



**ICM Asia Pacific 2019**

Auckland, New Zealand

Mauri Noho, Mauri Oho, Mauri Ora

## **ICM Asia Pacific 2019 Pre-Conference Workshop**

### **Mindfulness is more than a technique: understanding the Four Foundations of Mindfulness**

**Grant Rix**

Mindfulness is proving useful for alleviating the stresses and strains of modern living. However, as its popularity grows, so too do questions regarding the quality of mindfulness interventions and the expertise of those delivering them.

Without a proper understanding of the four foundations of mindfulness, we run the risk of misconstruing mindfulness as nothing more than a technique to be used at times when we experience psychological distress. While it is a fundamental purpose of mindfulness to alleviate distress, we will not reap the full benefits that it can offer if we view it simply as a band-aid approach to be used once problems arise.

Instead, mindfulness works by stemming the flow of fragmentation, distraction and mindlessness, which provoke feelings of separation from the world. The most famous and earliest pioneer of mindfulness teaching, Gautama the Buddha, understood that it is these feelings of separation that cause distress in the first instance. In response, he laid out a timeless and universally applicable pathway for the steady development of mindfulness from the viewpoint of life as already integrated in each moment. This pathway is known as the four foundations of mindfulness (awareness of body, awareness of feelings, awareness of states of mind, and awareness of all other phenomena). When fully understood and practised, the four foundations of mindfulness result in an increasing sense of integration and connection with the community of life in which we are embedded.

This workshop will provide a brief survey of the four foundations of mindfulness and will include consideration of the differences between Buddhist and secular approaches to mindfulness. The workshop is intended for anyone looking to enhance their personal and professional applications of this timeless practice.





## ICM Asia Pacific 2019

Auckland, New Zealand

Mauri Noho, Mauri Oho, Mauri Ora

### Grant Rix

Grant is a leader in mindfulness training, delivery and research in New Zealand. In 2012, while at the Mental Health Foundation of NZ, Grant created New Zealand's own evidence-based and New Zealand Education Curriculum aligned mindfulness in school's programme: Pause, Breathe, Smile, which is now being delivered in over 200 schools nationwide.

Grant has presented on mindfulness in New Zealand, Australia and China and has been involved in researching the effects of the Pause, Breathe, Smile programme in New Zealand schools alongside researchers from Auckland University of Technology and the University of Auckland. He has co-authored four peer-reviewed papers and a book chapter in Mindfulness and Education: Research and Practice.

Grant's in-depth knowledge of mindfulness is underpinned by 20 years of study and practice including participation in a unique three-year study and meditation programme, and numerous meditation retreats of up to three months in length. At the request of his main teacher, Tarchin Hearn, Grant began giving teaching on the four foundations of mindfulness in 2005.

