



Das kultivierende Selbst - Natur des Geistes

Eine wichtige Fähigkeit in einer der Stressbewältigungstechniken ist Meditation oder eine Übung, um sich selbst zu erleben. Die Vorteile der heutigen wissenschaftlich anerkannten Achtsamkeitstechniken sind vielfältig. Das Erlernen der praktischen Werkzeuge ist auch sehr hilfreich, wenn wir oder jemand, der uns nahe steht, ein Trauma hat und es nachwirkt.

Modul	Kapitel	Gruppengröße	Dauer
• Intervention	• Stressmanagement	• Einzelperson • Kleingruppe • Große Gruppe	• 30 - 60 min

Stichwörter

Meditation, Self-Observation, Focused Attention, Concentration, Observation

Ziele

With this activity we learn to relax the body and the emotional tension, how we direct the attention with our own senses and get to know the art of the retreat of the senses.

Teilnehmer

The activity is suitable for both individual and group work (adults).

Beschreibung

Through hands-on exercises, participants learn simple techniques to improve their concentration while recognizing the difference between tense and relaxed state of body and mind. Concentration includes techniques that help us gain control over our mental abilities.

Note: When performing the exercise, the trainer/teacher should follow these steps carefully:

Step 1: The instructor asks the participants to form a circle and sit comfortably. Then he/she asks her to sit straight (but not stiffly) and let her hands rest on her lap. Once they have decided, they can start the exercise.

Step 2: Focus your attention on your natural breathing; focus on your inhalation and then on your exhalation (repeat several times!).

Start to realize that your body is sitting on a chair. Relax it consciously. The head e.g. forehead, eyebrows, eyes, nose, ears and chin should be particularly relaxed. Relax your chin; Shoulders; Poor; Chest; Body; Legs. Let your whole body be relaxed, from the top of your head to your feet.

Step 3: To continue with the exercise, the trainer/teacher selects one of the sound techniques described in the appendix to this exercise.

Step 4: The trainer/teacher concludes the exercise with the following words: Let's now draw our attention to this space and to the fact that we are aware of our body here and now. Now you can also tighten and relax your body. Slowly open your eyes.

If we do this exercise as a group activity, we can end up stimulating a group discussion about the effects of mindfulness on our well-being. We also provide space for feedback from the participants.

Methode

Self-experience technology, experience-oriented learning.

Tipps für Trainer

The trainer should be careful to give instructions with a soothing voice, simple and clear sentences and appropriate speech modulations.

Keep in mind that mindfulness exercises should be performed at least one and a half hours after the last meal.

Quelle (APA)

Adapted by:

Altman, D. (2014). *The Mindfulness toolbox*. Eau Claire, WI: PESI Publishing & Media, Inc.

Bercko, S. (1998). *House of the Sun (Introduction to meditation)*. Audiotape. Velenje: Lumina.

Unterlagen

Yes

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