

# Mindfulness and Gift Planning

National Capital Gift Planning Council  
January 9, 2019



*hello!*

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**1.**  
**What is Mindfulness?**



“

[Psychology Today](#) defines mindfulness as “a state of active, open attention on the present.” The publication goes on to state that, “you observe your thoughts and feelings from a distance, without judging them good or bad.” Additionally, “mindfulness means living in the moment and awakening to experience,” as opposed to letting life pass you by.



Choose to respond  
vs react...

*Mindfulness Exercise #1*  
Breathing



2.  
Who is doing it?



# Companies That See The Big Benefits Of Mindfulness Meditation

- ▣ Adobe
- ▣ Aetna
- ▣ AOL Time Warner
- ▣ Apple
- ▣ AstraZeneca
- ▣ Ford
- ▣ General Mills
- ▣ Google
- ▣ Nike
- ▣ McKinsey & Co.
- ▣ Target
- ▣ Best Friends Animal Society
- ▣ The Nature Conservancy

3.  
What are the benefits?

# Personal

- ▣ Helps reduce stress
- ▣ Improves Memory
- ▣ Greater happiness
- ▣ Deepened empathy and kindness
- ▣ Improved sleep quality
- ▣ Improved immune system

# Professional

- ▣ Improves our ability to focus our attention
- ▣ Improves clarity
- ▣ Makes space for creativity
- ▣ Strengthens our resilience
- ▣ Develops emotional intelligence
  
- ▣ Helps deal with criticism
- ▣ Builds leadership skills
- ▣ Keeps you mentally, emotionally and physically happy.

# Extreme Focus



*Mindfulness exercise #2*  
Eating



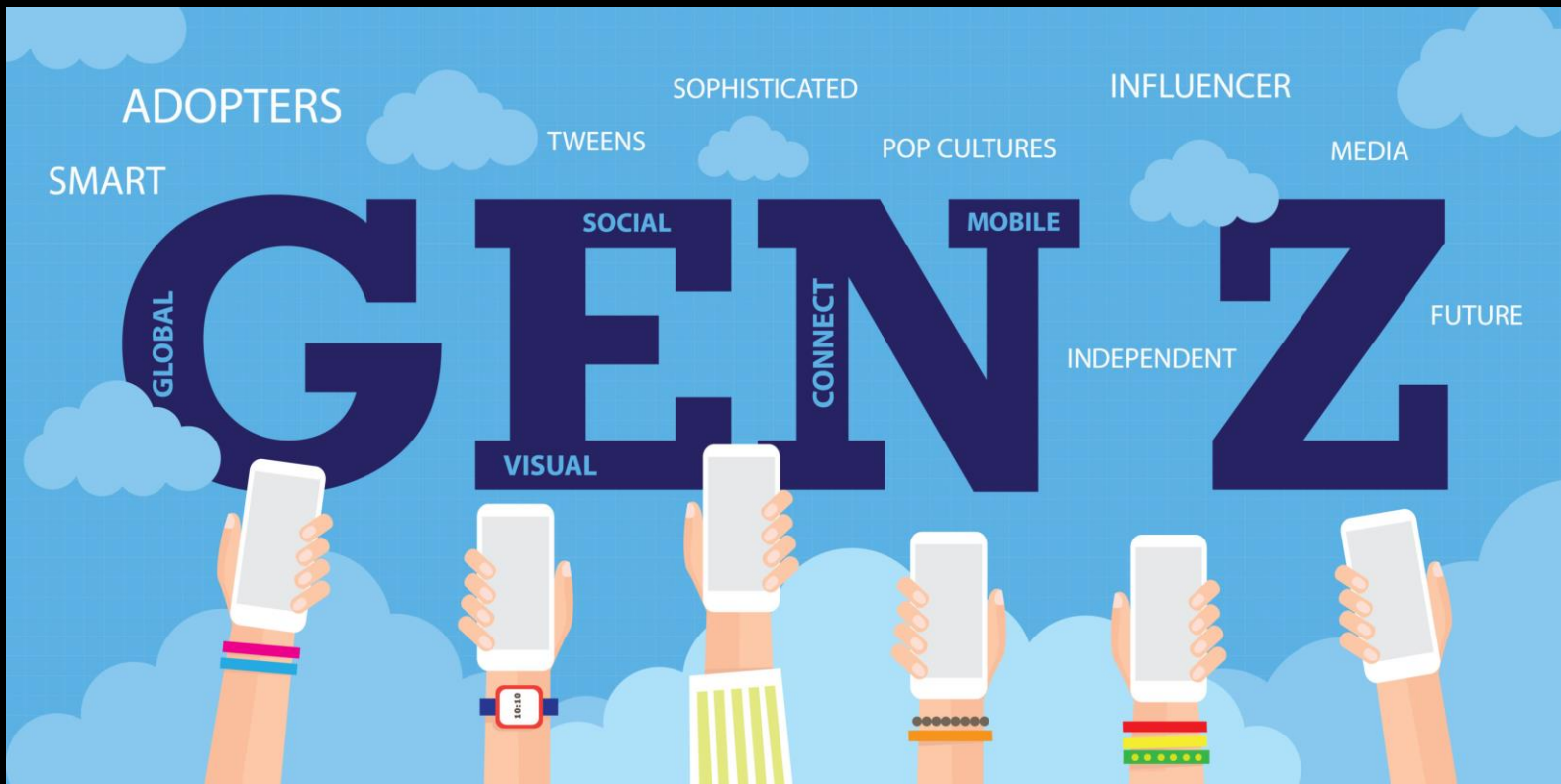


*Why Now?*

# We're really distracted

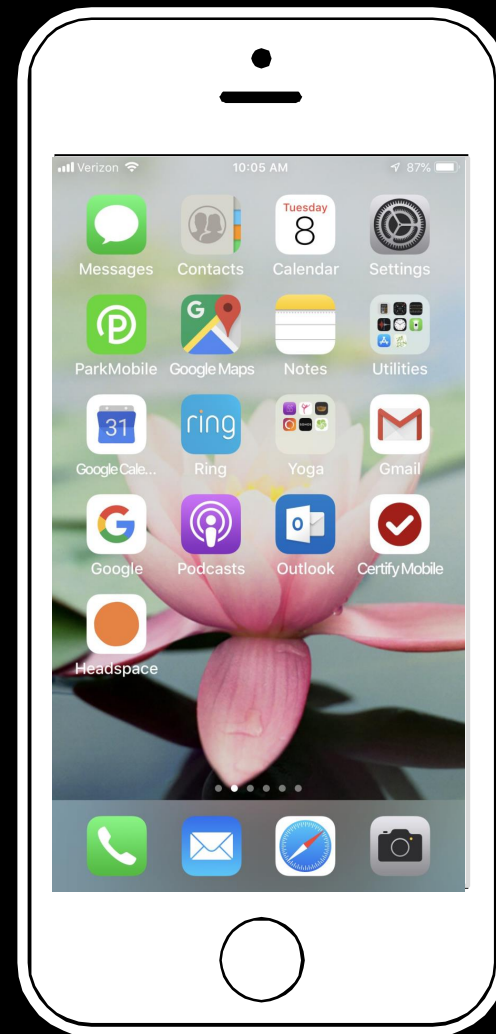
- ▣ What are you doing right now?
- ▣ What are you thinking about right now?
- ▣ How are you feeling right now?

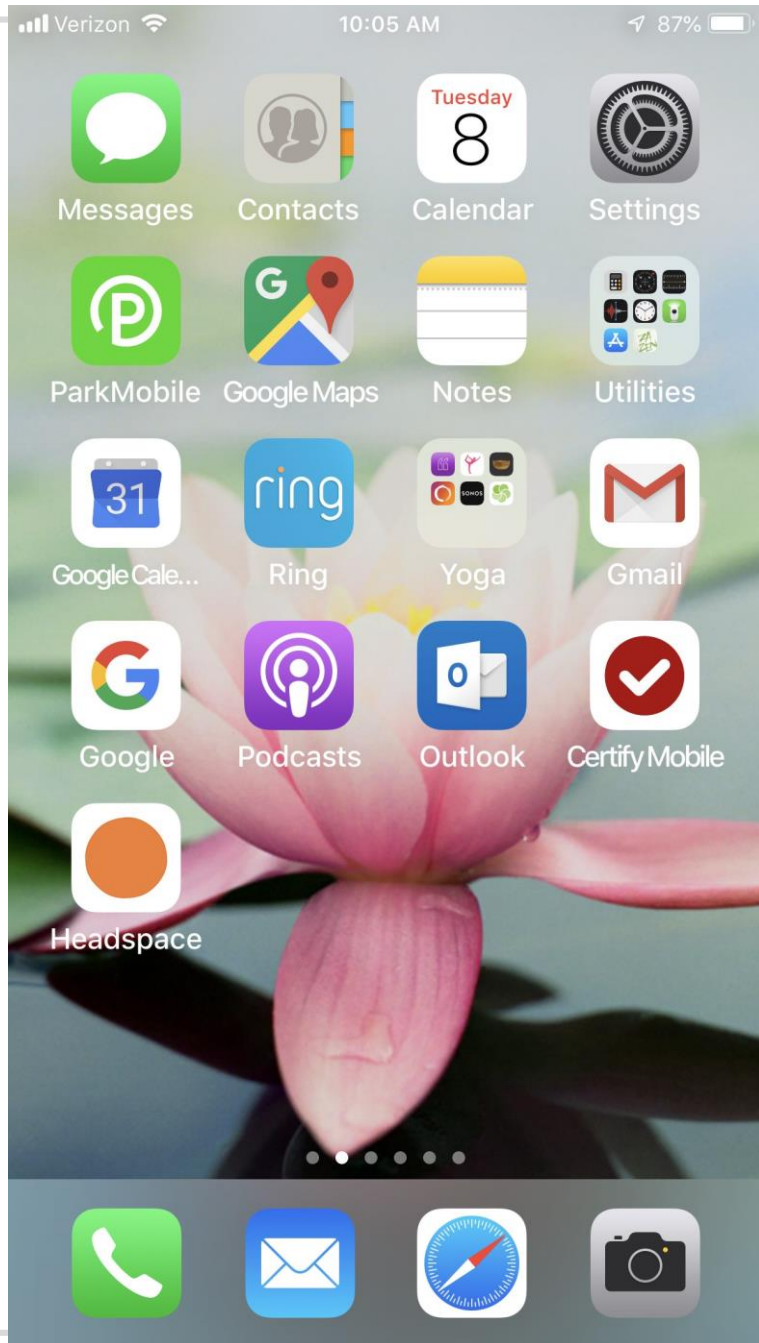




*Mindfulness exercise #3*

Focus

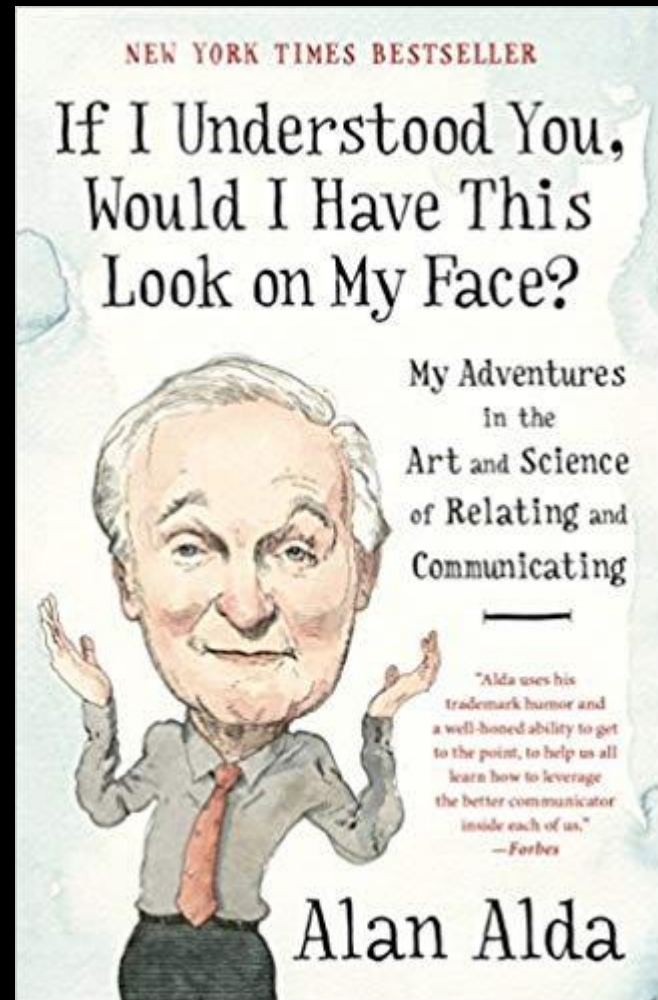




4.  
Why does it apply to our  
work?

Helps our ability to connect in a highly effective way and navigate the sensitive and sacred issues

*Mindfulness exercise #4*  
Listening



5.  
How can I apply it to my  
work?





Each of us will be visited by  
the heavenly messengers –  
sickness, old age, death

“

*Resolve to be tender with the young,  
compassionate with the aged,  
sympathetic with the striving, tolerant of  
the weak and wrong.*

*Sometime in your life you will have been  
all of these.*

# Secret to aging with grace and joy

- ▣ Studies show that many people are happier as they age – fewer options can increase happiness.
- ▣ Part of the passion of youth is looking for intensity and new experiences;
- ▣ Many older people report how they celebrate aliveness in ordinary things and simple rituals.
- ▣ Cultivate relationships that have meaning for you.

# Best Friends Values

## *Golden Rule*

To treat all living things as we ourselves would wish to be treated.

## *Kindness*

To demonstrate compassion and respect for all living creatures.

## *Positive Influence*

To judge our effectiveness by the extent to which animal lives are saved and improved, and by the positive experience of the people we touch.

## *Leadership*

To lead by example, developing, promoting and sharing great new ideas and programs to help animals.

## *Authenticity*

To do what we say we do.

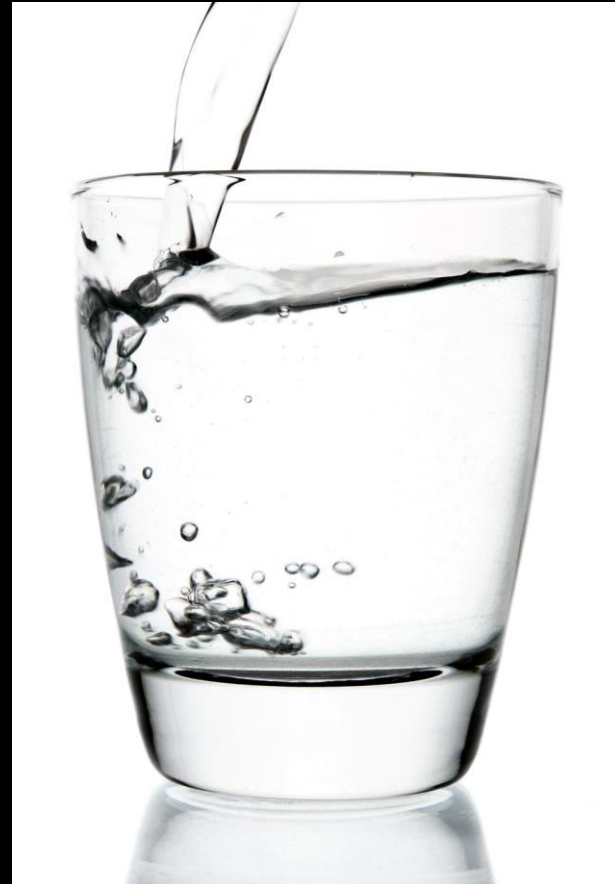
## *Transparency*

To be open and honest in our relationships.

# 6. Daily Opportunities

*Final Mindfulness Exercise*

Pausing



*thanks!*

Any questions?

“

*May you have happiness and the causes of happiness.*

*May you be free from suffering and the causes of suffering.*

*May you never be parted from freedom's true joy.*

*May you dwell in equanimity and be free of attachment and aversion.*

*Dedication of Merit*



# Credits

Special thanks to all the people who made and released these awesome resources for free:

- ▣ Presentation template by [SlidesCarnival](#)

# Resources

## **Books & Magazines (On how to practice mindfulness training):**

- Mindfulness in Plain English, Bhante Henepola Gunaratana
- Hurry Up and Meditate, David Mitchie
- Learn to Meditate, David Fontana, PhD
- Breath by Breath, Larry Rosenberg
- Wherever You Go, There You Are, Jon Kabat-Zinn
- 10% Happier, Dan Harris
- After the Ecstasy, the Laundry, Jack Kornfield
- The Miracle of Mindfulness, Ticht Nhat Hanh
- The Power of Now, Eckhart Tolle
- Mindful Magazine, healthy mind, healthy life

# Resources

## **On the scientific research:**

- ▣ Train Your Mind Change Your Brain, Sharon Begley
- ▣ The Mindful Brain, Daniel Siegel
- ▣ Full Catastrophe Living, Jon Kabat-Zinn
- ▣ Happiness, Matthieu Ricard

## **Local Groups**

- ▣ Insight Meditation Community of Washington DC
  - <https://imcw.org/>

# Resources

## **Online bibliographies on mindfulness training:**

- <http://www.noetic.org/research/medbiblio/biblio.htm>
- <http://www.ncbi.nlm.nih.gov/sites/entrez?db=pubmed&cmd=search&term=meditation>
- <http://www.ions.org/research/medbiblio/index.htm>
- Google scholar; “mindfulness”
- <https://www.psychologytoday.com/us/basics/mindfulness>
- <http://www.bbc.com/future/story/20180502-does-mindfulness-really-improve-our-health>
- <https://www.helpguide.org/harvard/benefits-of-mindfulness.htm> Positive Psychology: Harnessing the Power of Happiness, Personal Strength, and Mindfulness, a special health report published by Harvard Health Publications.

# Resources

## **Apps:**

- ▣ Headspace
- ▣ Clam
- ▣ Muse
- ▣ Insight Timer

## ▣ **Podcasts:**

- ▣ How to be Awesome at your job
- ▣ Hidden Brain
- ▣ Jonathan Foust
- ▣ Wisdom