Mindfulness, Spirituality and Mediation

with Zena D. Zumeta
Please, Don’t Eat Your Raisins!
Mindfulness, Spirituality and Mediation

with Zena D. Zumeta
Overview of Presentation

• Part 1: Mindfulness and Mediation
• Part 2: Spirituality and Mediation
My Definitions

- **Mindfulness**: heightened awareness of self and surroundings, including all senses, thoughts, feelings and energy

- **Spirituality**: connectedness of all things
Mindfulness in Mediation
Rachel Wohl on Mindfulness

“Mindfulness is a systematic method of paying attention, deliberately, in the moment, without judgment – that can help us gain awareness of our mental and emotional processes, our habitual reactions, and their manifestations in our mind, body, and breath. This awareness opens the door to developing ourselves in ways that will enable us to perform better and to get more satisfaction from our work.”
Purpose

- More effective
- Seeing more deeply
- Energized, renewed
My Definition of Mindfulness

Mindfulness is a heightened awareness of self and surroundings, including all senses, thoughts, feelings and energy.
Steve Jobs on Mindfulness

“If you just sit and observe, you will see how restless your mind is. If you try to calm it, it only makes it worse, but over time it does calm, and when it does, there’s room to hear more subtle things. That’s when your intuition starts to blossom, and you start to see things more clearly and be in the present more. Your mind just slows down, and you see a tremendous expanse in the moment. You see so much more than you could see before.”
Mindfulness in Mediation
What Did You Notice?

Break out into pairs. Discuss the following questions:

× What happened to time while you were examining the raisin?

× What happened to your focus?

× Were you able to focus attention on the raisin?

× How do you feel after that exercise? Do you feel any lighter? Heavier? The same?

× Were you able to tolerate the silence?
Mindfulness

- Mindfulness allows for a deeper level of observation.
- Mindfulness helps you work with the energy in the room.
- Mindfulness increases connection, non-judgmentalness, empathy, and compassion.
Observation

Mindfulness allows for a deeper level of observation.
Energy

Mindfulness helps you work with the energy in the room.
Can you feel the energy?
Connection, Empathy and Compassion

Mindfulness increases connection, empathy, compassion and non-judgmentalness.
# Shaw-Goldberg Study Two Views of Reasons for Mediator Success

<table>
<thead>
<tr>
<th>Qualities</th>
<th>Advocates</th>
<th>Mediators</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friendly, empathic, likeable, relates to all, respectful, conveys sense of caring, wants to find solutions</td>
<td>60%</td>
<td>&lt;75%</td>
</tr>
<tr>
<td>High integrity, respects confidences, non-judgmental</td>
<td>53%</td>
<td>&gt;25%</td>
</tr>
</tbody>
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“The Secrets of Successful (and Unsuccessful) Mediators”
Chart by Dwight Golann, Suffolk University Law School
Connection, Empathy and Compassion

Mindfulness increases connection, empathy, compassion and non-judgmentalness.
Connection Questions

Discuss the following questions with your partner:

☒ How did you feel?

☒ What did you notice about your partner?

☒ Did you feel any connection? Empathy? Compassion? Judgments?

There is no right or wrong here. It is simply about observing yourself and what you noticed.
Spirituality in Mediation
My Definition of Spirituality

Spirituality is the connectedness of all things.
Conflict

Conflict is about differences and disconnectedness. The primary emotion of conflict is fear.
Albert Einstein on the Illusion of Separation

“A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest, a kind of optical delusion of his consciousness.”
Resolution

We can see complete resolution as unity, the extreme of connection. The primary emotion of resolution is **Hope**.
Conflict and Spirituality

- Conflict is disconnectedness; resolution is connection.
- Mediation sits at the crossroads between them, honoring both.
- The healing nature of mediation is that it can help the parties find connection in difference and separation, which is profoundly satisfying, both emotionally and spiritually.
Mediation as Healing

Building a caring connection between the mediator and the parties, and acknowledging their connection, can greatly increase the effectiveness of the mediation.
Ram Dass and Paul Gorman

“When the mind and the heart work in harmony, the barriers between us dissolve.”
Mediation as Healing

Building a caring connection between the mediator and the parties, and acknowledging their connection, can greatly improve the mediation process.
Helping the Parties Build Connection

- Mediator presence
- Naming the connection
- Seeing spiritually
- Quieting Practices
Helping the Parties
Build Connection

Mediator
presence
Helping the Parties Build Connection

× Naming the connection
Helping the Parties Build Connection

Seeing spiritually
Helping the Parties Build Connection

✗ Quieting Practices
Quieting Practices

- Meditating prior to mediation
- Prayer
- Nature
- Music
- Objects
- Mindfulness
Prayer of St. Francis

“Lord . . . ,
make me an instrument
of your peace.”
Quieting Practices

- Meditating prior to mediation
- Prayer
- Nature
- Music
- Objects
- Mindfulness
Nurturing Yourself

Nurturing you, the mediator, is critical to being most effective with your clients.
Meditation
Next Steps - Mindfulness

Practice mindfulness in mediation:

1. **NOTICE**: deeper level of awareness

2. **SLOW DOWN**: slow down by bringing mindful awareness and attention to each moment.

3. **CONNECTION**: and paying attention to empathy, compassion, kindness.
Next Steps – Spirituality

Practice spirituality and connection in mediation:

- Mediator presence
- Naming the connection
- Seeing spiritually
- Quieting practices

Track how practicing these changes impacts your experience and outcomes.
Thank You!

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Closing Thoughts

As you leave here today, reflect on how you can bring mindfulness, spirituality and connection to the rest of the conference and then beyond, into your life and mediations.
Seven Mindfulness Apps to Help You Refocus

➢ Calm.com
➢ Pomodoro Pro
➢ Omvana
➢ MINDBODY Connect
➢ Headspace
➢ Rainbird HD on You Tube
➢ Mindfulness Daily