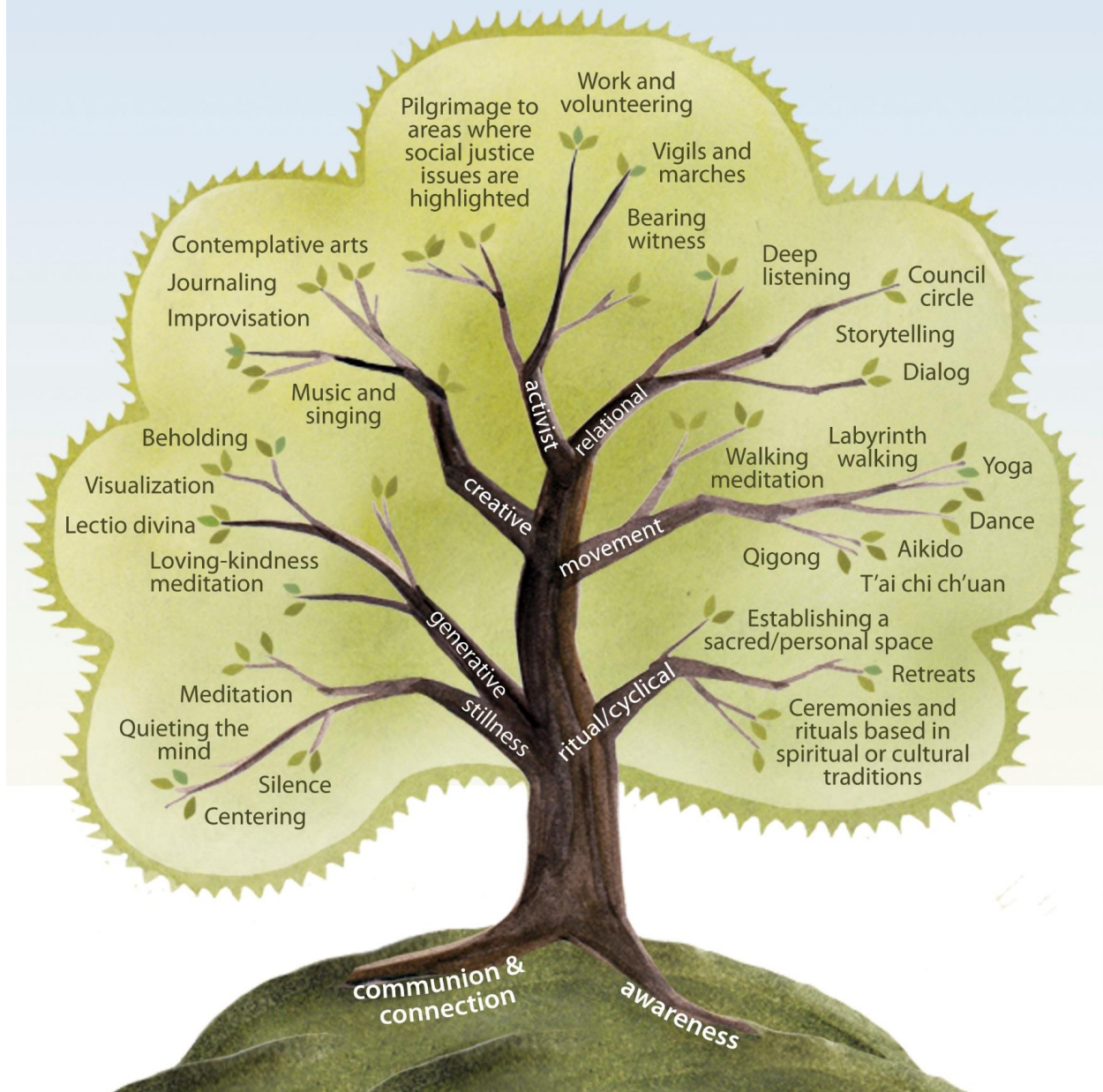


The Tree of Contemplative Practices



The Center for Contemplative Mind in Society
www.contemplativemind.org

Facilitating Inclusion from the Inside Out
NALP 2015 Annual Education Conference
April 23, 2015

Resource List:
Intersection of Contemplative Practice and Diversity & Inclusion,
Social Justice, and the Law

Scholarly Articles:

- Anna Stolley Persky, "Keep Calm and Practice Law: Mindfulness in the Legal Profession." *Washington Lawyer*, The District of Columbia Bar, March 2015
- Adam Lueke and Bryan Gibson, "Mindfulness Meditation Reduces Implicit Age and Race Bias: The Role of Reduced Automaticity of Responding." *Social Psychological and Personality Science*, November 2014
- Rhonda Magee, "Making the Case for Mindfulness in the Law." *NW Lawyer*, Washington Bar Association, April/May 2014
- Debra S. Austin, *Killing Them Softly: Neuroscience Reveals How Brain Cells Die from Law School Stress and How Neural Self-Hacking Can Optimize Cognitive Performance*. 59 Loy. L. Rev. 791 (2013)
- Rhonda Magee, *Educating Lawyers to Meditate?* 79 U.M.K.C 535 (2011)

Book:

- Ryan, Tim (Congressman), *A Mindful Nation: How a Simple Practice Can Help Us Reduce Stress, Improve Performance, and Recapture the American Spirit*. Hay House, 2013

Think Tanks/Resource Centers:

- Berkeley Initiative for Mindfulness in Law (<http://www.law.berkeley.edu/mindfulness.htm>)
 - Program dedicated to integrating mindfulness into the education of lawyers to foster greater well-being and effectiveness, and to foster a more just, compassionate, and reflective legal system.
- The Center for Contemplative Mind in Society (<http://www.contemplativemind.org/>)
 - Supports and encourages the use of contemplative practice in higher education to promote a more just and compassionate society.



Daily Practices for Reducing Stress and Living Expansively

By Arthur Fama

1. *Ease into Your Day*

- A. Refrain from electronic devices when you first wake up.
- B. Stretch your body to release physical tension. Then sit quietly in a designated “calm spot” for at least a few minutes for breathing and meditation. Although there are various meditation techniques, one that is commonly practiced and easily accessible is to sit in any comfortable position with eyes gently closed and simply observe the breath as it enters and leaves your body. Maintain a steady calm awareness of the rise of the abdomen on the inhalation and fall of the abdomen on the exhalation. If you find it helpful in keeping your focus, you can use a mantra or phrase such as “let go,” mentally repeating “let” on the inhalation and “go” on the exhalation OR “just this,” mentally repeating “just” on the inhalation and “this” on the exhalation. Notice how thoughts arise and allow them to pass without engaging them. Whenever you find your mind wandering, return to the breath again and again, gently but firmly and without any judgment or criticism of yourself.
- C. As you allow yourself to relax into this state of silent stillness, allow a positive thought or intention to surface and plant it like a seed for your day.

2. *Approach the Day Mindfully*

- A. As you begin to move into your day, **maintain a mindful approach**; begin noticing how much of your energy is consumed in thoughts of the past or projections about the future. If you find your mind racing as you walk to work, return to your breath. If the phone rings, give yourself a moment (and a few deep breaths) before answering, particularly if you know that the call may be challenging. When you are listening to someone, stay present: don’t allow your mind to race ahead to think about how to respond or about something completely unrelated to the matter at hand.
- B. **Notice reactive patterns**: what people or circumstances trigger you? Remember: You can’t get rid of the button pushers, but, with practice, you can **deactivate the buttons**. If an emotion is triggered, try to catch it and notice how it feels rather than reacting out of habit. If a response is necessary, it can be presented more skillfully once you have understood the emotion that was triggered.
- C. Begin to **drop your resistance** to *what is*. Notice the constantly churning sensations of attachment to desires and aversion to unpleasantness. Aim for the middle path, where the mind can rest in a state of balance, equilibrium and contentment, regardless of what comes your way. Stay present.

- D. **Take breaks** in the course of the day to check in with yourself. Do a few simple stretches at your desk. Consciously and deliberately deepen the breath: fill the abdomen, middle chest and upper chest and empty out slowly in the opposite direction, drawing the navel gently towards the spine to complete the exhalation. This three-part yogic breath can be used at any point in the day when you are feeling stressed—try it as you are standing in line at the supermarket!
- E. **Monitor your intake.** Be mindful of what you put into your body and what you subject your mind to: maintain a healthy diet; avoid excessive salt, sugar and caffeine; limit exposure to agitating or violent media.

3. *Change Old Patterns and Rewire Your Brain!*

- A. **Move beyond old habits** and release fear about moving beyond your comfort zone. Vary your morning routine—try using your non-dominant hand when brushing your teeth! Choose a different way to walk to work. Visit someplace you haven't been before. Start a diary, study another language, take a class or start learning a musical instrument.
- B. **Simplify.** Get rid of what no longer serves you—mentally and physically. De-clutter your home and work area. Don't overschedule or take on more than you can handle; know when to say "no." In this way, you can create space for new ideas and inspiration to come your way.
- C. **Make a date with yourself...**and keep it! Choose to wander aimlessly for an hour or more without your phone and see what you discover.

4. *Wind Down Before Going to Bed: Create your own ritual*

- A. Try not to eat too close to bedtime.
- B. Avoid anxiety-ridden television news.
- C. Turn off your electronic devices and darken your room.
- D. Try to have a little quiet time; if possible, sit for a few minutes of breathing/meditation.
- E. When you lie down in bed close your eyes and scan your body and feel each part relaxing.
- F. If you tend to wake up in the middle of the night with swirling thoughts, try keeping a pad and pen at your bedside so that you can write it down and get back to sleep.

Suggested Reading:

The Power of Now, Eckhart Tolle

The Untethered Soul, Michael A. Singer

A Path With Heart, Jack Kornfield

Mindfulness for Beginners, Jon Kabat-Zinn

Full Catastrophe Living, Jon Kabat-Zinn

Peace Is Every Step, Thich Nhat Hanh

Change Your Thoughts, Change Your Life, Wayne Dyer