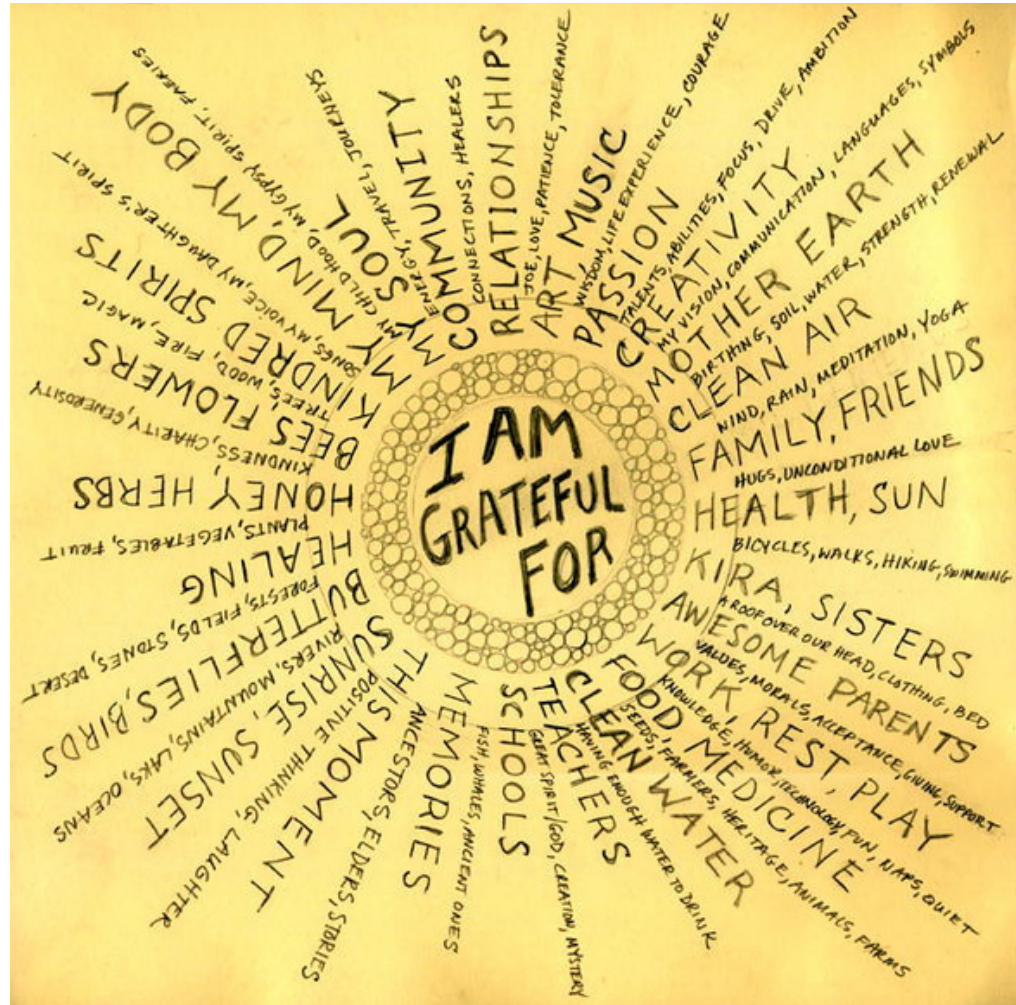
EVERYTHING IS CHANGING,
EVERYTHING IS CONTINUALLY BECOMING
OTHERWISE...

**WHAT EVER HAS THE NATURE TO ARISE, WILL
ALSO PASS AWAY...
THEREFORE THERE'S NOTHING TO WANT...**

**WHATEVER WE ARE GOING TO WANT, IS ALSO
GOING TO PASS AWAY...**

GRATITUDE

I AM GRATEFUL FOR.....



LET'S PRACTICE

