Using Mindfulness to Foster Belonging

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Guided meditation: coming back home to Self

Cultivating a kind, caring non judgmental inner landscape

Radical permissiveness and inclusions of all parts or ourselves

THE GUEST HOUSE

This being human is a guest house. Every morning a new arrival.

A joy, a depression, a meanness, some momentary awareness comes as an unexpected visitor.

Welcome and entertain them all! Even if they are a crowd of sorrows, who violently sweep your house empty of its furniture, still, treat each guest honorably. He may be clearing you out for some new delight.

The dark thought, the shame, the malice. meet them at the door laughing and invite them in.

Be grateful for whatever comes because each has been sent as a guide from beyond.

Rumi
Belonging starts with ourselves

- Pausing allows nervous system to settle so we can present
- Cultivating a kind, caring non-judgmental inner landscape creates safety
- Safety = gives access to our full capacity
- Gives rise to a generative field: a potent state that allows for insight and creativity
Connection is our largest resource

If you want to go fast, go alone. If you want to go far, go together.

African proverb
Recalling a connected group experience

• What did it feel like to be safe, included and valued – to belong?
• What was the result of the collaboration like?
The Power of Belonging

- All parties feel welcomed, included, understood, respected, appreciated, have value
- Safety allows for our full capacity to be present
- We have access to clarity and creativity where unimaginable solutions and extraordinary accomplishments can occur
- Synergistic generative effect: something new and powerful can emerge with an impact beyond you or your group
- Participants feel nourished, inspired and transformed by the experience
What gets in the way?

Our state:
• Regulated/grounded: available, open + receptive
• Dysregulated/stressed: under-resourced, defensive

Attachment to our reality
positionality → defensiveness
→ Disconnection
Certainty = narrow range of possibilities
How reliable is our sense of reality?
Is reality fixed or does it change?
What influence our sense of reality?
Shifting the View

Differences in perspectives are an asset versus a problem.

The strength of a team is different people with different perspectives.
Experiment: the mind creates believable realities
The mind often produces a distorted interpretation of reality

- Believing these realities can have a real physical and emotional impact on ourselves and others

- Stories can solidify into limiting core beliefs
Mindfulness

Enmeshment: becoming lost in the story

Objectively witnessing

Over-identification: making the story about us
The Cookie Thief
by Valery Cox
Negativity Bias

Default mode: vigilant brain

Safety is more important than accuracy
When we are resourced and feel safe, our nature is one of connection and care.
How to Foster Belonging

• Self care: staying grounded and receptive
• Self compassion for our protective tendencies of mind
• Staying curious:
  • Letting go of certainty
  • Welcoming different ideas as valuable information vs it being a problem
  • Focusing on shared values and the intention behind strategies versus being fixated on the strategies themselves
• Fostering inclusive and diverse communities to strengthen group capacity
Out beyond ideas of wrongdoing and rightdoing there is a field.
I'll meet you there.

When the soul lies down in that grass, the world is too full to talk about.

Ideas, language, even the phrase 'each other' doesn't make any sense.

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