

MINDFULNESS OG ARBEJDE

Lone Overby Fjorback

Centerchef ved Dansk Center for Mindfulness

Institut for Klinisk Medicin

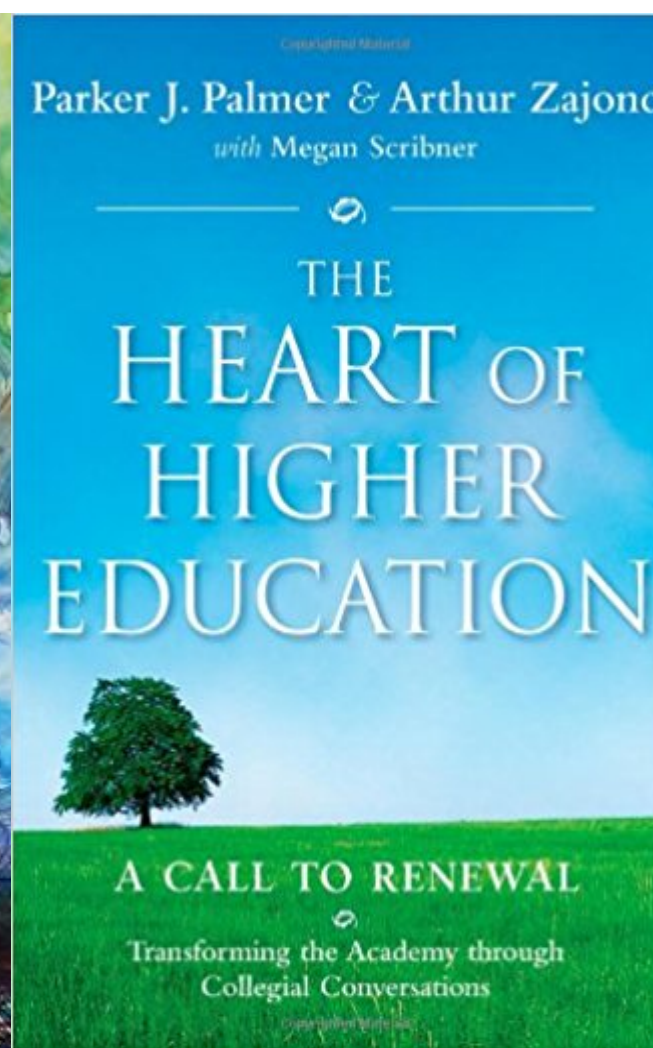
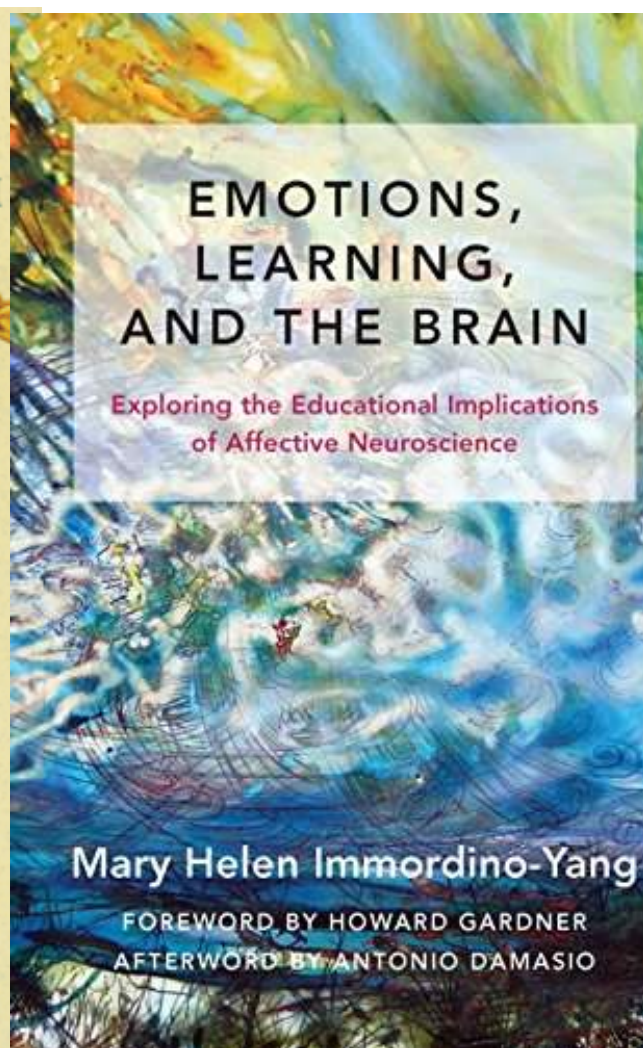
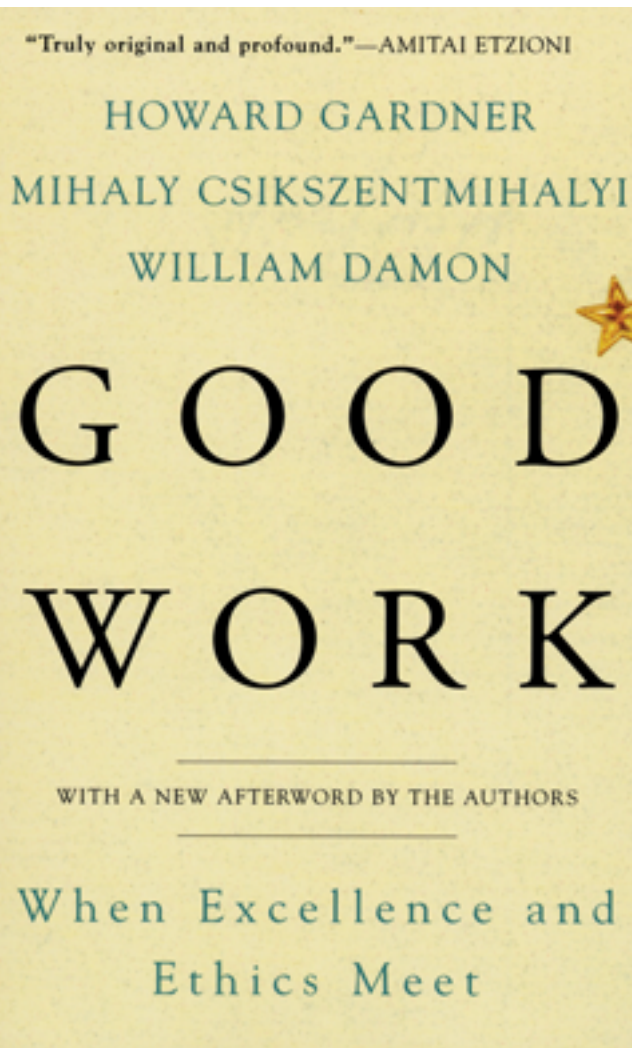
Aarhus Universitet

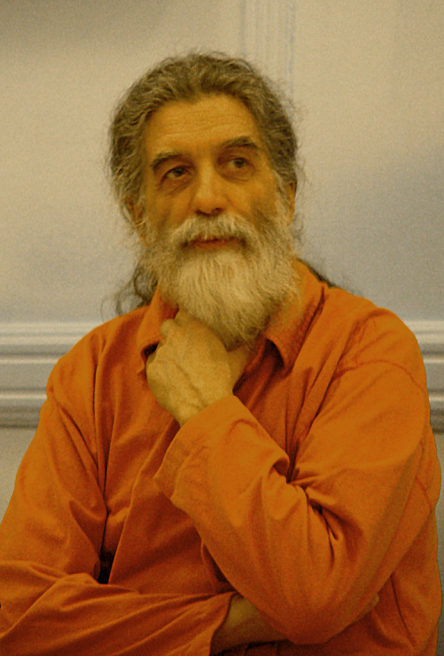
Good work & good learning

Yoga

Mindfulness-based stress reduction

Zen

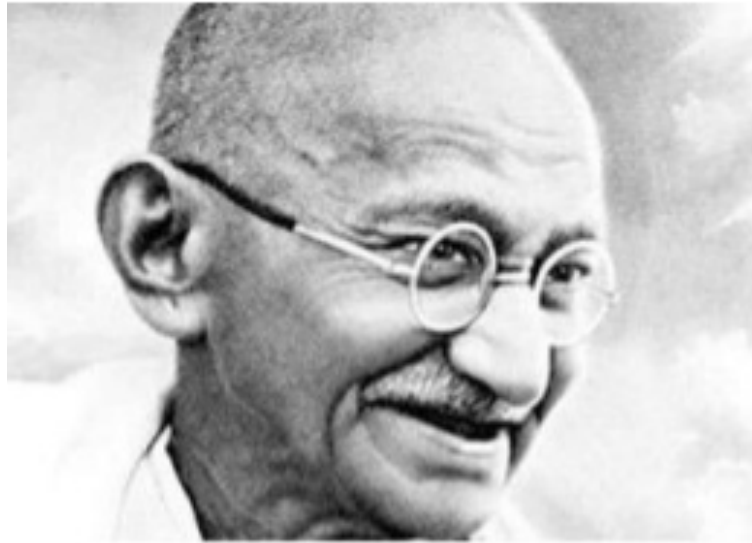




Swami Janakananda

"In the yoga teacher training one learns to:

- awaken and train consciousness;
- to stay aware;
- devote oneself to the present moment, without demanding firstly that the conditions have to be different;
- develop a knowledge of body, mind and energy;
- take responsibility and to be consistent in carrying out a task - whether big or small"



**When doubts haunt me, when
disappointments stare me in the face,
and I see not one ray of hope on the
horizon, I turn to Bhagavad-Gita.**



MINDFULNESS

LONE OVERBY FJORBACK

PSYKIATRIFONDENS FORLAG

LONE OVERBY FJORBACK



MÅ JEG HJÆLPE DIG?

F
DEPR



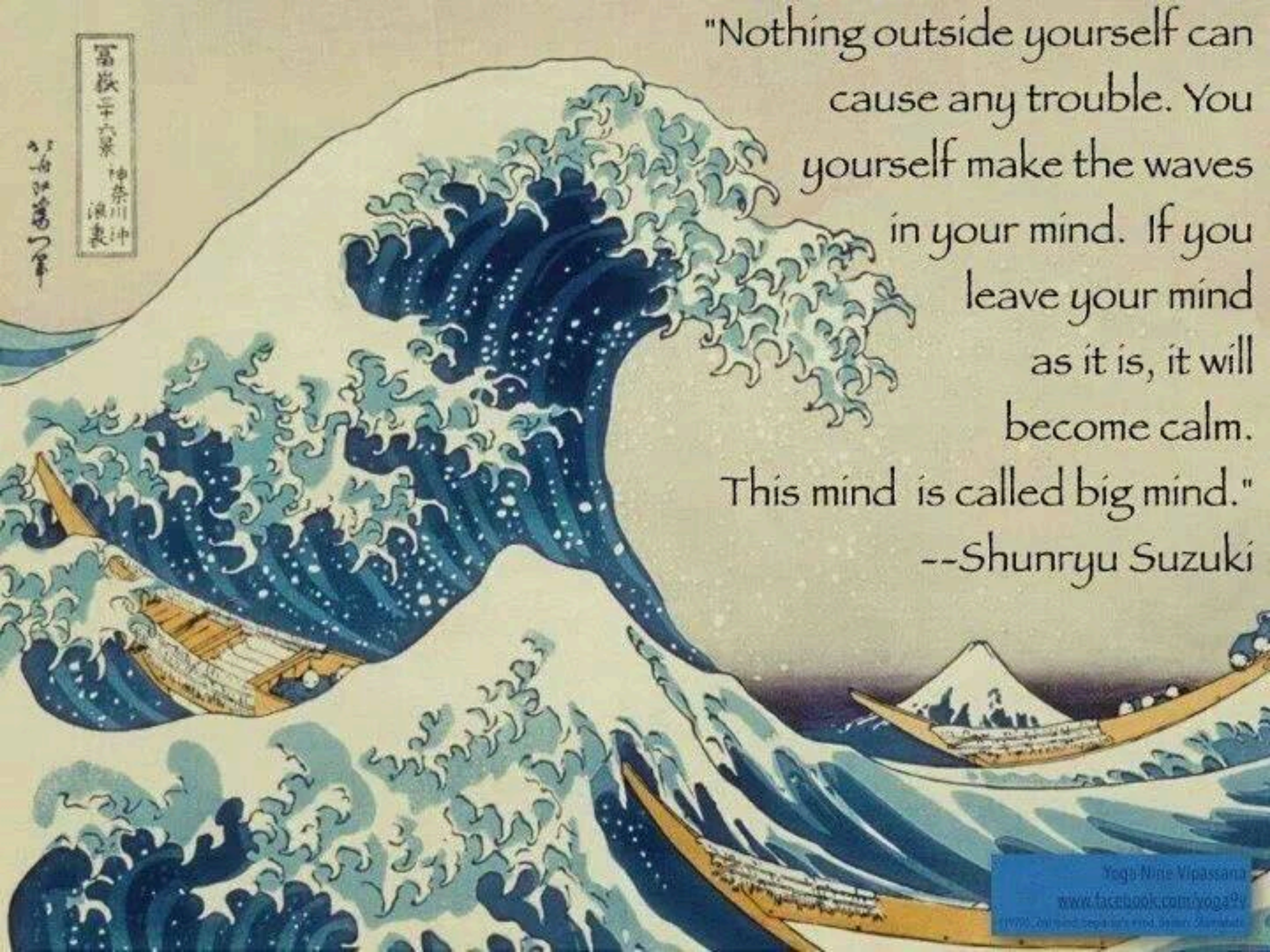
Saki F. Santorelli
"The root of the Center for
Mindfulness is planted in
The soil of spirituality."

By "Spirituality" I mean those qualities of
mind and heart and human spirit that

- 1) bring ease and contentment to both self and others
- 2) from which we act for the benefit of others.

In our experience, ongoing attention to this
fundamental ground provides us a pathway for
learning to embody ethical action, compassion
and wisdom in the world."

"Nothing outside yourself can
cause any trouble. You
yourself make the waves
in your mind. If you
leave your mind
as it is, it will
become calm.
This mind is called big mind."
--Shunryu Suzuki



富嶽三十六景 神奈川沖
浪裏

大徳寺住持 鈴木 俊隆

Bernie Glassman, zen master, engineer,
entrepreneur, business man, social activist...



How do you go further from the top
of a hundred top pole?



"Both a manual for spiritual transformation and a call to action."
—NEW AGE JOURNAL

Instructions to the Cook

A Zen Master's Lessons in
Living a Life That Matters



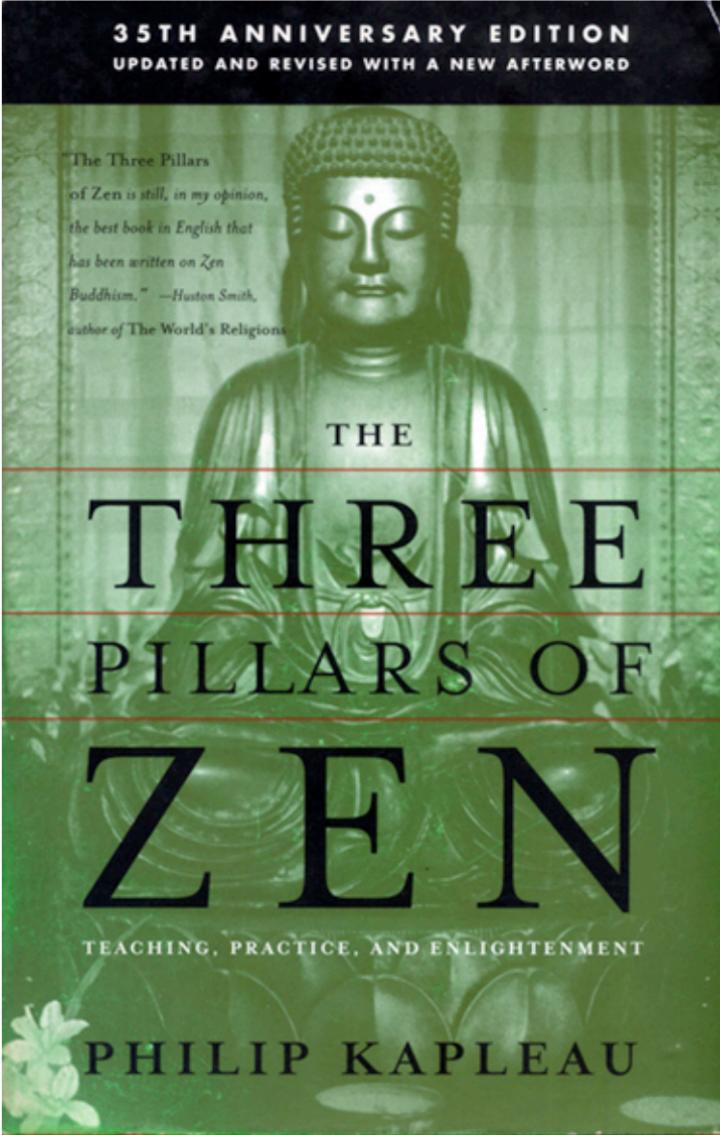
**BERNARD GLASSMAN
& RICK FIELDS**

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35TH ANNIVERSARY EDITION
UPDATED AND REVISED WITH A NEW AFTERWORD

The Three Pillars
of Zen is still, in my opinion,
the best book in English that
has been written on Zen
Buddhism." —Huston Smith,
author of *The World's Religions*



THE
THREE
PILLARS OF
ZEN

TEACHING, PRACTICE, AND ENLIGHTENMENT

PHILIP KAPLEAU

少教觀天其時
一經堂中
此是清微之
正顯文王
小大自出





Hvordan kan indsigt fra zen anvendes,
således at arbejde bliver praksis?

Fem retters menu:

Spiritualitet

Læring

Levebrød

Social forandring

Relationer og fælleskab



The first course
Recipes for spirit
How to cook

vowed to dedicate my life to offering the supreme meal to all the hungry ghosts

vow = intention (no limit)

vow + determination = vision

Activity and teaching are important parts of zen



Attention, transformation, faith
'Keep your eyes open'

We have to realize that this is the only life we have.
If we don't do the cooking ourselves, we are throwing
our life away.

Anger minus self-centered aspect = determination
Greed minus self-orientation = desire to help
Ignorance minus self-orientation = unknowing



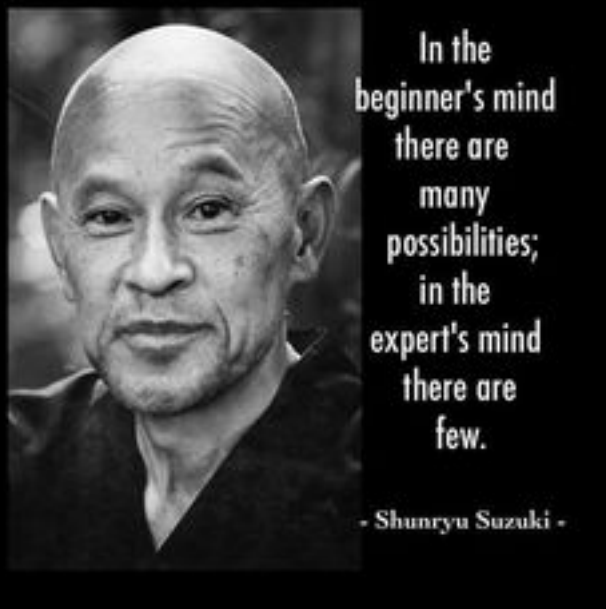
Ingredients

We work with that we have and use everything
Nonrejection – harmoni of six tastes, all important
Too much zen- ‘the stink of enlightenment’



cleaning the kitchen is
cleaning the mind

- Cleaning process changes the cook
- Allows us to discover the ingredients
- Meditation, zazen, 'just sitting'
- Put people in the right place
- The clutter of conditioning

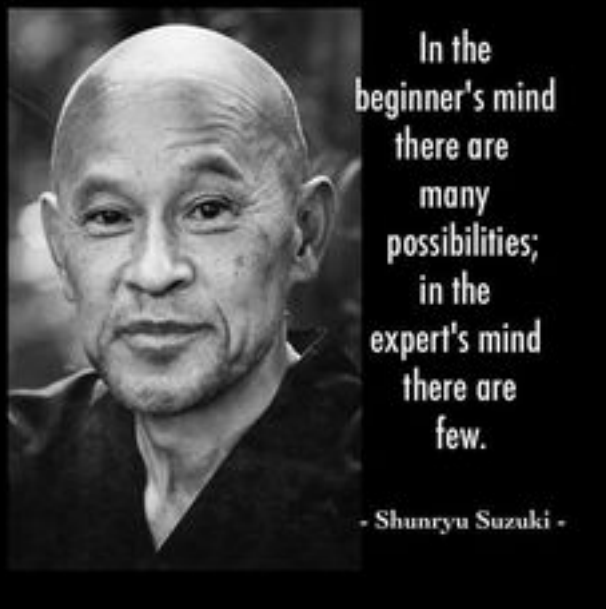


In the
beginner's mind
there are
many
possibilities;
in the
expert's mind
there are
few.

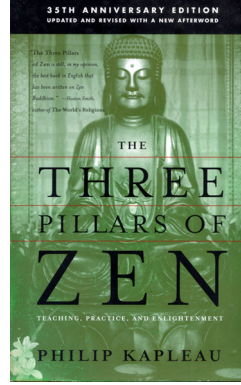
- Shunryu Suzuki -

The second course Recipes for learning Beginners mind

- Learn from fear
- Share the good and bad
- Look at our own characteristics
- Let go and accept
- Our faults can be seen as resources
- Problem-solving



The second course Recipes for learning Beginners mind



- Three basic ingredients: doubt, faith, determination
- Doubt = unknowing
- Leads to faith = let go of concepts, experience our selves as we are, not isolated, but as part of interconnected whole.
- We need determination to take action

Noble Eightfold Path



Right View

Right Intention

Right Speech

Right Action

Right Livelihood

Right Effort

Right Mindfulness

Right Concentration

The third course Recipes for livelihood

*'Right livelihood should not harm
others'*

*'A day of no work is a day of no
eating'*

Noble Eightfold Path



Right View

Right Intention

Right Speech

Right Action

Right Livelihood

Right Effort

Right Mindfulness

Right Concentration

The third course
Recipes for livelihood

Main course

Include study, learning and
social action to help or benefit
others.

Noble Eightfold Path



Right View

Right Intention

Right Speech

Right Action

Right Livelihood

Right Effort

Right Mindfulness

Right Concentration

The third course Recipes for livelihood

A business:

- we feel good about
- that could be a vehicle for training, personal growth, and spiritual transformation
- large enough to support growing community
- Could train people with no experience in business
- We could excel, we wanted our products and work to shine out

Noble Eightfold Path



Right View

Right Intention

Right Speech

Right Action

Right Livelihood

Right Effort

Right Mindfulness

Right Concentration

The third course Recipes for livelihood

- Who you know
- What you know
- See for your self
- Details are all there are
- Pay attention
- Know your costs
- Be willing to experiment
- How to sell
- Time and money



The fourth course Recipes for social change

Who are you cooking for?
Self and other
What are you working for?



The fifth course Recipes for community Indra's networking

Don't worry about competition
To profit or not to profit
Serving and offering
How to eat
Clearing the table
Starting again



Hvordan kan indsigt fra zen anvendes,
således at arbejde bliver praksis?

Fem retters menu for det gode arbejdsliv:

Spiritualitet

Læring

Levebrød

Social forandring

Fælleskab