

## **Meditation, Therapy and Mindfulness: engaging neuroplasticity by direct experience**

The human nervous system is capable of an enormous range of plasticity. In this second workshop, Lama Mark Webber will further explore the interconnections between meditation, mindfulness and therapy: the emphasis will be on meditative experiments and theory showing the importance of allowing openness in the sensory motor system—especially the eyes, mouth and hands. Additionally, Lama Mark will point out how tranquility, kindness and deep calm arise, by workshop participants experiencing the link between mindfulness, breath and the natural plasticity of the nervous system. Lama Mark will discuss and give meditations connected to early developmental learning, and show that bare attention to sensory and mental phenomena is foundational, yet rarely sufficient to unfurl the essential human qualities of transcendence and the qualities many therapists are striving for—a continuum of open, insightful, uncontrived and compassionate mind. This is a wonderful opportunity for professional therapists to explore deeply, take care of their beings and thereby further enrich the lives of their clients.

### ***Topics:***

- Defining the terms: meditation; mindfulness; awareness and Insight (Vipassana).
- Exploring the importance of fostering openness in the sensory motor system—especially the eyes, mouth and hands.
- What needs to be in place before meditation and mindfulness are effective—why we need to keep on learning kindness for ourselves and others.
- How deep calm and tranquility arises, signs and side tracks.
- Why breath, contact and sensation is the royal road to mindfulness and tranquility. What blocks mindfulness and tranquility?
- How the nervous system can be re-organized—examples and experiments.
- What mental factors and attitudes must be present and the investigations leading to Insight (Vipassana) and thus real liberation.
- Illuminating the differences between the modes of: technique and contemplative awareness.
- How compassion emerges and why it is important to make it central to any spiritual or liberative growth.