

Mindfulness: Finding Peace in Paradox

Spirit at Work Luncheon

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Mindfulness

- The awareness that emerges through paying attention on purpose, in the present moment, and non-judgmentally to the unfolding experience moment by moment. (JKZ)

React / Respond

- I have been through some terrible things in my life, some of which actually happened. (MT)
- Your life is as it is. How you feel about your life is up to you. (JL)
- The mind is the mind is the mind. We're not trying to fix it or change it. It is what it is. But we can work on our relationship with it. (JKZ)

Paradox

- A statement or a proposition seemingly self-contradictory or absurd but in reality expressing a possible truth.
- He who hesitates is lost. Look before you leap.
- Love tells me I'm everything. Wisdom tells me I'm nothing. Between the two my life flows. (Sri Narsagadata)
- Wakefulness includes being unawake. (JKZ)
- Doing. Being.
- Plans are nothing; planning is everything. (DDE)
- Letting go of the need to control gives you control.

Business Trends

- Globalization ↔ Localization
- Economies of Scale ↔ Customization (Market of 1)
- Individual ↔ Team
- Centralization ↔ Decentralization
- Structure ↔ Flexibility
- Think Big ↔ Act Small
- Enterprise ↔ Silos
- Competition ↔ Collaboration

Embrace Paradox

Shift from:

- *problems to solve* to *polarities to manage*
- *either/or* to *yes, and*
- *right and wrong* to *choose both/holistic thinking*

Suspend Judgment

Be in the flow. Be in the moment.

Life is one big improv!

- ***Flow - Being in the moment***
- You are encouraged to pay attention and be present. Listening is a powerful tool to help you be present. When you are truly listening, you can't be somewhere else. Listen generously. When you have focus, you are in the present. What is happening now will be the key to discovery.
- ***Acceptance: Offerings are gifts***
- All players must be in agreement to move a scene forward. Accept the ideas that come to you. Creative processes can fail because of judgement or frames that are applied incorrectly or too soon. Acceptance does not mean agreement. Acceptance is a form of acknowledging (listening).
- ***Yes, AND***
- Consider how it feels to receive a YES AND versus a YES BUT. This is part of acceptance. Build on what your fellow players offer to you.
- ***Spontaneity - Giving up control and letting go of the outcome***
- Take risks and embrace failure. Say the obvious things – whatever comes out of your mouth and/or body first. There are no wrong answers and no bad ideas. Try not to censor yourself. Embrace your intuition.

Resources

- Some favourites...
- *Full Catastrophe Living* by Jon Kabat-Zinn
- *Living Your Yoga* by Judith Lasater
- *Comfortable with Uncertainty* by Pema Chödrön
- *Polarity Management* by Barry Johnson
- *Improv Wisdom* by Patricia Ryan Madson
- *Playing Along* by Izzy Gesell
- *A Whole New Mind* by Daniel H. Pink