A graphic for a mindfulness lesson. It features a background of a sunset over the ocean with waves. The word "BOB" is written in large, bold, white letters with a slight shadow. The letter "O" is a circle. The word "mindfulness" is written in a smaller, light blue, lowercase font across the middle of the "BOB" letters. The entire graphic is enclosed in a double-line border, with the inner line being green and the outer line being light blue.

BOB

mindfulness

Philosophical concepts... Supported by science... Taught with practical application...

LESSON

welcome

Welcome to the MBOX community and your MBOX....your quarterly tool to assist in **guiding** and **supporting** you with your understanding and practice of **mindfulness**.

The **philosophical concepts** of Mindfulness have been with us for over 2500 years but the science behind how meditation and its impact on our brain are still new. Even in the newness of the science the results are clear that practicing mindfulness has actual structural changes to the brain.

The **science** gives us the instruction manual to change our brain and how we respond in our lives but reading the manual still requires an operator and the practical mainstream ways in which we can do this is brought to life through the MBOX and supported by the MBOX community.

While we operate our lives individually we dance in life together. How we dance with others always starts with how we dance with our own selves. **Mindfulness is a very powerful exercise** when put into practice daily in how we can show up for own dance and our dance together with those within our lives.

"The journey begins with the whisper of wisdom, supported by the science, and lived in the practice of life"

Pam Marcheski

it's all included

SPECIALY CURATED ITEMS



1 BOX OF SPECIALY CURATED ITEMS. DELIVERED TO YOUR HOME AND LIVE VIRTUAL LAUNCH PARTY.

3 ONE HOUR LESSONS



3 - 1 HOURS LESSON TAUGHT BY PAM MARCHESKI INCLUDING THE LAUNCH PARTY.

7 GUIDED MEDITATIONS



SATURDAY MORNING GUIDED MEDITATION AND TALK BI-WEEKLY.

MBOX COMMUNITY SUPPORT



MBOX COMMUNITY PAGE TO SHARE, ENGAGE AND SUPPORT OTHER MEMBERS OF THE COMMUNITY.

ADDITIONAL GUIDANCE THROUGHOUT



ADDITIONAL LIVE VIDEOS, ARTICLES AND INFORMATION SHARED THROUGHOUT THE QUARTER.

content



LABYRINTH

(TOOL TO SUPPORT: **MINDFUL INTENTIONS** AND **REFLECTION**)

The labyrinth is a metaphor for life's journey. A labyrinth is an ancient symbol that relates to wholeness. It represents a journey into the center of who we are and back again out into the world.

The labyrinth is centered around the circle with many twists and turns along the way to the center but it is not a place that you can get lost. There is always a way to the center and the way out is always the exact same path.

The labyrinth is a mindful reflection on what intentions you want to set for yourself. This can be bringing something in or a clearing away. Like a mindful walking practice it is a slow journey taking each step with intention.

Keeping a watchful eye for the moments where doubt may be noticed, moments where ego creeps in, moments where commitment is questioned, where moments of confusion are noticed and where moments of joy are noticed. Noticing is essential to staying with intention and moving forward.


This tool is meant for you to take a tactical journey with your intentions. It is there as you set your intentions. It is there as you progress and or have a set back to your intentions. It is a reminder that the journey is a process.

The process is the lesson and along the journey there will be many twists and turns but there is always a way to the center and out when we trust and stay the course.





WATER BOTTLE AND CHOCOLATE

(TOOL TO SUPPORT: **MINDFUL CONSUMPTION** AND **BALANCED EFFORT**)

 **CONCEPT:** Mindful nourishment and how we take things in our body builds greater awareness how we take in all our senses. How we source and chose to invest in what we use to consume makes us more aware of how our actions are all intertwined and affect both environment and overall mental and physical well being.

Nourishment of our physical self is a practice of balanced effort. Balanced effort a core concept in mindfulness is the awareness that full deprivation and over indulgence lead to suffering. Balanced effort also builds our ability to have more intentional decision making skills which can support our own personal well being and all others.

 **SCIENCE:** Water is essential to our overall physical and mental health. Drinking plenty of water regularly throughout the day keeps our bodies nourished which is important for mental well being and mindful living. Chocolate and or a little treat now and then is also important. It can stimulate happiness and well being when done in moderation. These states keep us open to new concepts and others. Having a good balance of both nourishment and treat in a balanced way supports the process of achieving mindful goals and intentions.


 **PRACTICE:** Use the glass water bottle throughout your day to take in as much water as possible. Use it as a self discipline practice of being intentional about hydrating yourself daily and as daily self care practice. Work toward consuming as much water you can but not a hard goal or expectation. Small gestures and individual habit changes build on the overall collective good of society. Embrace the glass container as an opportunity to nourish the environment.


Consume your chocolate throughout the quarter in small and purposeful moments. Chocolate has incredible complexity as does our everyday lives. Enjoy moments of indulgence throughout the quarter when there are moments of complexity, doubt, or anxiousness to give you a boost of support. Let the chocolate indulgence be an opportunity to rest and find joy in the simple pleasures of a treat.




MIRROR

(TOOL TO SUPPORT: **MINDFUL SELF REFLECTION AND COMPASSION**)

 **CONCEPT:** Mirrors allow us to get feedback on who we are and what we are experiencing in the moment. A quick glance in the mirror reaffirms our sense of self. Mirrors help us regulate our emotions and sync up with ourselves and others.


 **SCIENCE:** How we see and how we mentally talk to ourselves is important to our mental health and well being. Doing mindful reflection has shown to settle the “inner critic” and reactivity. The expansiveness of our creativity and the resilience muscle of our mind are impacted directly when we do a mindful reflection.


 **PRACTICE:** Use the mirror daily to take time to do a mindful reflection on how you see yourself in your own direct experience in the moment. This is not an act of self adoration, if done with intention can be an act of compassion for ourselves. Release the stories brought with the moment and take that moment to take your whole self in right here and right now.




NOTEBOOK

(TOOL TO SUPPORT: **MINDFUL NOTING PRACTICE AND MINDFUL INTENTIONS**)

 **CONCEPT:** The first lesson in mindfulness is non-judgmental awareness. It is seeing without judging what might be showing up for us. Noting helps us see our habit loops and triggers. When done regularly can help us build our capacity to change certain habit loops that are no longer useful for our well being.


 **SCIENCE:** When we activate the part of the brain (pre-frontal cortex) we are more likely to be reactive rather than responsive. When we notice our triggers we are creating space for what we are noticing and allowing it to settle and pause. When we do this the other parts of our brain are able to function with greater capacity. The brain regions that open up give greater space for creativity and compassion for ourselves and others. We shut down our “fight or flight” mind state.


 **PRACTICE:** Use the notebook this quarter to do the workout of noticing what shows up for you. The notebook can be an intention to focus on triggers that show up. The notebook can be an intention to note gratitudes. The notebook can be an intention to notice self talk. The goal is not to make it an over whelming exercise but an exercise in mindful noting and building the muscle of doing the practice.




COMPASS

(TOOL TO SUPPORT: **MINDFUL GROUNDING PRACTICE**)

 **CONCEPT:** Grounding is a fundamental practice in mindfulness. It is the practice of getting connected to the breathe and body in the present moment.


 **SCIENCE:** During moments of stress the brain goes into flight or fight mode. The brains number one job is to protect you and when in flight or fight mode it cannot operate effectively. Slowing down these regions is often just what we need to build a sense of clarity and perspective. It can be a difference maker from being reactive too responsive.


 **PRACTICE:** The compass is a tangible reminder to ground when needed. When you notice moments throughout the day where you get distracted, lost in thought, or hooked by a strong emotion pause and hold the compass. Keep soft gaze on the compass allowing it to fall in whatever direction it shows knowing this is you right here in the present moment. Stay present and focused on the breathe for just one moment.




CAMERA

(TOOL TO SUPPORT: **BEING PRESENT AND HABIT LOOPS**)

 **CONCEPT:** Being in and staying in the present moment is foundational to mindful living. Today in some ways we have shifted to a more disposable or modified to our liking moment mindset. This mindset shift has the capacity to and is proving to build a less present culture with a me-centered mindset. It is also proving to increase anxiety, depression and lower self-esteem particularly in young people. In many ways we have shifted from being in the experience to recording the experience and editing it to our liking or worse yet deleting it.

 **SCIENCE:** Not being fully present in an experience and individualized mindset are both shown to decrease overall daily mental well-being. The absence of being with an experience fully makes multiple brain regions work simultaneously and in conflict with one another. While we may not notice in the experience this sets up a habit loop of distraction and low concentration.

Capturing memories of experiences is not fundamentally bad for anyone and in fact has been part of our evolution in how we tell stories. The quantity and the altering of the photos however can be harmful. When done in excess particularly the need to “touch up” and essentially re-create the reality lowers our resilience and self-esteem. The mind essentially begins to build the habit loop that only altered experiences are good and the need to touch up is necessary for overall happiness and well-being.


 **PRACTICE:** The camera provided is a tool to stay present to our experience and set intention for what we would like to capture. There are 16 moments to be captured, to not be touched up, erased but to be captured just as they are in the present moment. What will be 16 moments of reflection that you want for yourself at the end of the first 3 months of the year.


The intention is not to stop using the phone's camera at all but to build some boundaries and reflection on when we do use the phone's camera. Begin by reflecting and asking questions of ourselves before we quickly take a picture. Is this so special that I am willing to move out of the experience for a moment to capture it? Did I ask permission from those that I am with in this moment? Can I take this picture and accept it just as it is a reflection in time? How will I use this picture? These are only a few of many questions that can be asked when using our cell phone camera.




LIP BALM

(TOOL TO SUPPORT: **SELF CARE AND SENSORY NOTICING**)

 **CONCEPT:** The lips are one of the most sensitive parts of our body. Building our capacity to pause, pay attention to, and practice self care daily for this sensitive area can build our awareness to practice total self care daily. The need for designated “self care” days are lessened because the practice is part of our daily lives.


 **SCIENCE:** The lips and fingertips are areas with the highest concentration of receptor cells. Receptor cells give your brain information. The area of the brain that receives messages from touch receptors in the lips are much larger than the areas for receiving messages from less sensitive places like the back. More brain power is spent interpreting the sensations of touch from the lips. Sensing into and intentionally paying attention to the lips builds our interoceptive awareness.


 **PRACTICE:** Intentionally utilize the lip balm at times that is appropriate for you. This could be regularly throughout the day, it perhaps could be set by your bed at night, or in the bathroom as you wake in the morning. Use this one lip balm with intention of making part of your mindful daily practice. Sensing in and slowly taking in the care you are showing for this most sensitive part of your body. Use it as a gentle reminder to practice daily self care for yourself to build those moments into your daily routine.




NOTE CARDS

(TOOL TO SUPPORT: **INTENTIONAL LETTER WRITING** AND **GRATITUDE PRACTICE**)

 **CONCEPT:** Taking time to be intentional with our words is an important practice of mindfulness. Today the concept of being mindful with our words is more challenging with instant communication. We communicate with less intent and in mass quantity losing the art of personal connection. Compassion and gratitude practice are fundamental to our well being and a powerful practice in mindfulness.

 **SCIENCE:** Hand writing a letter strengthens the left hemisphere of the brain, our most creative side. It also improves memory, increases retention, and engages the body making it a more holistic practice. Cursive writing in fact stimulates the brain in ways typing and printing do not. It is shown to stimulate connectivity between both brain regions.

All studies in positive psychology today show that the act of practicing compassion and gratitude are two of the most fundamental aspects of overall happiness and well being. Combining intentional letter writing with intent of sharing gratitude and or compassion gives one a double dose of benefits for overall well being.


 **PRACTICE:** This quarter be intentional about taking the time to write a note of gratitude or compassion to someone in your life. Who are 5 people in which you would really want to share with and bring some compassion and joy to in the first quarter of 2021.

1. Set time aside for this practice. 2. Inquire about their well being 3. Be messy and let it go. Notice urge to change, erase, or censor thought and be open to expression. 4. Show loving kindness at the end.




YOGA CARDS

(TOOL TO SUPPORT: **MINDFUL MOVEMENT** AND **INTEROCEPTIVE AWARENESS**)


 **CONCEPT:** Connecting with the body is a fundamental practice of mindfulness. Doing a mindful movement practice allows you to build the capacity to sense in. Sensing in is the practice of interoceptive awareness.

Balanced effort is also an important foundation of mindfulness. Balanced effort is the practice of non striving. We are committed to pushing to achieve yet mindful and compassionate with ourselves to trust the right effort necessary.

The intention of the yoga cards is not striving for perfection but to enhance our capacity to sense into our body through movement. It is also the intention that we can push ourselves in movement but with trust in our own capacity to know when we should push a bit more and when to settle with where we are at in this moment so as not to do harm.

 **SCIENCE:** Mindfulness movement studies show that those who practice mindful moment such as yoga regularly have less physical ailments and greater patience and compassion for ourselves. This patience and compassion build over time have show to lower the amount of self rumination and negative self talk.

Building our interoceptive awareness through mindful movement and body scan meditation when practiced regularly strengthens the brain regions that impact decision making. Paying attention to the signs our body indicates gives us greater capacity to take in and move forward with greater clarity for the entirety of a situation.

 **PRACTICE:** There are various different yoga poses that can be used throughout the quarter for practice. They are created as door hangers so that you can use them as a gentle visual reminder to do the practice. Moving into the pose, setting goals to complete the pose but sensing in to how the body is responding in fundamental to the practice. The intention is not perfection of the movement itself but the act of commitment to mindful movement and growing our physical strength with intention.



BUTTERFLY SEEDS AND MAGNET

(TOOL TO SUPPORT: **MINDFUL REFLECTION AND TRANSFORMATION**)

The beauty of a butterfly cannot be denied but goes well beyond what we see through our own eyes. The colorful innocence of them bring a sense of joy and lightness. They represent a reflection of what all would want to protect, be in community with, a sense of trust and safety and a reflection of both who we want to be and to be with. They are one of natures most incredible examples of what can become and is accessible to all of us. Butterflies are also a reflection of what we can bring forth to others when we embrace the journey.

Similar to the path through the labyrinth the butterfly goes through an incredible journey to become this representation of their most beautiful self both in color and lightness.

Butterflies must first begin as an egg and that egg would not have come about if it were not from the wholeness of another butterfly that had laid the seed for its birth. The egg is a reflection of what seeds we can leave for others in our life and what will form from them.

The second stage of the butterfly is the caterpillar stage. This is the stage of nourishment. The caterpillar embraces the joy of nourishment. Taking in as much as possible, shedding it's skin 4-5 times through this journey. The caterpillar is storing this nourishment to be used later as an adult.

Similar to our own journey we take on many lessons, we grow, we are able to shed what is necessary to continue our journey and to store the wisdom we take in on our path to use when needed.

The third stage is the resting stage for the butterfly and is known is the chrysalis stage. This stage of safety and incredible transformation. The length of rest can be for weeks, months or years. The butterfly trusts in what is necessary and finds comfort here protected in their cocoon of silk. The butterfly is not idle in this stage and in fact is a very rapid stage of growth. The larva cells will provide energy for the adult cells, formation of the legs, wings eyes and all parts of the butterfly will develop.

Similar to our own journey we can find our own places of safety in order to allow the time to fully grow and develop. Our own resting place which maybe hidden to those around us or even hanging in the openness of the world but we know and trust we are in this place of incredible growth.

The final stage of the butterfly is the reproductive stage. The stage in which the full color and beauty of the butterfly can now be seen. The butterfly in its full beauty knows that this stage will not last forever but from this stage while here has a purpose. The purpose of spreading its wings flying from place to place planting its beautiful seeds along the way. The butterfly in its full bloom knows the gifts it has to bring to the world and with quiet confidence moves from place to place living out its purpose.

The final stage of the beautiful butterfly is one available to all of us. It is a journey that does not need to be rushed but one in which all stages must be gone through to emerge the beautiful butterfly. The joy of knowing a purpose, the confidence in what we offer as our gift, and moving about gently with grace planting the seeds from our journey so that others can also bloom and be part of the journey of a butterfly.



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