

Mindfulness Magic

WITH ELIZABETH WINKLER



HOCUS POCUS WHERE IS YOUR FOCUS?

Where do you put your focus? If feelings of worry, distraction, sadness, or anger arise, become interested in where your focus lies. Attention feeds and grows whatever it touches. So be aware of this powerful focus and remember where attention goes, energy flows. With yourself and your students. If an issue arises, bring out your magic wand and do some *Hocus Pocus, Where is your focus?* This gathering of attention is all you need to be able to let it go or let it grow. The power lies in your focus!



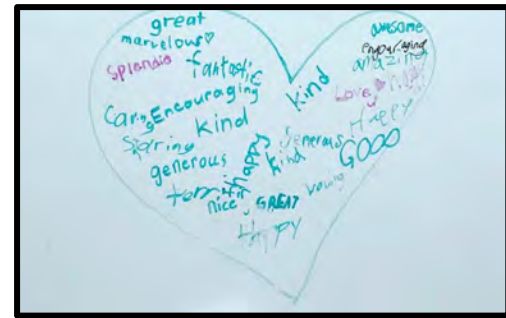
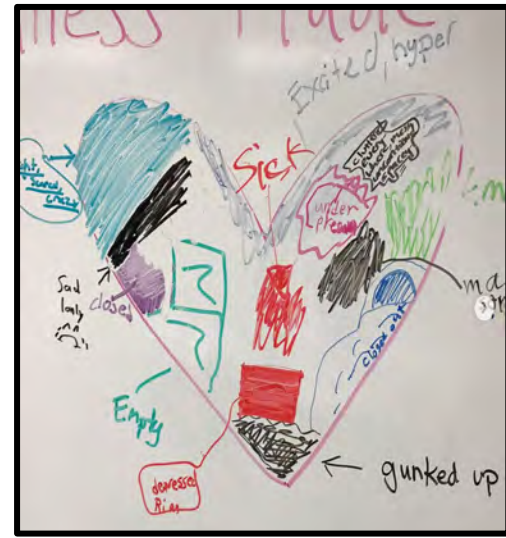
NOTICING BREAKS, Using the language "I'm noticing..." helps us to be in awareness (white light) rather than stuck in stress, fear or any color of the rainbow. In your classroom, you can implement "noticing breaks" as a way to cool down those triggered by other kids and/or their own negative thinking. We often run to judgment which imprisons everyone involved. Another choice is to notice **what's happening** internally. This way we can notice the disturbance (sensation/emotion) and allow it to move, process, unravel and be free. Bringing this mindful practice into a classroom can help everyone be more conscious, connected, and resilient.



MANTRAS, I CAN HANDLE THIS or I CAN DO THIS:

Practice this mantra "I can handle this" when challenged externally or internally and abundant possibilities arise rather than retreating into a prison of fearful thinking. I'M FINE WITH IT: When we state this mantra we align to the now with an internal YES to what is happening. Especially when one is faced with a challenge, this mantra is very effective because it removes resistance and allows one to be more connected to creativity and change.

HEART SURGERY, I created a process called "heart surgery" for clearing any tension or stuck feelings in the body. I ask the kids if I can employ them all to be "scientists and investigators" for me and their "field of investigation" is their heart. In this process, we become aware of where a stuck feeling is in the body and what color and form it takes. Then I ask permission from the child if we can "perform surgery" and then we make an "incision" over the heart with our finger and let our imagination pull out whatever energy wants to be released. We also become aware of the expansive space in which the feeling/contraction lives, moves, and changes. Once our awareness of this comingling occurs the experiencer goes through a shapeshifting process which eventually dissolves this once multilayered, painful feeling. We always end surgery by blowing love, peace, or happiness into our hands and sealing the incision with that energy. After "surgery," kids claimed the unpleasant feeling had disappeared, and said "I'm happier and more open." Whenever we complete it, they know the process. I then ask they go teach another child and an adult. I have many stories of children stopping me on the schoolyard with challenges they faced (deaths of pets, issues with friends) and when they used this process the difficult emotion was GONE.



"Our prime purpose in this life is to help others. And if you can't help them, at least don't hurt them."
 -Dalai Lama



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