

# 1-Day (6 hours) MESMA Workshop – Preview – Actual Content may vary

This workshop will guide you through the basics of mindfulness which is the key for MESMA practice. You'll learn techniques to cultivate awareness and presence in daily life. This 6 hour immersive experience will introduce you to the fundamentals of mindfulness.

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# What is Mindfulness (base of MESMA)?



## Present Moment Awareness

Paying attention to the present moment without judgment, embracing thoughts, feelings, and sensations as they arise.



## Non-Judgmental Observation

Observing your thoughts, feelings, and bodily sensations without labeling them as good or bad.



## Cultivating Awareness

Developing the ability to focus your attention on the present moment, without getting caught up in distractions.

# Benefits of Mindfulness

## Reduced Stress

Mindfulness helps you to become aware of your thoughts and feelings without judgment.

## Enhanced Emotional Regulation

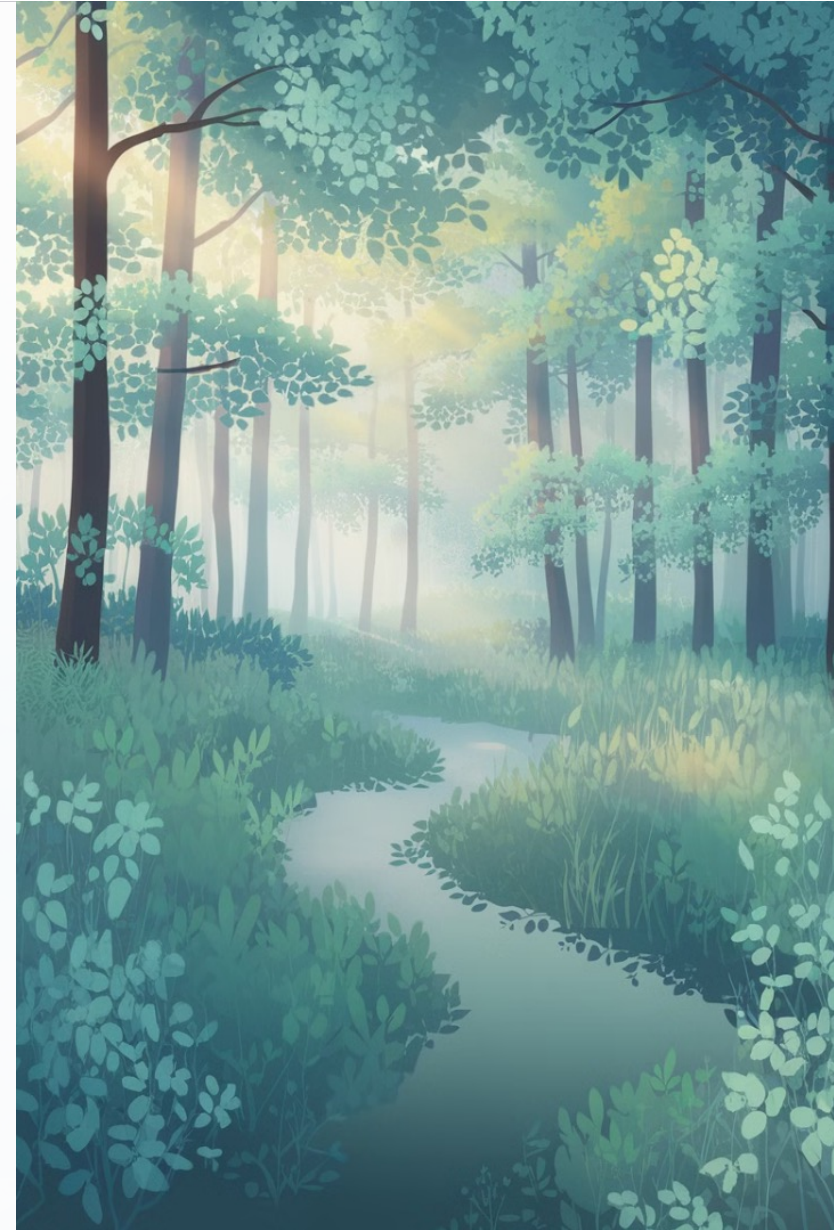
It provides you with the tools to manage your emotions in a healthier way.

## Improved Focus

When you practice mindfulness, you train your mind to stay present and engaged.

## Increased Self-Awareness

Through mindfulness, you gain a better understanding of yourself and your reactions.





# MESMA Breath

1

## Find a Comfortable Position

Sit upright, with your back straight, but not tense. Place your hands in your lap.

2

## Focus on Your Breath

Pay attention to the natural rhythm of your breath as it flows in and out. Notice the sensations of your breath in your nostrils or chest.

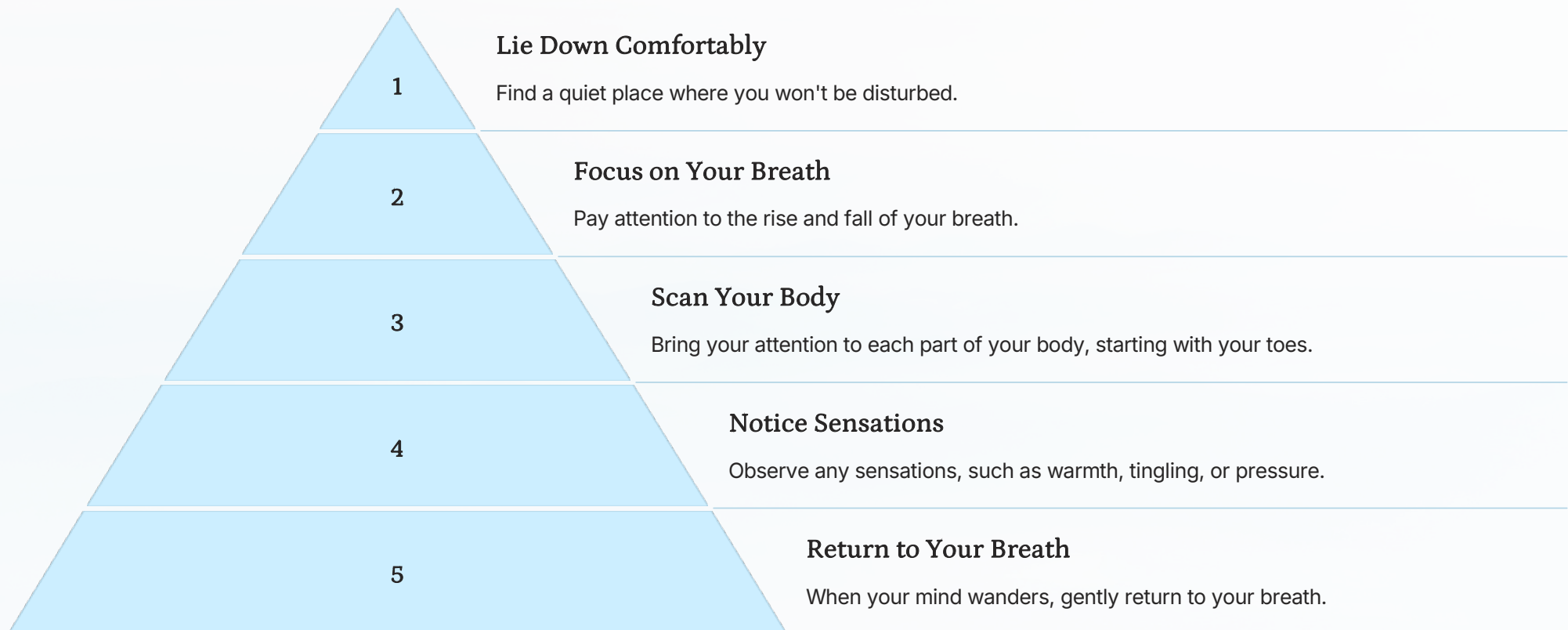
3

## Observe Without Judgment

Don't try to change your breath. Simply observe it with an open, accepting mind.

# MESMA Meditation – Body Scan Meditation

Body scan meditation is a guided meditation that involves bringing mindful awareness to different parts of your body.



This practice helps to cultivate body awareness, reduce stress, and promote relaxation.

# MESMA Walk

1

## Find a Safe Space

Choose a quiet, comfortable location where you can walk undisturbed. Avoid distractions.

2

## Focus on the Walk

Pay attention to the sensations of your feet touching the ground, your legs moving, and your breath.

3

## Observe Your Thoughts

Notice any thoughts or feelings that arise, without judgment. Gently bring your attention back to your body.

4

## Mindful Steps

Let each step be a mindful act, a moment of presence. Enjoy the feeling of movement.

5

## Embrace the Moment

Experience the present moment fully, without dwelling on the past or worrying about the future.

# MESMA TASTE Awareness / EATING

1

## Pay Attention

Notice the colors, textures, and aromas.

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2

## Savor the Flavors

Appreciate the taste and enjoy the experience.

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3

## Eat Slowly

Take small bites and chew thoroughly.

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4

## Mindful Portions

Listen to your body's hunger cues.

Mindful eating is a practice of paying full attention to the experience of eating. It helps us to savor our food, appreciate the flavors, and connect with our bodies.

# MESMA Connect - Loving-Kindness

**1**

## **Focus on Yourself**

Begin by sending loving thoughts to yourself.

**2**

## **Extend to Others**

Gradually expand your circle of kindness to loved ones, friends, and acquaintances.

**3**

## **Neutral Individuals**

Include people you are indifferent to, recognizing our shared humanity.

**4**

## **Challenging Individuals**

Finally, direct loving-kindness towards those you find difficult, acknowledging their inherent worth.





# MESMA Connect (Contd) – D/T

1

## Focus on the Speaker

Pay attention to the speaker's words, tone, and body language. Set aside any distractions and fully engage in the conversation.

2

## Suspend Judgment

Listen without judgment or preconceived notions. Allow yourself to hear and understand the speaker's perspective without interrupting or forming opinions.

3

## Active Listening

Paraphrase what you hear, ask clarifying questions, and acknowledge the speaker's feelings. This demonstrates your attentiveness and understanding.



# MESMA Mindful Observation

1

## Choose a Subject

Pick an object to observe with attention.

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2

## Notice Details

Observe the object's color, shape, and texture.

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3

## Nonjudgmental Observation

Simply observe without labeling or judging.

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4

## Shifting Attention

Observe the object for several minutes.

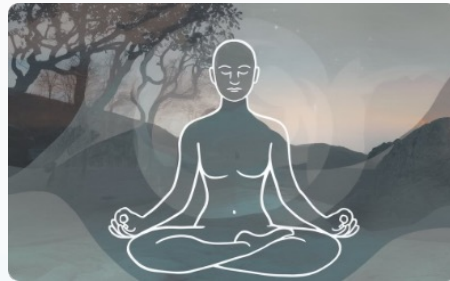
Mindful observation is a simple practice that involves bringing your full attention to the present moment. By choosing a subject and observing it with all of your senses, you can train your mind to be more present and aware.

# Mindful Thoughts



## Observe Thoughts

Notice thoughts as they arise, like clouds passing by.



## Non-Judgmental Awareness

Don't judge thoughts as good or bad. Simply acknowledge them.



## Thought Patterns

Identify recurring thoughts.  
Understand how they impact your emotions.



## Letting Go

Practice letting go of intrusive or negative thoughts.



# Mindful Emotions

## **Observe without Judgment**

Notice your emotions without labeling them as good or bad. Simply acknowledge their presence.

## **Accept and Allow**

Allow emotions to rise and fall like waves. Resisting them only increases their intensity.

## **Compassionate Self-Talk**

Speak to yourself with kindness and understanding when experiencing difficult emotions.

# Mindful Relationships

## Active Listening

Pay attention to both verbal and non-verbal cues, responding with empathy and understanding.

## Compassionate Communication

Express your thoughts and feelings with kindness and respect, seeking to understand the other person's perspective.



A photograph of a woman walking on a paved path lined with trees. The path is shaded by the trees, and the woman is wearing a light green shirt and dark pants. The trees are tall and have dense foliage, creating a canopy effect over the path.

# Applying MESMA in Daily Life

## Communication

Pay attention to your words and tone. Observe how others react.

## Movement

Engage in activities like walking or yoga. Focus on your body's sensations.

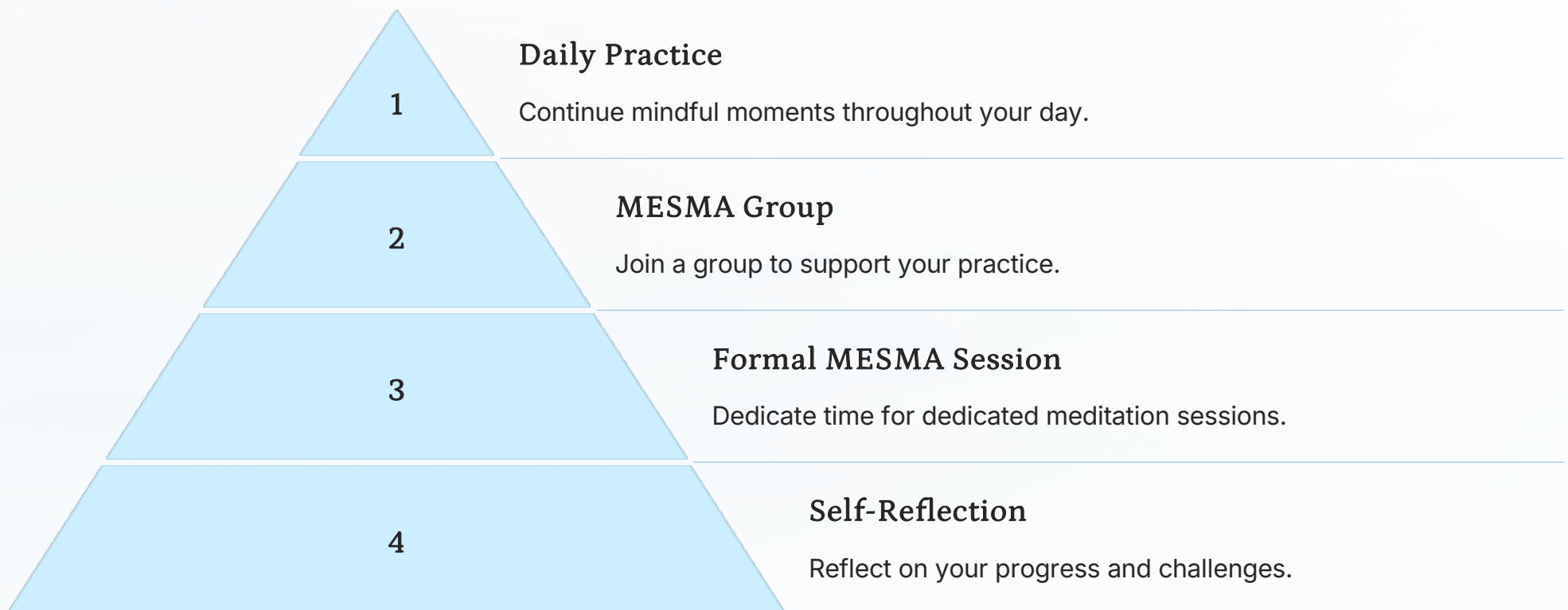
## Work

Practice MESMA during tasks, like writing or meetings. Notice your thoughts and feelings.

## Relationships

Practice active listening and empathy. Be present with loved ones.

# Integration and Next Steps



Mindfulness is an ongoing journey, not a destination. Integrating mindful practices into your daily life can enhance your well-being.

Thank You

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