

Sati Pasala International

An overview



Global Mindfulness Summit 2018



Sati Pasala Sessions: Basic Model



Understanding
mindfulness

Introducing
mindfulness
through use of
technology and
personal
experiences.

Practice of
mindful walking
and sitting

Guided walking
& sitting practice

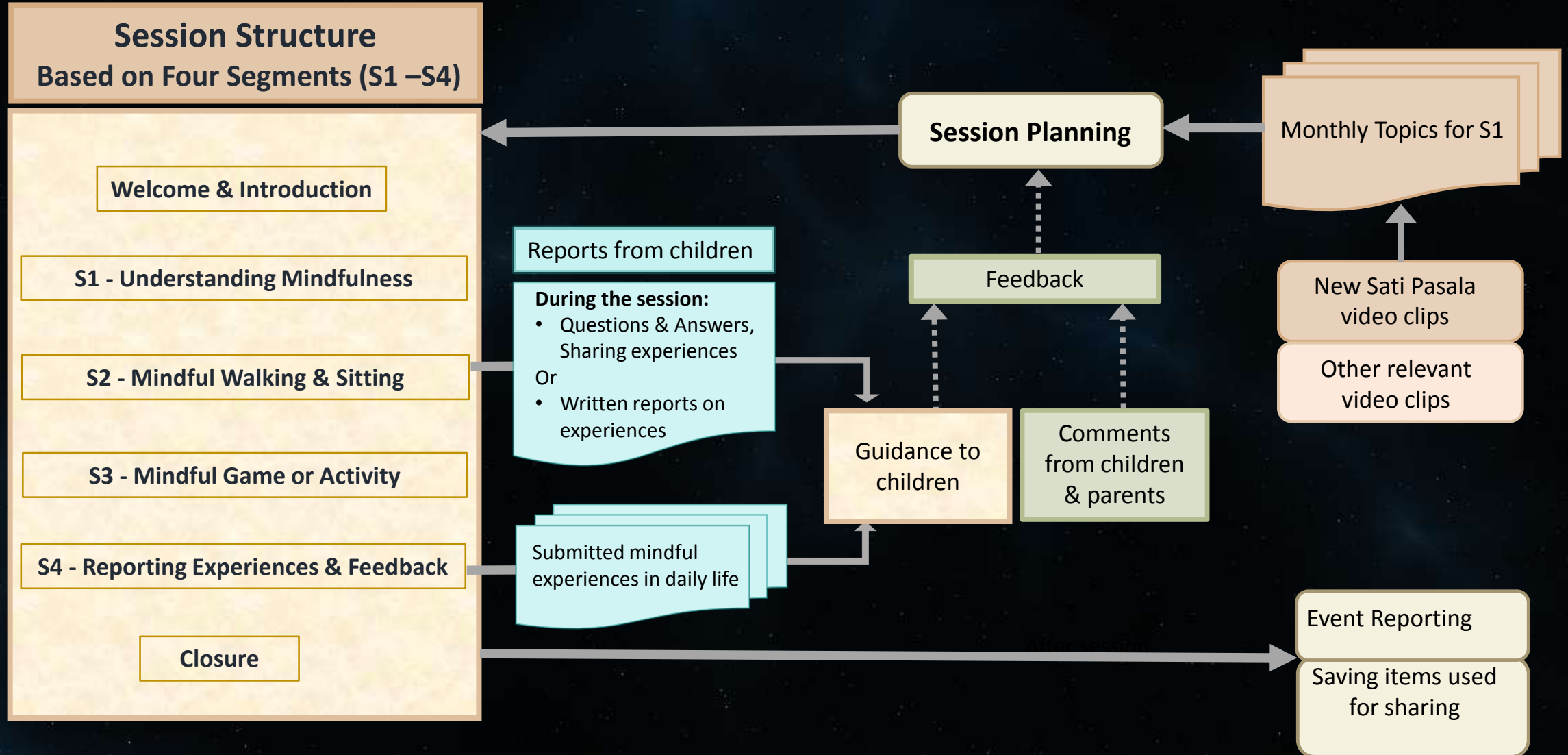
Mindful game
or activity

Conveying the
message through
an enjoyable and
practical
engagement.

Reporting
experiences
and feedback

Encouraging the
discussion of
experiences
and providing
further
guidance for
the practice.

Sati Pasala – Melbourne: Basic Model



S1 - Understanding Mindfulness

❖ Introductory Topics:

- What is mindfulness?
- Nature of the untrained mind (mad monkey mind)
- Using SMS – ‘Slowly, Mindfully and Silently’
- Being in the present moment
- One thing at a time and that done well
- Being a neutral observer – developing a balanced mind
- Understanding the orientation of the body (Proprioception)
- Observing messages from mind and body (Interoception)
- Benefits of practicing mindfulness
- Developing resilience (coming back home)
- Mindfulness and generosity – highest form of giving through SMS
- Changing old habits – rewiring the brain (Neuroplasticity)
- Facilitating the practice - Making conditions right for the practice to grow & bloom



Monthly
Topics for
S1

S1 - Understanding Mindfulness



Monthly
Topics for
S1

- ❖ Mindfulness in daily activities:
 - Mindful eating, tooth brushing, taking a shower, stretching (yoga)
 - Mindful listening, talking, watching the nature, e.g. mindful bush walk
 - Using mindfulness to develop helpful skills e.g. scouting, first-aid and reflexology
- ❖ Mindfully dealing with emotions: e.g. Anger, sadness, jealousy, greediness, fear & anxiety
- ❖ Mindful mind:
 - Clarity in mind to see things as they really are
 - Understanding our selves and others better: harmony in family and society
 - Developing wisdom and true happiness here and now!

Children Practicing Mindfulness

Question: Do you practice mindfulness outside of Sati Pasala?



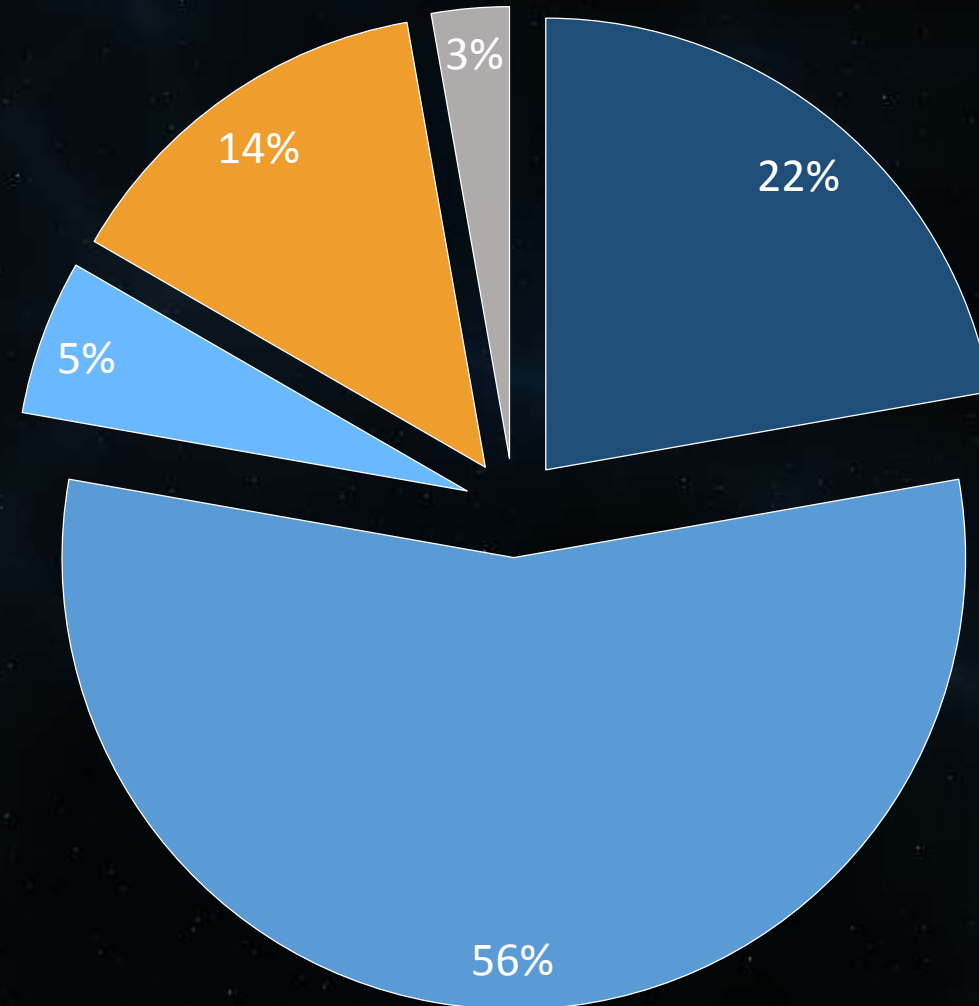
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Total number of children surveyed: 76

Sample segment 6 -15 years : 72

78% of children having started to practice mindfulness Often or Sometimes is remarkable outcome!

- Often (16)
- Sometimes (40)
- Only when really needed (4)
- Only at Sati Pasala (10)
- No Response (2)





MINDFULNESS AT HOME

91%

I COMMUNICATE WITH MY FAMILY WELL

58%

I AM HAPPY TO HELP WITH HOUSEHOLD CHORES LIKE
TAKING OUT THE GARBAGE OR MAKING MY BED

39%

I AM MORE FOCUSED ON TASKS, SAVING TIME
USUALLY WASTED DUE TO THE MONKEY MIND

58%

WHEN I AM DISTURBED, I CAN GET BACK TO FOCUS
ON THE TASK QUICKLY

48%

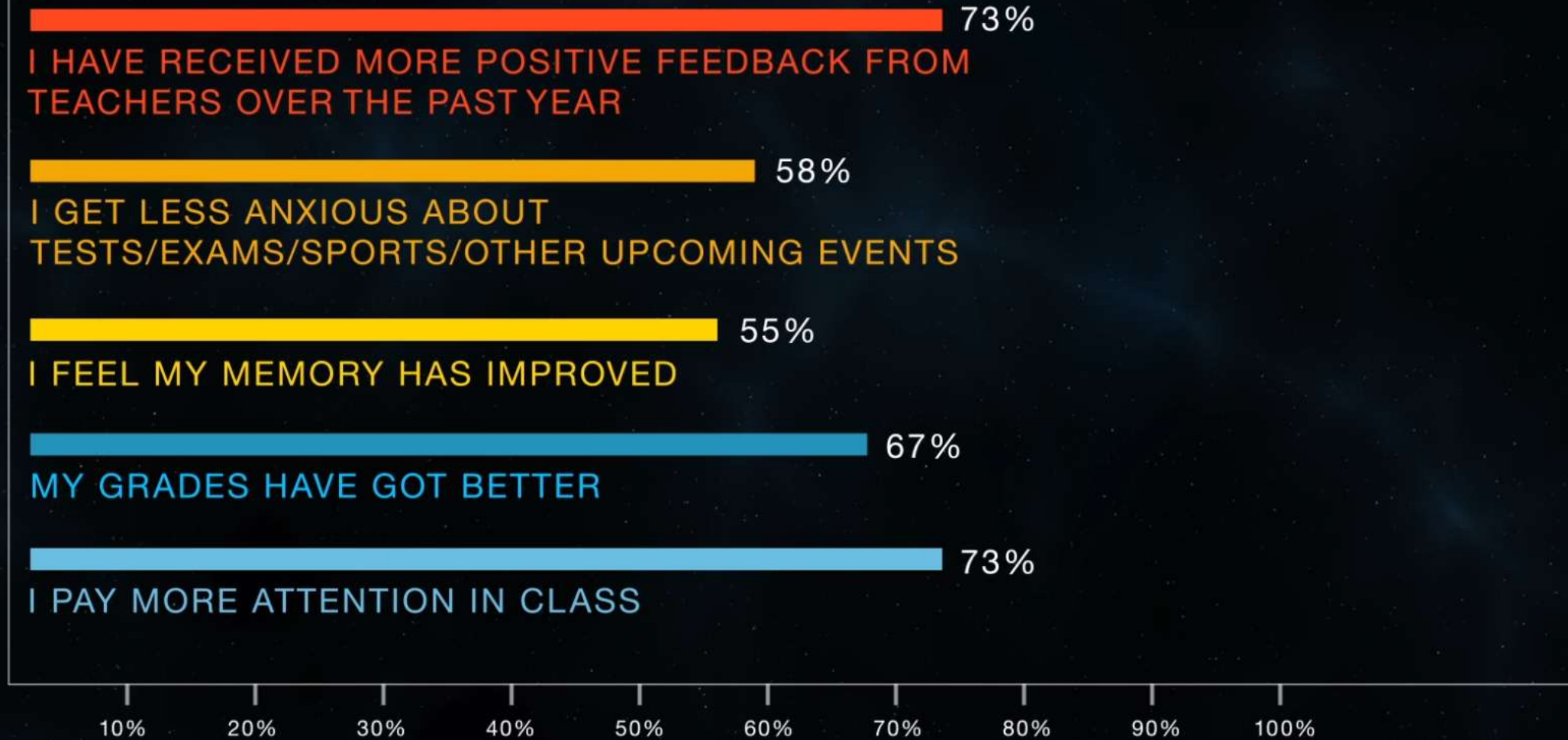
I TRY TO PRACTICE MINDFULNESS DURING
DAILY ACTIVITIES

10% 20% 30% 40% 50% 60% 70% 80% 90% 100%





MINDFULNESS AT SCHOOL





MINDFULNESS IN SOCIAL SITUATIONS

88%

I ACCEPT DISADVANTAGEOUS SITUATIONS
WITH A BALANCED MIND

67%

WHEN SOMEONE PROVOKES ME I CAN EASILY TURN
MY MIND INWARDS RATHER THAN REACTING

76%

I HAVE BECOME MORE COMPASSIONATE

76%

I PAY MORE ATTENTION TO THE PERSON I AM WITH

70%

I MAKE FRIENDS MORE EASILY

10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

MINDFULNESS RAISING SELF AWARENESS



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Sati Pasala

MELBOURNE
AUSTRALIA



Areas of Improvement

Noted by both Parents & Children

- Better communication with the family
- Becoming more aware of the sensations
- Paying more attention
- Improved memory
- Better concentration
- Achieving higher grades
- Positive feedback from teachers
- Less anxious about upcoming events
- Worry less about the past
- More compassionate
- Make friends more easily
- Enjoy silence and inner calm
- Have become happier people

CHALLENGES FOR SATI PASALA INTERNATIONAL



IMPLEMENTATION & RESOURCING

- Most international sessions are held on weekends that clashes with recreational activities.
- Centres with larger groups catering to several age groups at different levels of interest (mainly in big cities) demand:
 - Adequate venues
 - Trained & committed volunteers
 - Expansion in frequency & duration
- Finding the balance - small groups with dedicated regular participants progress more rapidly compared to larger groups that caters to newcomers more often.

INTERNATIONAL CHALLENGES.....

DIFFERENT MINDFULNESS APPROACHES

- Multiple approaches available globally under the broad banner of 'Mindfulness' :
 - Where the emphasis and the direction may differ from that of Sati Pasala
 - Children are exposed to multiple approaches through free interactive media
 - Volunteers are also exposed to multiple approaches

Therefore the challenge is how can Sati Pasala ensure consistency of its approach?

WAY FORWARD

IMPLEMENTATION & RESOURCING

- In larger centres:
 - Building teams with subject matter experts for work delegation e.g. Games Team
 - Sharing of volunteers with other Sati Pasala centres (depending on accessibility)
 - Breaking larger groups into smaller sub-groups
- Training of volunteers:
 - Encouraging mindfulness practitioners with an approach consistent with the Sati Pasala to become volunteers
 - Training process for volunteers to facilitate sessions

WAY FORWARD

IMPLEMENTATION & RESOURCING

- Encouraging parents by making them aware of the value and long term benefits of practicing mindfulness:
 - Sati Pasala children can become ambassadors for practicing mindfulness
 - Promotional material (videos etc.) to be shared with parents
 - Convince parents to provide an encouraging home atmosphere

WAY FORWARD



ENSURING CONSISTENCY OF APPROACH:

- Establishing a set of principles/framework for Sati Pasala.
- Developing a robust and flexible program structure (model):
 - Help improve consistency across the Sati Pasala centres while providing flexibility at implementation.
- Standards for instructions & guidance
 - Developing standards (Sati Pasala instructional essays to be used as a start)
 - Continue to develop the mindful games bank
 - Using technology to build a sharing platform (content, lessons etc. can be shared and reused)

WAY FORWARD

ENSURING CONSISTENCY OF APPROACH:

- Developing a methodology for progress monitoring & feedback
- Formalising approach to be used when forming partnerships with other mindful organisations e.g. differentiating between Sati Pasala approach and 'business mindfulness'.

Acknowledgments



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- New Zealand – Dunedin, Auckland, Wellington, Christchurch
- Canada – Toronto, Winnipeg, Vancouver
- USA – New Jersey, Connecticut

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Sati Pasala

www.satipasala.org

Email: satipasela@gmail.com