

Welcome to Week 2

26 August 2019

Dear Colleagues,

Welcome to Week 2 of the Integrative Inquiry portion of your course. What a joy it is to be on this journey with you.

You have all been invited to engage in the course discussion ListServ found at <https://groups.google.com/a/sdsu.edu/forum/#!forum/education.integrativeinquiry>. This ListServ provides us an opportunity to share ideas, comments, and questions while honoring our agreed upon co-created container for discovery, as discussed in our Orientation module.

This week's Integrative Inquiry focus is a continuation of our on-line in-class practice from the previous week (The recording of which can be found on your course website at <http://rushingtoyoga.org/%2014-week-integrative-inquiry-compassion-course/>)

This attention regulation practice is a practice of noticing and offering kindness to yourself and others as you notice. Rather than thinking of this as learning to “control what comes into the mind”, invite in that playful curiosity, witnessing how you experience any experience, naming it, breathing into it, and offering kindness to your inner experience of “it” – whatever “it” is.

If it is helpful, I have included a figure (Figure 5) from a publication. If you find this figure helpful to exploring the attention regulation process and you want to use this figure for anything, please feel free to do so, however, please reference the citation that is listed below the figure. And the invitation here is that, as you explore this figure, if this is not your experience, there is nothing to “fix” about what you are noticing. How cool is that?

If you want to share your own experience as you practice INIQ on our course ListServ, please remember to do so being aware of using your “I” language. We want to continue to honor the brave space we have agreed to construct as well as the guidelines we agreed to use. There is a wealth of wisdom, insight, and experience among all of you and I would love for you to share your experiences with each other.

In my role as a researcher of this stuff, I am happy to share with you what research has shown thus far as you posit your questions. And I welcome you to share your research that you are conducting or are consuming. I am also happy to clarify some of the research or point you to other resources. However, know that this research is for you to use in your own mindful intellectual practice. By no means, do we want to assume that the research posted is true for everyone. All research has its limitations. Mindful compassion research is no exception. As such, as I share the research, continue to remain as the researcher of your own experience – noticing with playful curiosity and kindness, “ah...what is this?”

Also, in the discussion ListServ of your course, you can invite in connecting with a volunteer practice buddy. Feel free to share one-on-one with what you are discovering from connecting with your buddy directly with your buddy as opposed to sharing buddy practices on the discussionListServ.

Finally, please know that I am available to connect with you by phone, Skype, Zoom, or Google

Hangout should you have any concerns arise during your practice. Just send me an email to mbrescia@sdsu.edu to let me know some dates and times you are available and how you might want to connect. Since this is a volunteer offering, please know I will do my best to respond as quickly as possible to your meeting requests. Otherwise, feel free to use our online weekly webinar time to posit questions and ideas as well.

Our next online meeting webinar is scheduled for August 30 from 12-1 pm pacific time. Details about these online weekly meetings can be found at <http://rushingtoyoga.org/webinar-compassionate-leadership/>

Wishing you so much joy and noticing where your attention is resting!

Marilee and Carol

Figure 5. Top-Down and Bottom-Up Brain Training Process Methodology



Citation: Bresciani Ludvik, M.J. (2017). Leveraging neuroscience and education to prevent youth aggression and violence. U.S. China Education Review B, 7(9). 401-433.