

# Mindful Transitions

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MANAGE CHANGE THROUGH MEDITATION AND MINDFULNESS

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# The Session

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What we can do: acceptance & letting go

Balancing emotions: positive and negative, stress, anger, anxiety, excitement

First practice: body awareness, grounding, breathing - the three-part breath

Mudras

Second practice: mindfulness, meditation and the present moment; quieting the mind

Apps: Insight Timer, Headspace, MindBell

Breathing practice: calming breathing that you can do anywhere

Lovingkindness (Metta) meditation

Final practice: bringing it together in a 15 minute guided meditation

# First practice

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body awareness – brief body scan, identify and release locations that hold tension

grounding – reconnecting with yourself and being in the present moment

breathing - the three-part breath

# Mudras

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Hand positions or gestures that promote particular feelings or states of mind

In a secular tradition, regular practice becomes associated with a specific state of mind or preparation

In a spiritual tradition they are said to alter or balance energies of the practitioner

Classical rhetoric

Popular culture

Buddhist, Hindu,  
Christian traditions

<https://www.thebuddhagarden.com/mudras-sacred-hand-gestures.html>

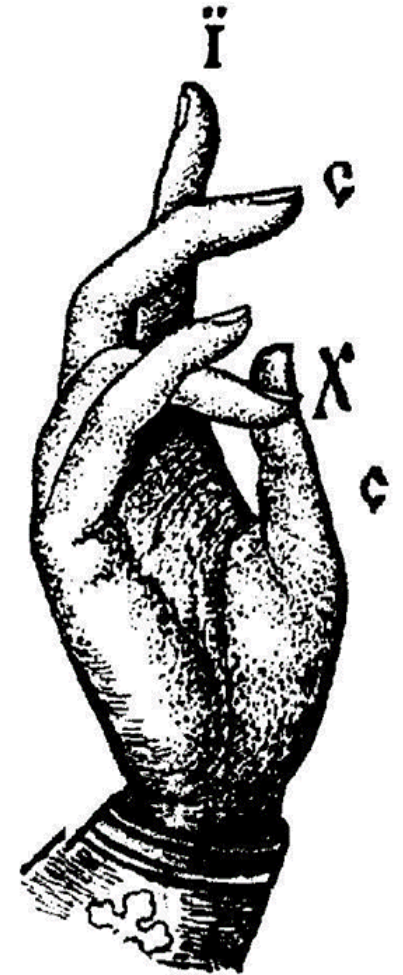
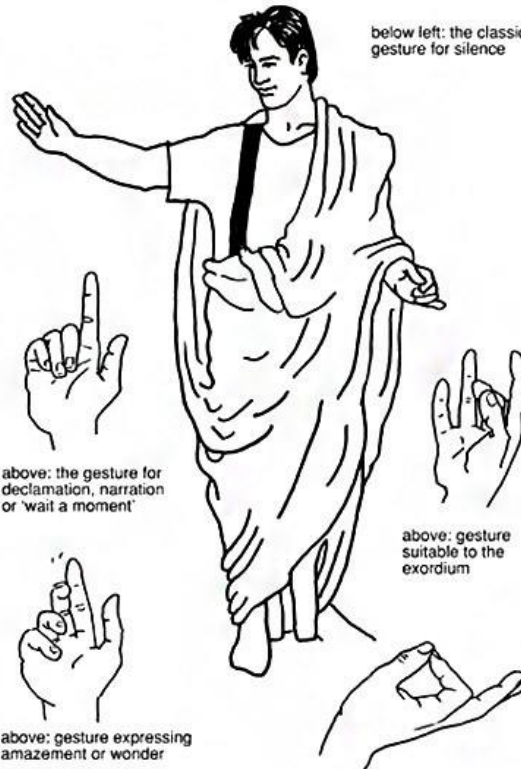
<https://aleteia.org/2016/06/12/what-do-hand-gestures-in-icons-mean/>

[https://d2ciprw05cjhos.cloudfront.net/files/v3/styles/gs\\_large/public/images/15/02/spock.png?itok=ZGO0un8A](https://d2ciprw05cjhos.cloudfront.net/files/v3/styles/gs_large/public/images/15/02/spock.png?itok=ZGO0un8A)

<http://sanjay-koul.blogspot.com/2015/03/mudras-healing-power-in-your-hands.html>

<https://www.smithsonianmag.com/travel/india-hand-gestures-mudra-180958089/>

accessed 29 March 2019 and 1 April 2019



THE ORATOR'S GESTURES

# Meditation Mudra

(Dhyana Mudra)



<https://thenamastecounsel.com/yogibhajan/dhyana-mudra-tibetan-meditation-mudra/>

accessed 29 March 2019

# Second practice

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mindfulness

the present moment

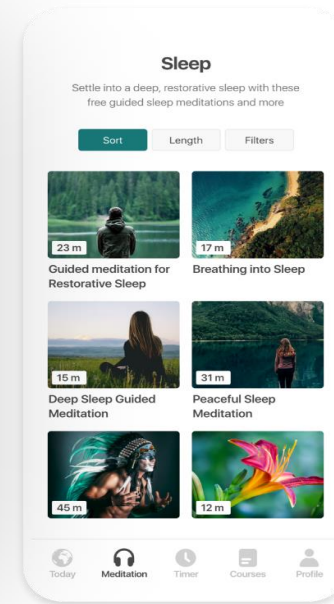
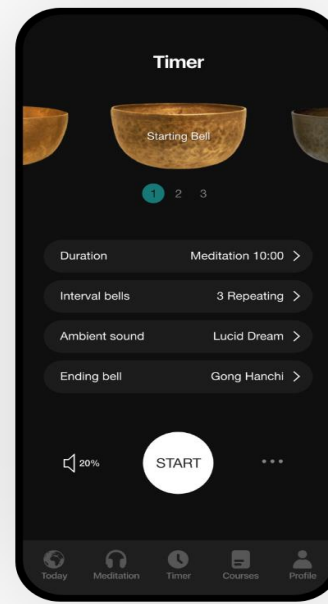
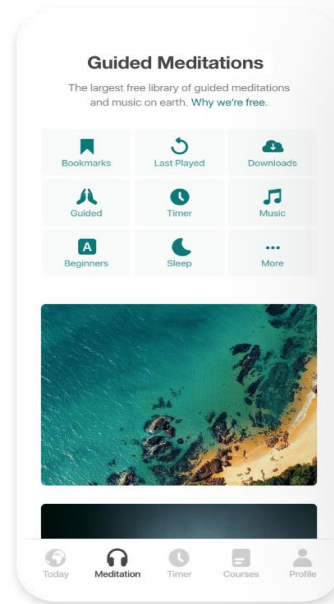
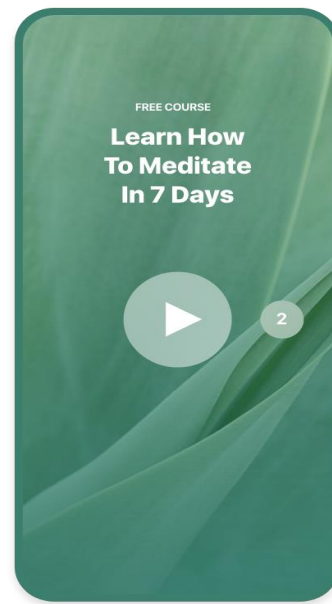
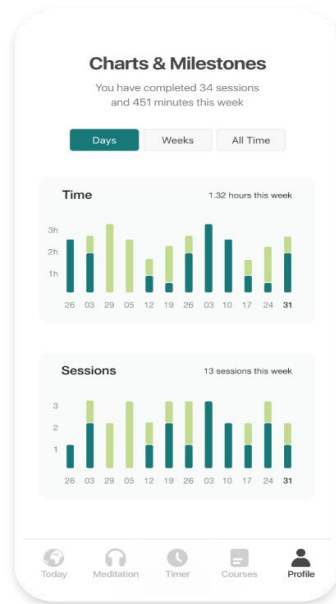
quieting the mind

noting practice in meditation



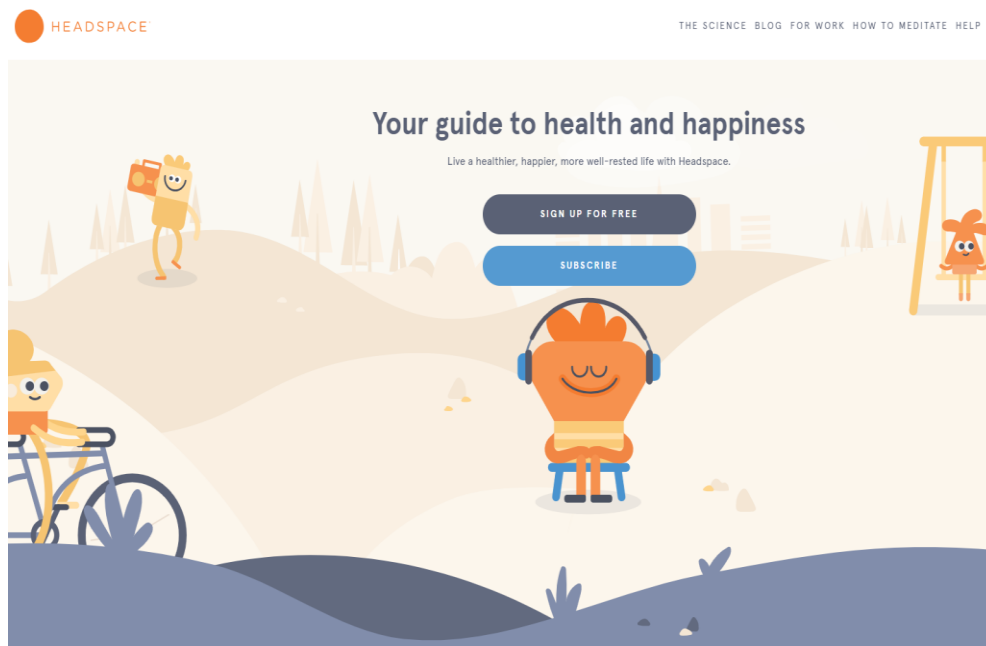
# Apps

Insight Timer <https://insighttimer.com/>



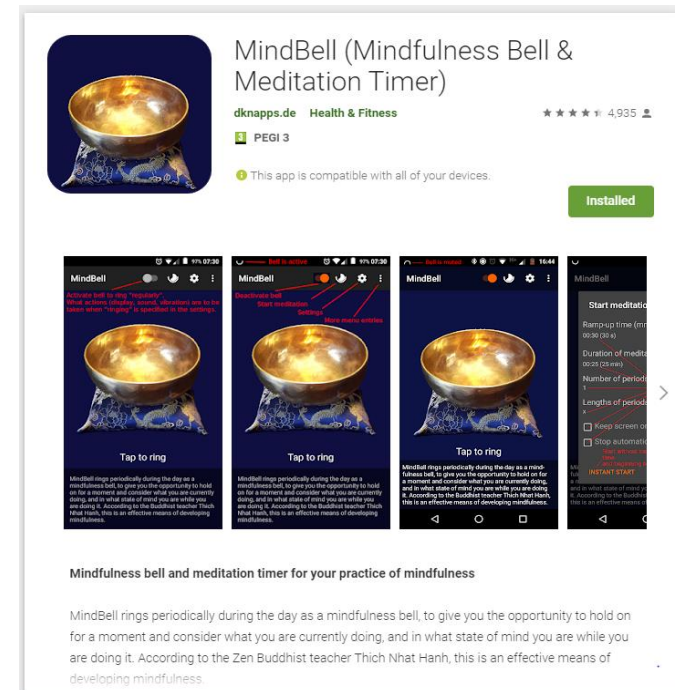
# Headspace

<https://www.headspace.com/headspace-meditation-app>



# MindBell

<https://mindfulness-bell.soft112.com/>



# Third practice

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breathing practice - alternative nostril breathing

promotes calmness and balance

practice physically or (invisibly) by visualisation

# Lovingkindness meditation

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May all beings be happy, content and fulfilled,  
May all beings be healed and whole,  
May all beings be protected from harm and free from fear,  
May all beings be awakened, liberated and free,  
May there be peace on earth and the entire universe.

- Lama Surya Das



balance yourself, heal difficult relationships and find peace by practising lovingkindness or metta meditation

## Simple Metta Text

May I be well

May I be happy

May I be free  
from Harm

The five parts:

The Self

A person close or dear to you

A person not well known to you

A person you have a difficult  
relationship with

The world, or all beings, or all  
conscious beings

# Further Resources

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## **Relaxation and breathing exercises; guided meditations**

Shantacentre YouTube channel

[https://www.youtube.com/channel/UCq\\_GlrBbtVeoF\\_MCk-xkoA](https://www.youtube.com/channel/UCq_GlrBbtVeoF_MCk-xkoA)

## **Mudras**

Swami Saradananda *Mudras for Modern Life*.  
Watkins Media, 2015

## **Mindfulness**

Collard, Patrizia *Little Book of Mindfulness*. Gaia Books 2014

Short practices, accessible, portable. Also available as an e-book.

Suryacitta *Mindfulness and Compassion*. Leaping Hare Press, 2015

Attractive small hardback book, available as an e-book but as a physical book it feels good. More in-depth reading and different practices to use.

# Contact

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