



MINDFULNESS in SCHOOLS PROJECT CONFERENCE 2021

Including ALL
TEACHERS & LEARNERS

Aesha & Dean Francis

Moving mindfulness from me to we,
the relational aspects of mindfulness
that transport practice
from the cushion to daily life



The Urban Mindfulness Foundation



Aesha & Dean
Francis



So MBIT is...

A deep exploration
of what it is to be

HUMAN

And not just the good bits!
It is also about identifying
some of the constructs
and narratives that shape
us and can divide us.



MBIT

Starts with a working definition:

**Knowing and recognising,
how we are relating,
whilst we are relating to
everyone and everything.**

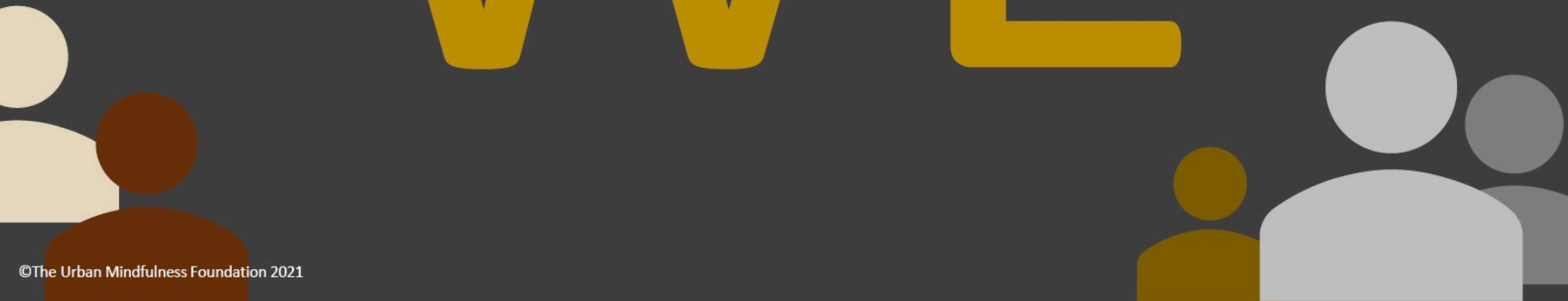
Mindfulness Based
INCLUSION
Training
(MBIT)



to



WE

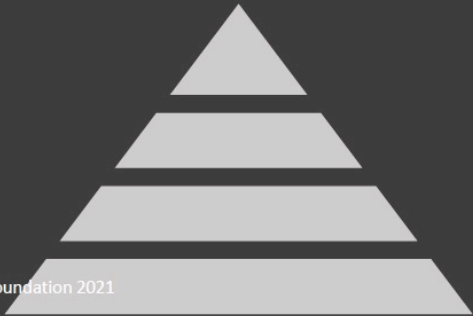


from

ME

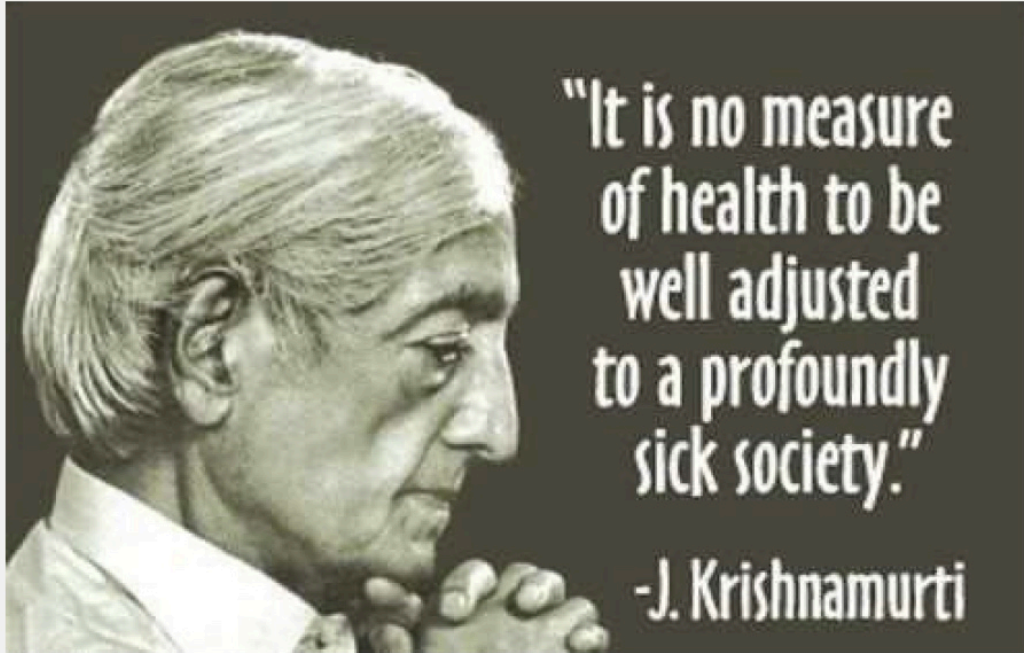


WELLNESS





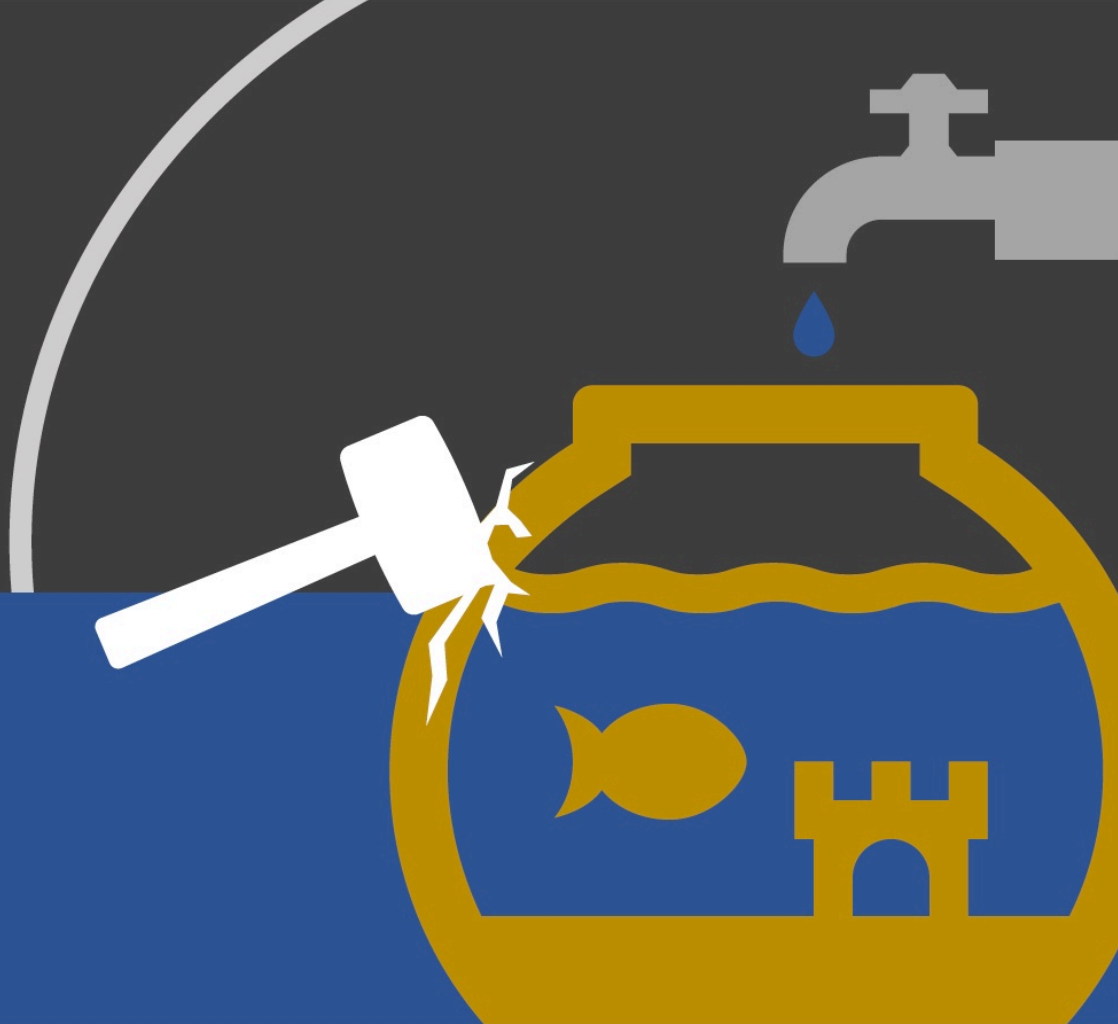
ILLNESS



"It is no measure
of health to be
well adjusted
to a profoundly
sick society."

-J. Krishnamurti

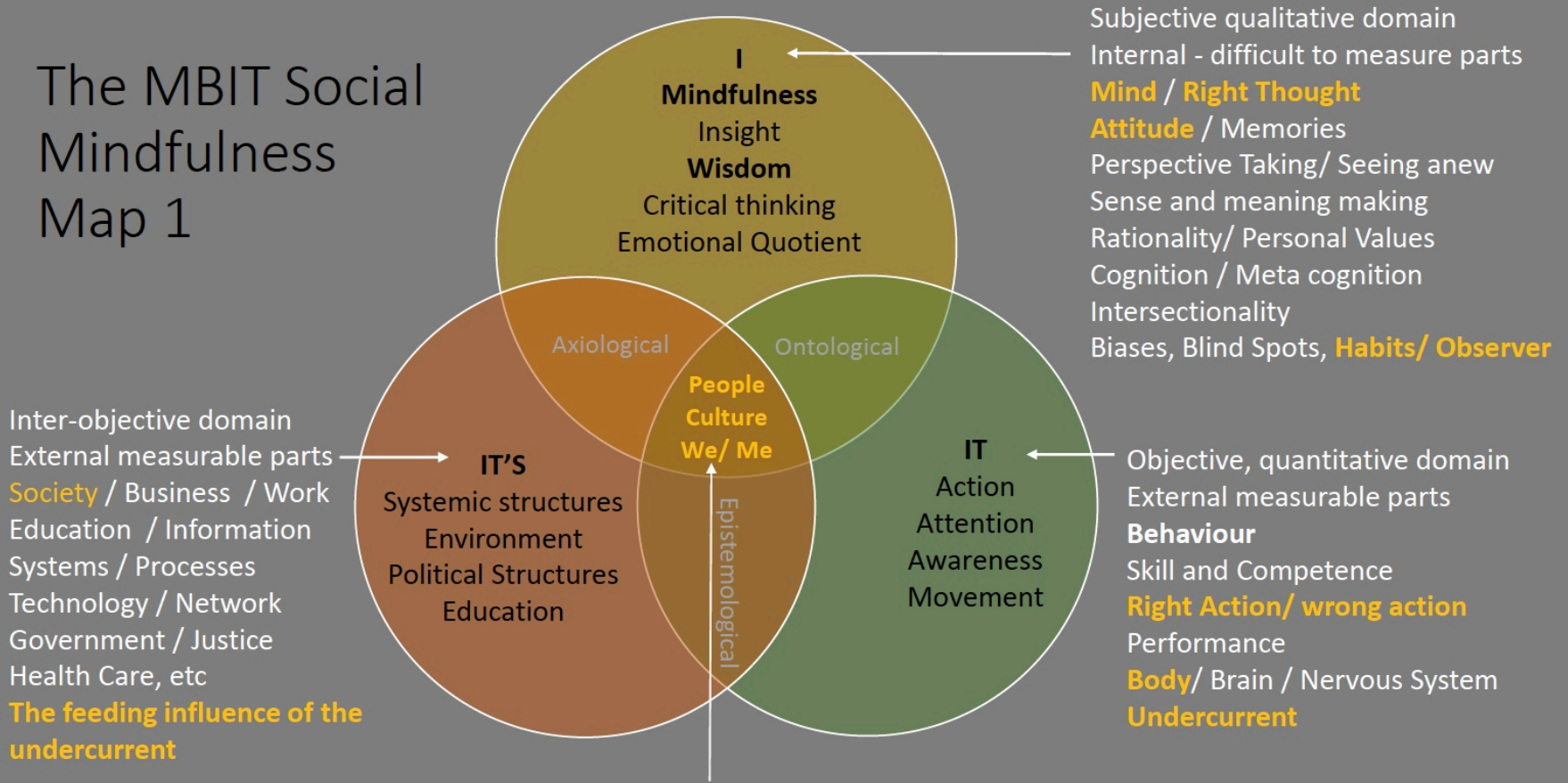
There seems to be
a problem!





The Power of the Grape Exercise

The MBIT Social Mindfulness Map 1

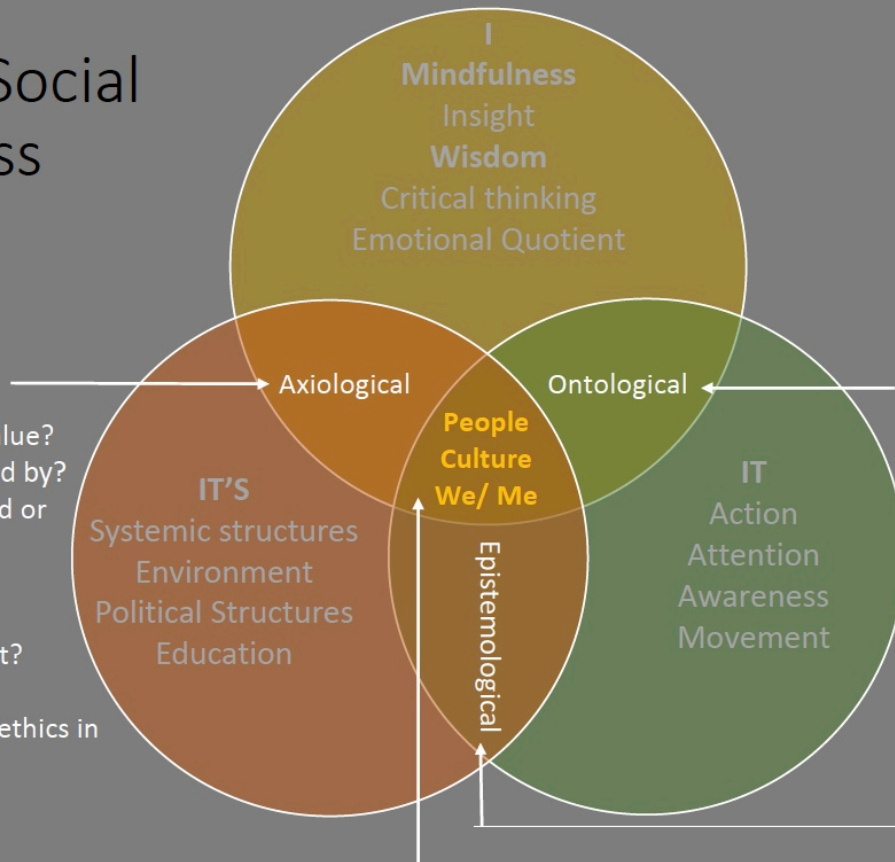


Inter subjective domain – Interpersonal internal parts - shared values, history, desires/ wants
 Historicity Social / culture conditioning, Socialisation **relationships**, transpersonal, **Ubuntu/ Emptiness**

The MBIT Social Mindfulness Map 2

Why

Why we value what we value?
 What values are we guided by?
 What do we consider good or bad? right or wrong?
 Beautiful or not?
 Are we all neutral?
 Why is kindness important?
 Why or why not equality, diversity and Inclusion as ethics in mindfulness?



What

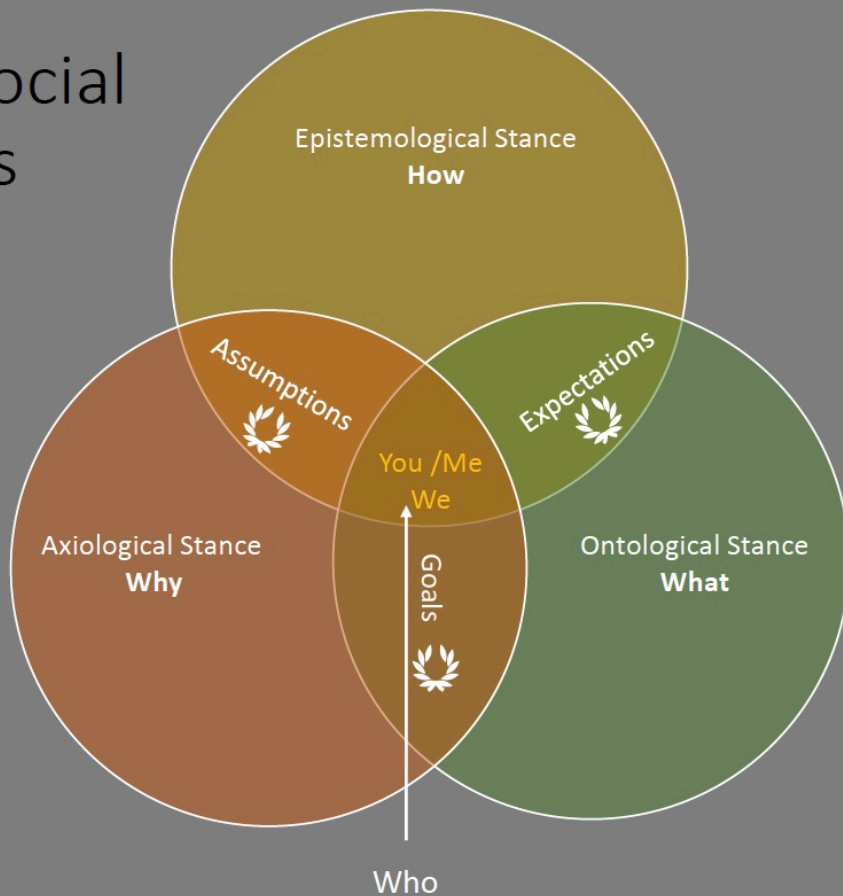
The nature of human beings, what are we?
 Purpose of our existence, Individuals, society and universe. Who are we, why are we here? Do we make real free will choices? Do external forces control outcomes eg systems, society? Are we best understood as individuals or a group?
 It's the system – Collective view
 We can change it – Collective view
 I can change it – Individual view

How

How do we acquire knowledge / knowing
 How do we know what we claim to know?
 Explicit Knowledge – Is it true that books research statistics etc are factual?
 Tacit Knowledge – Experiential
 Is it about who feels it knows it?
 Perception, Perspective
 Is knowledge a relative social construction?
 Is knowledge whatever we say it is then?
 Does absolute objective knowledge exist?

Shared values, history, desires, wants, socialisation, **relationships**, transpersonal, **Ubuntu/ Emptiness**

The MBIT Social Mindfulness Map 3 Inner Bias



Values, history, historicity, beliefs, morals, passions, needs

Ubuntu “I am, because we are.” / Emptiness

“The conditions of
truth
is to always allow
suffering
to speak.”



Cornel West – Philosopher,
Activist, Educator



*“Not everything that is
faced can be changed.
But nothing can be
changed until it is
faced.”*



James Baldwin



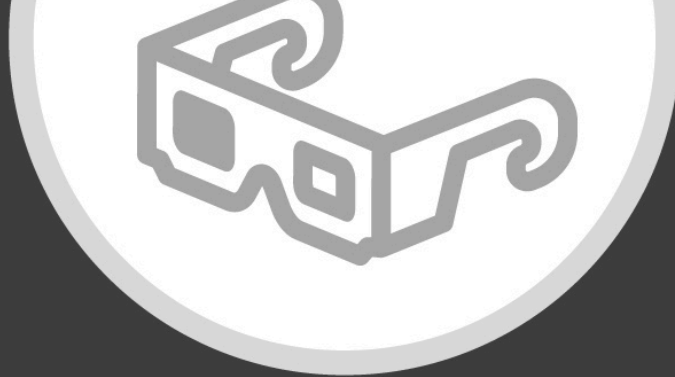
*“I am no longer accepting
the things I cannot change,
I am changing the things I
cannot accept”.*

Angela Davis



UBUNTU

I am because we are



What's the lense in
which you are seeing
through?

The
DIVERSITY
of
MINDFULNESS
is it's
BEAUTY!

IN R L COMPASSION

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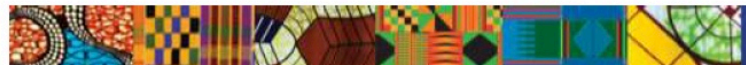


If you want to go fast
go alone
If you want to far
go together

– African Proverb



Thank You



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