

eamba



# inquiry in mindfulness based interventions

- an art and practice in every day life

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[www.einfach-achtsam.de](http://www.einfach-achtsam.de)

...WITH CURIOSITY AND CARE ...

- when teaching
- implementing teaching points
- the unfolding of moment to moment experience
- leaving our stories behind
- with gentle awareness



...

- after a mindfulness practice
  - when presenting a new topic
  - exploring experiences between the course meetings
- 
- as a spiritual practice, a continuous unfolding process of natural truth - equal between personality and essence.



# A FORM OF CONVERSATION ...



- invites exploration of our own perceptions, feelings, and thoughts.
- It stimulates awareness of our own experiences and actions and the physical, emotional and cognitive qualities associated with them.
- In the sense of the word, we achieve that we become more self-aware.
- Inquiry cultivates our ability to sense and express how we are actually doing.
- In the end, we are more connected to our real experience than to our opinion of the experience.
- We turn to ourselves with a joy of discovery.
- The willingness to repeat "old hymns" decreases.
- In this way we really share ourselves, let ourselves be touched and are touched by what is being shared.

# WHAT IT IS NOT ...

- discussion
- elaboration
- interpretation
- why?
- Fixing
- therapy
- doing



# LET'S INQUIRE!

## Structure: Looping – each one or two sentences clockwise

- 7 Min altogether: inquire right now for me is ...
- Then 7 Min sharing:
  - what came up for me?
  - what was important?
  - what was new?



one person time keeper

# WHAT DO WE NEED FOR AN INQUIRY?



- open mind: not knowing – watching judgements, watching goal oriented listening and acting
- open heart: compassion, empathy - watching cynicism
- open will: courage, trust – watching fear or control

# LET`S INQUIRE AGAIN!

## Paradoxical inquiry

- 5 Min: what is right about not doing the practice?
- 5 Min: when I do practice ...





THANK YOU SO MUCH!

