

# Living Beautifully: Transformative Science and Mindfulness Practices to Cultivate a Wise Heart

Teachers: Daniel J. Siegel, M.D., and Jack Kornfield, PhD

## Course Overview

In this course, you'll learn from master teachers, Jack Kornfield and Dan Siegel, as they discuss how we can best grow in wisdom and love, explore the profound questions of brain, mind, and spirit, and cultivate practices that nurture a resilient and vibrant well-being in this challenging world. Through lessons and practices based on Jack and Dan's decades of experience as educators in Mindfulness and Interpersonal Neurobiology, this course offers an opportunity to reflect on your work and your life with powerful new insights and practices.

You will learn how to apply the revolutionary principles of the consilient, multi-disciplinary field of Interpersonal Neurobiology to awaken new capacities and benefit your whole life, enhancing your relationships, integrating your brain, and strengthening your mind. You will also learn the critically and scientifically supported Eastern practices of mindfulness and compassion to train the heart and mind. Integrating these complementary disciplines of science and spiritual practice invites us all to cultivate wisdom and awaken a deep capacity for trust and love. The format will include a rich body of accessible and transformative scientific concepts, an interwoven dialogue of individual cases and inspiring stories, and meditations and practices to explore the art and science of love and wisdom.

## Course Outline

### **Segment 1: Introduction to contemplative practice from an IPNB perspective**

- Describing a consilience between mindfulness teaching and scientific research
- Exploring mindfulness as a way to develop internal attunement and external connection through shifts in identity
- Observing awareness itself as a goal of mindfulness

### **Segment 2: Exercise – Vastness of Sound**

- Experiencing a practical application of a mindfulness practice focused on shift of identity
- Describing the importance of a non-judgmental posture toward mindfulness practice
- Learning how to replicate the Vastness of Sound mindfulness practice for oneself

### **Segment 3: Introduction to the Science of Awareness**

- Exploring how scientists understand the practice and benefits of mindfulness practices
- Describing the three pillars of mindfulness training

- Outlining the five components of empathy

#### **Segment 4: Q+A #1**

- Exploring the developmental and attachment strategy benefits of mindfulness
- Understanding how to develop a stance of scientific curiosity toward mindfulness
- Observing the relationship between gnosis, noesis, and temporal integration

#### **Segment 5: Integration and Differentiation**

- Describing the importance of consilience in understanding mindfulness practices
- Defining the aspects of the mind, integration, and differentiation
- Outlining how mindfulness training shapes the attentional networks of the brain

#### **Segment 6: Exercise: Wheel of Awareness**

- Experiencing a practical application the Wheel of Awareness practice
- Describing the exploration of the Nine Domains of Integration
- Learning how to use the Wheel of Awareness practice for oneself

#### **Segment 7: Sharing First-Person Experiences of the Wheel of Awareness**

- Hearing first-person experiences of the Wheel of Awareness practice
- Understanding common experiences of the Wheel of Awareness practice
- Observing how one can use the Wheel of Awareness practice to gain perspective on consciousness

#### **Segment 8: Introduction to contemplative practice from the perspective of Buddhist psychology**

- Learning the three foundational dimensions (“the three pillars”) of experience affected by mindfulness practice
- Understanding the importance of acceptance in facilitating personal and societal change
- Exploring the four dimensions of the awakened heart

#### **Segment 9: Exercise: Partner Meditation**

- Experiencing a practical application the partner meditation practice
- Exploring how connection to another can shift one’s perception of self
- Learning how to replicate the partner meditation practice for oneself

#### **Segment 10: Findings from the 10,000 person Wheel of Awareness Survey**

- Exploring the relationship between the three pillars of mindfulness and brain activity
- Describing the scientific significance of lovingkindness in mindfulness
- Observing the quality of consciousness at the core of the Wheel of Awareness practice

### **Segment 11: Newtonian and Quantum Realms and The Plane of Possibility**

- Describing the relationship between energy, possibility, and actuality through the Plane of Possibility perspective
- Contrasting the quality of experience from Newtonian and quantum perspectives
- Describing the benefits of differentiating between “nounlike” and “verblike” experiences of state, self, and the world

### **Segment 12: Q+A #2**

- Continuing exploration of the connection between the quantum realm and mindfulness
- Exploring the possibility of consciousness in non-human beings
- Describing the paradox of one’s dual relationship with the universal and the relative

### **Segment 13: Connecting Inner Vision to External Change**

- Describing how threat states impede conscious connection
- Exploring the importance of moving from a tribalist mentality to connection
- Investigating how to challenge preconceived notions of the world to achieve greater connectedness

### **Segment 14: Q+A #3**

- Exploring the biological instinct to remain in familiar states
- Investigating the concept of “self” from a brain research perspective
- Describing the interaction between responsibility to others and personal beliefs

### **Segment 15: Exercise: Joy Practice**

- Experiencing a practical application the joy practice
- Describing the impact of joy and a vision of possibility on others
- Learning how to replicate the joy practice for oneself

### **Segment 16: Q+A #4**

- Exploring the relationship between integration and suffering
- Investigating “awakening” and “enlightenments” from a Buddhist psychology perspective
- Describing how emotional capacity can be built over time

### **Segment 17: Equanimity in the Everyday, and an Equanimity Practice (40 minutes)**

- Experiencing a practical application the equanimity practice
- Defining equanimity and its importance for receptive, open awareness
- Learning how to harness the equanimity practice for oneself in everyday life

**Segment 18: Attachment, the Four Noble Truths, and Living from the Plane of Possibility**

- Describing different attachment strategies and how they develop
- Exploring the Four Noble Truths and their relationship to open awareness
- Experiencing the Plane of Possibility with equanimity

**Segment 19: 1:04:30 - 1:30:54 – Closing practice: Intention**

- Summarizing the course
- Experiencing a practical application the intention practice
- Learning how to replicate the intention practice for oneself