

# WORKSHOP PLAN

## Mindfulness – The Wheel of Awareness

### Target audience

The workshops are targeted at adults aged 40 to 65 years, with particular focus on older adults affected by stress.

### Objective

Participants will expand their awareness from themselves (being aware of internal experiences) to their outer worlds (being aware of external experiences) so as to have a full and encompassing sense of connection and knowing.

### Materials Needed

- Paper and pens for writing
- Printed sheets
- Music (optional, for creating a calm atmosphere)

| Time         | Topic        | Content                                                                                                                                                                                                                  |
|--------------|--------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 0:00 - 00:10 | Introduction | <b>Welcome and introduction (10 min)</b>                                                                                                                                                                                 |
|              |              | <b>Facilitator introduction (2 min)</b><br>The facilitator introduces themselves, sharing their background and experience with mindfulness.                                                                              |
|              |              | <b>Participant introduction (3 min)</b><br>Each participant briefly introduces themselves, sharing their name and any previous experience with mindfulness. This helps create a connection and a supportive environment. |



| Time         | Topic           | Content                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
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|              |                 | <p><b>Presentation of workshop goals - Overview (3 min):</b></p> <ul style="list-style-type: none"> <li>The objective of the workshop is to foster a comprehensive sense of connection and awareness of both the self and the external environment.</li> </ul> <p><b>Provide a brief description:</b> a wheel will be visualised, comprising a central hub, an outer rim, and four quadrants. In this metaphorical representation of the structure of the mind, the hub symbolizes our experience of awareness, while the quadrants represent the various forms of awareness that we can perceive, including <i>sensory awareness</i> (i.e., what we see, hear, smell, taste, and touch), <i>bodily awareness</i> (i.e., what we can sense physically), <i>mental activities</i> (such as emotions, thoughts, memories, and urges), and our <i>sense of connection</i> to external entities (such as other people and other things)</p> |
|              |                 | <p><b>Short Discussion (2 min):</b></p> <p>Asking participants to struggle with the idea of “becoming aware of the present moment”, which is at the heart of mindfulness practice. It can be useful to clarify what present moment awareness entails by clarifying the different aspects that one can become aware of..</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| 0:10 - 00:40 | Activity,Part 1 | <b>Wheel of Awareness meditation (30 min)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
|              |                 | <p><b>Objective:</b> To help to the participants expand their awareness from themselves (being aware of internal experiences) to their outer worlds (being aware of external experiences) so as to have a full and encompassing sense of connection and knowing.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|              |                 | <p><b>Steps - guided from the facilitator:</b></p> <p><b>1. Get into position</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |



| Time | Topic | Content                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
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|      |       | <p>To begin, find a comfortable position. One may assume a seated position on a cushion on the floor or in a chair. It is important to ensure that the spine is straight and extended, and that the shoulders are relaxed and lowered. Place the hands in a relaxed position on the lap and gently close the eyes.</p> <p><b>2. Breath awareness</b> - It is recommended that you become aware of the rhythm of your breathing. It is not necessary to alter one's breathing in any way; rather, one should simply observe it in its natural state.</p> <p><b>3. Visualize the wheel</b> - bring to mind the image of a wheel. This wheel has a center, known as the "hub", and four sections, or quadrants, surrounding this hub. There is a rim that encompasses everything - the four quadrants and the hub.</p> <p><b>4. First quadrant: connect to the five senses</b> - I'd like to invite you to first turn your attention to the top, left quadrant, which houses your five senses. Zoom in on this area of your wheel by engaging your sense of hearing... what can you hear? And now your sense of touch...what can you feel? And now your sense of smell, and taste... what can you notice? Now gently open your eyes for a moment... what can you see?</p> <p><b>5. Second quadrant: connect to bodily sensations</b> - Proceed by closing your eyes once more and mentally re-envisioning the wheel. Inhale deeply and slowly. At this juncture, I would like to direct your attention to the upper right quadrant, which is associated with the concept of the "sixth sense," or the inner sensations of the body. Take a few moments to conduct a comprehensive scan of your body, from the head to the toes, in order to become aware of any and all physical sensations that may be present. Tingling, heat, tension, and numbness may be experienced. Please take the time to move through each body group in a thorough manner. The objective is to simply observe, to be curious, and to take note of what is happening in the body without judgment or interpretation.</p> |
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|      |       | <p><b>6. Third quadrant: connect to mental activities -</b> Let us take another deep breath together. Furthermore, it is requested that your attention be directed to the lower left quadrant, which encompasses the activities of the mind itself, including emotions, thoughts, memories, hopes, beliefs, dreams, attitudes, and intentions. The initial step is to become aware of the entirety of the mental content currently entering your mind. It is recommended that this mental activity be welcomed into one's awareness. Please identify the thoughts and feelings that are currently emerging in your mind. [30-second pause]. The subsequent step is to examine the manner in which these internal experiences emerge and dissipate. Do they manifest abruptly or gradually? Do these phenomena remain constant, or do they fluctuate in intensity? Are there intervals between the various mental activities, or do these occur as a continuous stream of consciousness?</p> <p><b>7. Hub: awareness of awareness -</b>Let us take another deep breath to facilitate further relaxation. We will now direct our attention to the center of the wheel, the hub, which represents the point of origin of our awareness. The hub represents the aspect of the self that has been engaged in the observation and reflection throughout the course of this practice. This is the part of the self that is engaged in the processes of observation, listening, looking, focusing, and sensing.</p> <p><b>8. Fourth quadrant: connect to others -</b> It would be beneficial to take another deep, slow breath at this juncture. Subsequently, direct your attention to the inferior, right quadrant of the wheel, which represents your sense of connection to the external environment. First, identify the individuals with whom you are currently in physical proximity. Allow 15 seconds for this observation. Subsequently, extend this perception of connection to individuals situated at a greater physical distance. Subsequently, one should endeavor to tap into one's sense of connection to one's loved ones, regardless of their current geographical location.</p> |



| Time         | Topic               | Content                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
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|              |                     | <p>Subsequently, one should gradually extend the scope of their connection to encompass individuals residing in their immediate vicinity, the city, the country, the continent, and the entire globe. Ultimately, this process should culminate in a sense of universal connection to all living beings on Earth.</p> <p><b>9. Ground yourself-</b> One should simply direct one's attention back to the breath, as was done at the outset of the practice. At this juncture, it may be beneficial to engage in a few deep, slow breaths, which can assist in reestablishing a sense of groundedness in the present moment. At the point when the subject is prepared to do so, the eyes should be opened gently.</p> |
| 0:40 - 00:55 | Reflection - Part 2 | <p>Now take a look at the wheel of awareness, displayed below (page 7).</p> <p>Reflect on what you noticed during the meditation (Part 1). Write down as much as you can remember from each of the four quadrants and from becoming aware of awareness itself (the hub). There are no wrong answers here! Everyone's wheel of awareness experience is unique.</p>                                                                                                                                                                                                                                                                                                                                                     |
| 0:55 - 00:60 | Conclusion          | Conclusion and Q&A (5 min)                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|              |                     | <ul style="list-style-type: none"> <li>• Provide a concise summary of the key points covered in the practice, with particular emphasis on the long-term benefits of mindfulness.</li> <li>• The session will then be opened for questions and reflections.</li> </ul> <p><b>General discussion:</b></p> <ul style="list-style-type: none"> <li>• Please describe your emotional state at the conclusion of the practice.</li> <li>• Did the exercise yield any new insights about the self?</li> <li>• In what circumstances do you believe this practice could be usefully applied in one's everyday life?</li> </ul>                                                                                                |



## Additional Tips

### Establish Rapport

It should be noted that meditation is simply a matter of becoming aware of the present moment. It is possible to be aware of one or more present moment anchors simultaneously (such as the breath and bodily sensations, as well as the sense of observing mental activities). It is important to inform participants that it is normal and natural for their mind to wander off into the past or the future during the practice. They should be instructed to simply guide their attention back to the practice when they notice they have wandered off. This should be done gently and with compassion so as not to give themselves a hard time. This may facilitate relaxation and an enhanced sense of presence.

### Encourage Openness

In this exercise, participants first imagine the wheel of awareness during the meditation before seeing an actual image of the wheel of awareness. Some clients who struggle visualizing may find it helpful to first have a look at the image before meditating. When doing so, the facilitator may briefly explain the setup of the wheel of awareness in order to familiarize them with the concept...

### Engage All Participants

The Wheel offers a visual metaphor for the way the mind works. The center of the wheel, the hub, is the area from which we become aware. From the hub, we can choose to focus our attention on (i.e., become aware of) experiences both within and outside ourselves. Awareness of internal experiences is represented by areas of the wheel that house our thoughts, images, feelings, and bodily sensations. Awareness of external experiences is represented by an area of the wheel that houses our sense of connection to others. Put simply, within the metaphoric hub is the sense of knowing; within the rim of the wheel is that which is known—such as our five senses, the sixth sense of our bodily sensations, our mental life of emotions and thoughts, and our relations to people and the planet.

The Wheel of Awareness practice, as well as a visual representation of the Wheel for participants denote their unique experience in order to help increase mindful awareness of themselves and also the outside world.



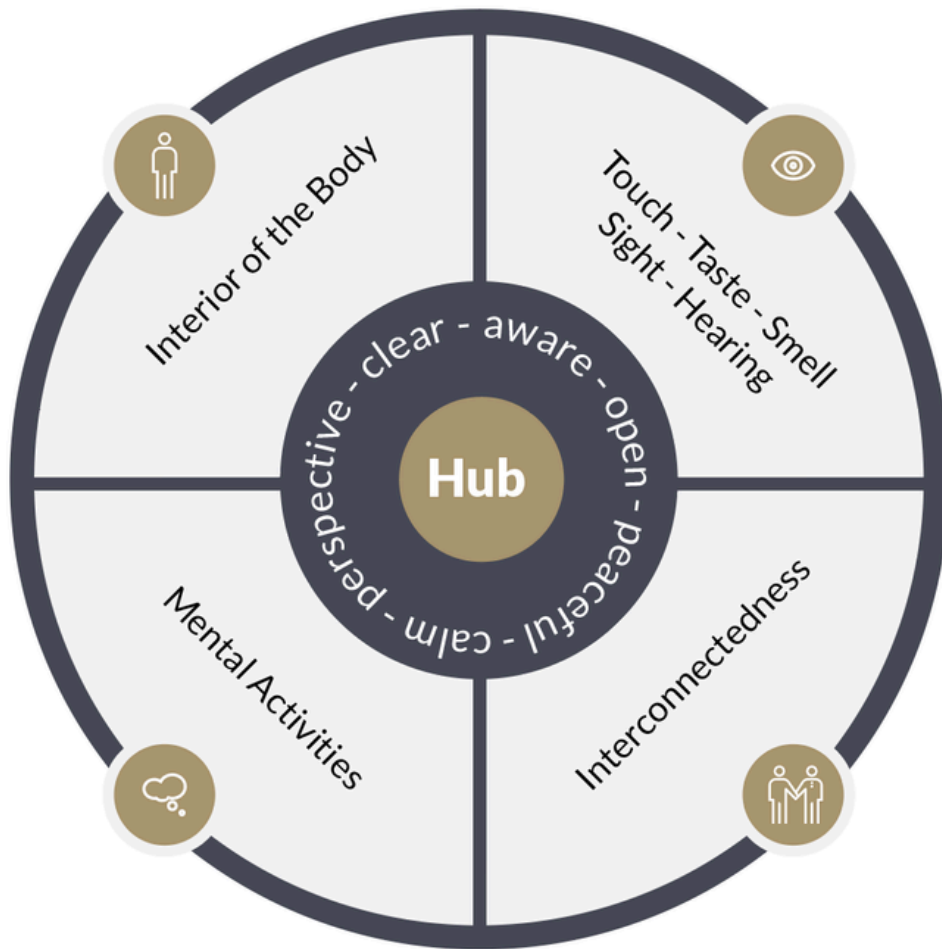
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**Quadrant 1: Mental activities**

**My observations (writing):**

**Quadrant 2: Interior of the body**

**Quadrant 3: Touch - Taste - Smell - Sight - Hearing**

**Quadrant 4: Interconnectedness**