



Sati Pasala : Week 04

# Monday

## Being mindful in the present moment

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**T**o date we have received very positive responses from school principals regarding the Sati Pasala program. With time, we will be getting more responses from students and teachers who have been using mindfulness in accordance with the instructions we have shared so far. It's remarkable to see how mindfulness practice has become a common factor allowing students from different backgrounds to find a central, meeting point.

As we move forward we believe that the skill of practising mindfulness will eventually become a national asset and an invaluable resource. Just like a garland is woven by attaching flower after flower into a string, the 'string of mindfulness' will be the unifying link, enabling flowers like children to join in large numbers, and gradually to gather momentum across the nation. And this will not be limited to this country alone.

Today we know that most of the students lead stressful lives, whichever school they attend – be it a large popular school or a small rural one. Students' lives are not fun-filled or care-free anymore. If students' life styles and mental states aren't well-balanced and stable, and if they are

full of emotional swings, mindfulness cannot get a foothold. When the power of mindfulness becomes strong, then the ability to cope with emotional upheavals also develops in strength. Such a student will have the ability to cope with any problem due to emotional resilience. Without mindfulness, it will not be possible for children to face emotional upheavals and other problems.

Our intention is to introduce this special asset and to share the benefits of mindfulness with all students and other sections of the society. The day this message pervades all sections in the society and people begin to share their experiences, it will be an immense victory.

Please write to us and share your experiences so that others too would learn. Whether we are stressed or depressed, mindfulness is the answer.

So, don't delay! Practice mindfulness diligently.



Sati Pasala : Week 04

# Tuesday

## Being mindful in sitting

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**O**n Monday this week, we discussed about how we could be mindful when we are seated even whilst being stressed or emotionally disturbed. Can we really be mindfully seated during such disturbances? What do we experience or understand during such spells?

Whatever situation we may experience mentally or emotionally, let us sit down for a moment and try to experience the sitting posture mindfully. This alone will be a relief. When we are seated and we know we are seated mindfully, during that period of awareness we will be free of tension. Every moment that we sit mindfully and we don't make an attempt to think of anything intentionally, there will be no tension. During moments of mindfulness, stress and tension can't exist. The day the student experientially understands this, he/she will truly appreciate the value of mindfulness.

Sati Pasala Advisors and Mindfulness Facilitators will encourage students to experience this aspect of the practice. In fact when we conducted mindfulness programs in schools, one of the most frequent responses we got was that, tensions and stresses disappeared during mindful sitting

and mindful walking. Students are stressed due to the rigorous time table, examinations and a variety of other factors. Mindfulness can offer a remedy to any student who experiences this situation.

Eventually students themselves will begin to understand this important lesson, i.e. that during moments of mindfulness, stress and tension cannot co-exist. Students themselves will then try to find moments when mindfulness can be practised. Imagine the relief such a student will experience! He/she would then have a tool or instrument in hand to use whenever tension or stress is likely to happen.

This is the secret of mindfulness! Every single student can experience this, and will find immense relief by being mindful during stressful times.



Sati Pasala : Week 04

# Wednesday

## Being mindful while walking

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**F**rom the understanding, you have up to now, I think you will know how to be mindful when walking, as well as walking mindfully, intentionally. The latter is a walking meditation. Both these situations serve as ample remedies for tensions and stress that dominate our minds.

For how long should we engage in mindful walking in order to reap benefits, such as tension-free states of mind? On average about 30 minutes would do. If a person with intense stress undertakes mindful walking, after a while that person's mind will automatically begin to focus on the body movements, the walking process and perhaps the feet and legs along with the movements. He will notice that as long as the attention is on the movement of the body or the feet, the tension he had in the beginning lessens. The more he keeps walking mindfully, the previous tension gets lesser and lesser.

Moreover, if the attention is on the feet and the movements of the joints when the feet are lifted and are placed on the ground, the effort required to bring the attention to such delicate movements is significant. Therefore, such a process is hugely beneficial to the mind. The more we

walk with mindfulness at the forefront, the greater will be the benefits. Not only will the tensions ease, but the workings of the mind-body will be experienced first-hand. An inert and un-initiated mind would 'wake up' and become energised with such mindful walking.

This activity is very useful to mobilise energy and to engage in activity continuously. Mindful walking, if consistently practised will rejuvenate the practitioner, will cure minor illnesses and will aid digestion of food.



Sati Pasala : Week 04

# Thursday

## Being mindful in day to day work

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**D**uring this week, so far, we have discussed the problems and issues faced by school children and how we can continue mindfulness practice amidst such situations. Today, on Thursday, let us discuss how we could learn to cope with stressful events during usual activities, in our daily lives.

The stress that students experience in daily life comes from the immediate environment and those with whom we associate closely. Therefore, we will discuss peaceful environments and how association with those that promote peace and harmony are beneficial to our daily lives. Similarly, we should be conscious of our immediate environment and consider whether it is conducive to promoting a stress-free mental state.

When we are seated if we feel light and comfortable, and well-balanced in our posture, then that is a huge a benefit. If we can remain seated without restlessness and without wanting to change our posture all the time, that's an achievement. And you could adopt that same behaviour when doing your daily work.

The best animal who serves as an example in this context is the household pet cat. You know how a cat behaves. He sits quietly in one place for a long while. Watch how a cat walks – slowly, mindfully, silently (SMS), completely relaxed and free of tension.

Can we too adopt a posture similar to that of our pet cat? Free of restlessness, relaxed and be aware of how our posture is at any given moment? Similarly, a fish swimming in a pond. It's soothing to watch a fish swimming in silence, relaxed and free of restlessness. Both these situations give a sense of relaxation to the mind. They say that even when a cat jumps on to the throne of a King, the King would not get annoyed - as opposed to if a dog or another animal jumped on to the throne!

Let us be calm and free of restlessness, using mindfulness as a way of life, so that our environments and our families too would feel peaceful.





Sati Pasala : Week 04

# Friday

## Being mindful while doing Glad Games

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**A**s we discussed yesterday, watching a fish swimming or a cat in a peaceful posture is also a type of mindfulness exercise.

A fish always keeps its eyes open.

It is always awake.

It always moves forward.

However, we should also remember that a fish would perish due to its mouth! Whenever we speak to our elders and our teachers we should always guard our speech and be mindful of the words we use, as well as the tone of what we say. Unless we are very mindful during the act of speaking, we would lose the game!

Let us also recollect how a cat moves – slowly, silently and calmly. Try walking and moving about in our daily work like a cat! When in stress and tension, we are likely to walk fast and move rapidly and noisily. That is not a pleasant sight to watch.

Similarly, when we speak to someone watch how we speak and what words we use. We need to be very careful and mindful regarding speech. If not, we might perish like the fish who opens the mouth, bites into the bait and gets caught.

Just as we described the situation with children, Psychiatrists have confirmed that fish and cats are two animals that bring calmness and peace to the minds of adults with stress and tension. Better than any of these examples, a mindful child is the best sight for anyone. And if those who work with the Sati Pasala concept realise this, then the entire school will benefit. Indeed, the entire school will become a winner!

We greatly appreciate learning the experiences of the students who have practised mindfulness in school with our Sati Pasala Mindfulness Facilitators team. The majority of students have fully appreciated the program and had mentioned the lightness they felt, the calming effect of being mindful and how they were not disturbed by the streams of thoughts that usually disturb them. In fact, they have felt a sense of peace and tranquillity during the short sessions of mindfulness practice. We hope that you too will share your experiences with us through the Mindfulness Facilitators and the Sati Pasala Advisors who will visit your school.