

ACCESSING THE SERIES

To participate in the online series, please join the group 'Mindful Communication Series' on GroupMe. Click here to join: https://groupme.com/join_group/56470512/GJnMW13B

DESCRIPTION

This series will introduce mindfulness as a tool for managing stress and enhancing wellbeing, and introduce foundational concepts in mindful communication. The series will explore basic concepts of mindfulness and engage participants in the practice of sitting meditation, mindful self-compassion, mindful listening, and mindful speech. Mindfulness will be explored both as a tool to enhance personal well-being and as the foundation for using mindful communication to enhance and deepen relationships in personal and professional contexts. Author and law professor, Rhonda Magee, will join the course for week 6 as a guest speaker.

OUTLINE

Week 1: Seek First to Understand, Then to Be Understood (Wednesday, April 22, 3pm-4:15pm OR Thursday, April 23, 11am-12:15pm)

Reading:

Stephen Covey, “Habit 5: Seek First to Understand, Then to Be Understood,” from *The Seven Habits of Highly Effective People*

Video:

Stephen Covey, Diagnose Before you Prescribe
https://www.youtube.com/watch?v=TU5R_MuJFe

Stephen Covey, Five Levels of Listening
<https://www.youtube.com/watch?v=hw4DXun94lo>

Stephen Covey, Empathic Responses
https://www.youtube.com/watch?v=NgF4Dfc3_1c

Week 2: Leading with Presence (Wednesday, April 29, 3pm-4:15pm OR Thursday, April 30, 11am-12:15pm)

Reading:

Oren Jay Sofer, “The Power of Mindfulness” and “Where Are You Coming From?” from *Say What You Mean: A Mindful Approach to Nonviolent Communication: How to Find Your Voice, Speak Your Truth, and Listen Deeply*

Video:

Oren Jay Sofer, Mindful Communication

<https://www.youtube.com/watch?v=wXVBPptTrgs&t=1784s>

Week 3: Mindfulness of Breath and Body (Wednesday, May 6, 3pm-4:15pm OR Thursday, May 7, 11am-12:15pm)

Reading:

Williams & Penman, “Waking Up to the Life You Have” and “Waking Up to the Autopilot,” from *Mindfulness: An Eight Week Plan for Finding Peace in a Frantic World*

Video:

Jon Kabat-Zinn, Nine Attitudes of Mindfulness

<https://www.youtube.com/watch?v=2n7FOBFMvXg&t=56s>

Week 4: Mindful Living (Wednesday, May 13, 3pm-4:15pm OR Thursday, May 14, 11am-12:15pm)

Reading:

Thich Nhat Hanh, *The Miracle of Mindfulness*

Video:

Thich Nhat Hanh, Staying in the Present Moment

<https://www.youtube.com/watch?v=eiaxqGsyld8>

Thich Nhat Hanh, How Do I Stay in the Present Moment When it Feels Unbearable?

<https://www.youtube.com/watch?v=t5Ka2RS0UC4>

Week 5: Self-Compassion (Wednesday, May 20, 3pm-4:15pm OR Thursday, May 21, 11am-12:15pm)

Reading:

Kristin Neff, “Being Kind to Ourselves,” “We are All in This Together,” and “Being Mindful of What Is,” from *Self-Compassion: The Proven Power of Being Kind to Yourself*

Video:

Kristin Neff, The Space Between Self-Esteem and Self-Compassion

<https://www.youtube.com/watch?v=IvtZBUSplr4>

Shauna Shapiro, The Power of Mindfulness: What You Practice Grows Stronger

<https://www.youtube.com/watch?v=IeblJdB2-Vo>

Week 6: Mindfulness and Racial Justice (with special guest, Rhonda Magee) (ONLY Thursday, May 28, 11am-12:30pm)

Reading:

Rhonda Magee, Forward (Jon Kabat-Zinn), “The Wolf in the Water: Working with Strong Emotion in Real Time,” “Entering a Room Full of People (and Elephants) and Leaving a Community,” and “Fuck! and Other Mindful Communications” from *The Inner Work of Racial Justice: Healing Ourselves and Transforming Our Communities Through Mindfulness*

Video:

Rhonda Magee and Jon Kabat-Zinn, A Mindful Approach to Race and Social Justice

<https://www.youtube.com/watch?v=1DPw09eTa7o>

Week 7: Mindful Listening, Part 1 (Wednesday, June 3, 3pm-4:15pm OR Thursday, June 4, 11am-12:15pm)

Reading:

Thich Nhat Hanh, “Communicating with Ourselves” and “The Keys to Communicating with Others,” from *The Art of Communicating*

Video:

Oprah Winfrey Talks with Thich Nhat Hanh

<https://www.youtube.com/watch?v=NJ9UtuWfs3U>

Thich Nhat Hanh, How Do I Love Myself?

<https://www.youtube.com/watch?v=gMoRtJhVoxc>

Week 8: Mindful Listening, Part 2 (Wednesday, June 10, 3pm-4:15pm OR Thursday, June 11, 11am-12:15pm)

Reading:

Marshall Rosenberg, “Receiving Empathically” and “The Power of Empathy,” from *Nonviolent Communication: A Language of Life*

Video:

Marshall Rosenberg, Nonviolent Communication (first 34 minutes)

https://www.youtube.com/watch?v=l2KkOPZfn_Y&t=23s

Week 9: Mindful Speech, Part 1 (Wednesday, June 17, 3pm-4:15pm OR Thursday, June 18, 11am-12:15pm)

Reading:

Marshall Rosenberg, “Identifying and Expressing Feelings” and “Requesting That Which Would Enrich Life,” from *Nonviolent Communication: A Language of Life*

Video:

Marshall Rosenberg, Basics of Nonviolent Communication

<https://www.youtube.com/watch?v=VT8KGgDo6TY>

Marshall Rosenberg, Self-Empathy

https://www.youtube.com/watch?v=_WmJHBHJLIQ

Marshall Rosenberg, Scary Honesty

https://www.youtube.com/watch?v=W_hmLcJa00&t=374s

Week 10: Mindful Speech, Part 2 (Wednesday, June 24, 3pm-4:15pm OR Thursday, June 25, 11am-12:15pm)

Reading:

Thich Nhat Hanh, “The Six Mantras of Loving Speech” from *The Art of Communicating*

Video:

Thich Nhat Hanh, How Can I Not Let My Anger Explode and Hurt Others?

<https://www.youtube.com/watch?v=AeMYRCv2Kmc>

Thich Nhat Hanh, What is True Love?

https://www.youtube.com/watch?v=p8IMoN_9TyA

SOCIAL MEDIA PUBLICITY

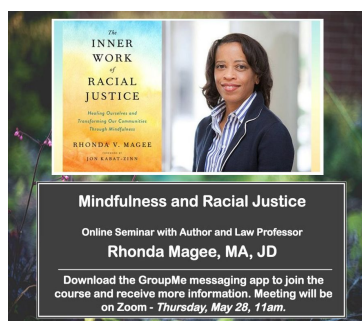


Mindful Communication
Online Series
Thursdays, 11am-12:15pm

- ❖ Reading Group
- ❖ Guided Meditation
- ❖ Presentations & Discussion

FACILITATOR:
Dr. Jordan Perez Fullam
California State University
San Bernardino

Download the GroupMe messaging app to join the course and receive more information. Meetings will be on Zoom - starting Thursday, April 23, 2020.



THE INNER WORK OF RACIAL JUSTICE
Healing Ourselves and Transforming Our Communities Through Mindfulness
RHONDA V. MAGEE
with JON KAPLAN

Mindfulness and Racial Justice
Online Seminar with Author and Law Professor
Rhonda Magee, MA, JD

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