

Copy of email newsletter that was created in Constant Contact tool.

Links lost and formatting lost due to Constant Contact limitations.



News UF Mindfulness Program, Dec. 2024



Compassionate Action, Cultivate Kindness

Random acts of kindness bring happiness to you and others. A random act of kindness is a non-premediated, spontaneous action designed to offer kindness toward somebody. It simply feels soooooooooooooooooo good to be kind. Kindness can have a positive impact on both the recipient and the giver, creating a sense of connection, trust, and mutual respect. For example,

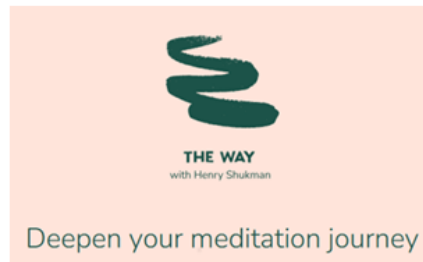
- Send a text message to a friend with whom you did not talk for years
- Buy a coffee for a stranger
- Give a big smile to a co-worker
- Spend extra time to be with a student having questions
- Let the other car get the parking spot
- Give a compliment to a teacher who is overworked

Find ideas for random acts of kindness at the [Random Acts of Kindness Foundation](#).

Kindness can have unexpected positive consequences.

Participate through kindness to create a caring community. Co-create a kind UF community.

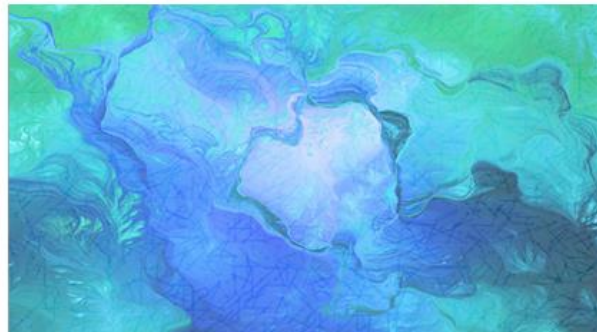
How many times have you acted kindly today?



Advance your Mindfulness Meditation Practice in 2025

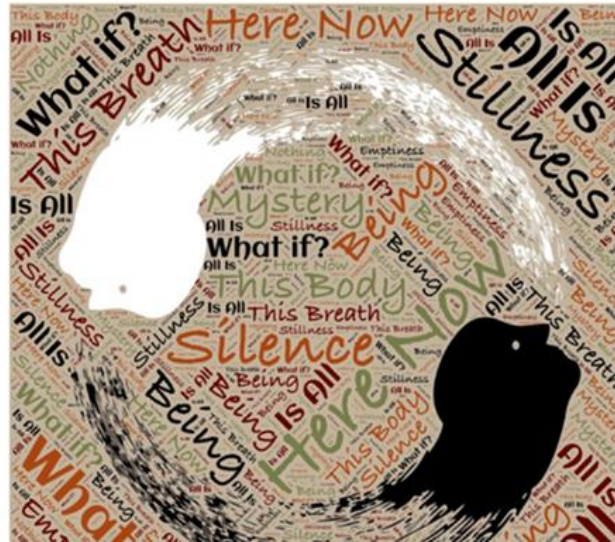
Have you wondered how you can advance your mindfulness meditation practice? Extending the time period you meditate is one way (5, 10, 20 min to 1 or more hours per day). Another way is to gradually add more meditation practices after you have stabilized a practice. The idea is to master one meditation technique (e.g., breath meditation) through practice for weeks or months before adding other meditation practices (e.g., compassion meditation, open monitoring meditation). In this way *depth* (going deep into meditative states of consciousness) is combined with *breadth* of practices (adding a variety of meditation or contemplative practices). Viewing meditation practice as a life practice means that this path changes you from the inside out with profound effects to well-being, health and clarity. Fluidity rather than rigid identity with a specific practice style keeps your mind fresh and alert.

The Way is a free meditation app developed by Henry Shukman (Zen Master) that guides you to systematically deepen your meditation journey. The Way provides step-by-step guided meditation instructions that build on each other with the goal to enhance relaxation, understand your mind, the nature of self, and unconditional wellbeing. Sounds too good? Try it out.



A Meditation
By Rupert Spira, Nondual Teacher

"I am the love with which I am loved
I am the desire with which I am longed for
I am nothing but take the shape of everything
I am nowhere but available everywhere
I hold on to nothing and cannot be held."



360° Mindfulness Workshop, Practice Mindfulness — Spring 2025

In spring semester group practice sessions will be offered by various teachers from the UF Mindfulness Program covering a spectrum of different mindfulness meditation techniques, mind-body practices, and reflections. Sessions are open to students, staff, faculty and the community.

Save the dates! Registration will open early January.
Sessions run from 5:30 to 6:30 pm on Mondays from January 27 until April 21.



Art & Mindfulness — Spring 2025

Join us for mindfulness meditation practice at the [Harn Museum of Art](#). The in-person practices are facilitated by members of the [UF Mindfulness team](#). Sessions are FREE of charge and open to the general public and the UF community.

Sessions will take place Saturdays, 10-11 am. Registration will open in early January 2025.



Great Buddha, Kamakura, Date c.1930s Primary Maker Kawase Hasui, Medium Woodcut and colors on paper, Description koban tate-e sized print signed with artist seal Hasui, Object number 2017.8.3 Collections: ASIAN (Harn Museum of Art)

**Buddha in stillness,
Sky above, earth green below,
Harmony in heart.**

Great Buddha, Kamakura artwork inspired Haiku by
Sae Bhavani Subramanian, UF Arts in Medicine Grad Student.



Mindfulness Retreat

Join us.

To celebrate the 10 Year Anniversary of the UF Mindfulness Program (2015-2025) a special 1-day mindfulness retreat will be offered on **April 5, 2025** in a place in Alachua surrounded by natural beauty.

Program details and registration will be made available early January.



MINDFUL LIVING

MHS 3930/SDS 6938



A COURSE ON SPIRITUALITY
FOR EVERYDAY LIFE

TUESDAYS 4:05 - 7:05PM *Spring 2025*

For more info, contact Corrine Buchanan at croos@uf.edu



Poem Enough
By David Whyte

Enough. These few words are enough.
If not these words, this breath.
If not this breath, this sitting here.
This opening to the life
we have refused
again and again
until now.
Until now.

Visit our Website: UF Mindfulness Program

University of Florida | 2181 McCarty Hall, PO Box 110290 | Gainesville, FL 32611 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!