














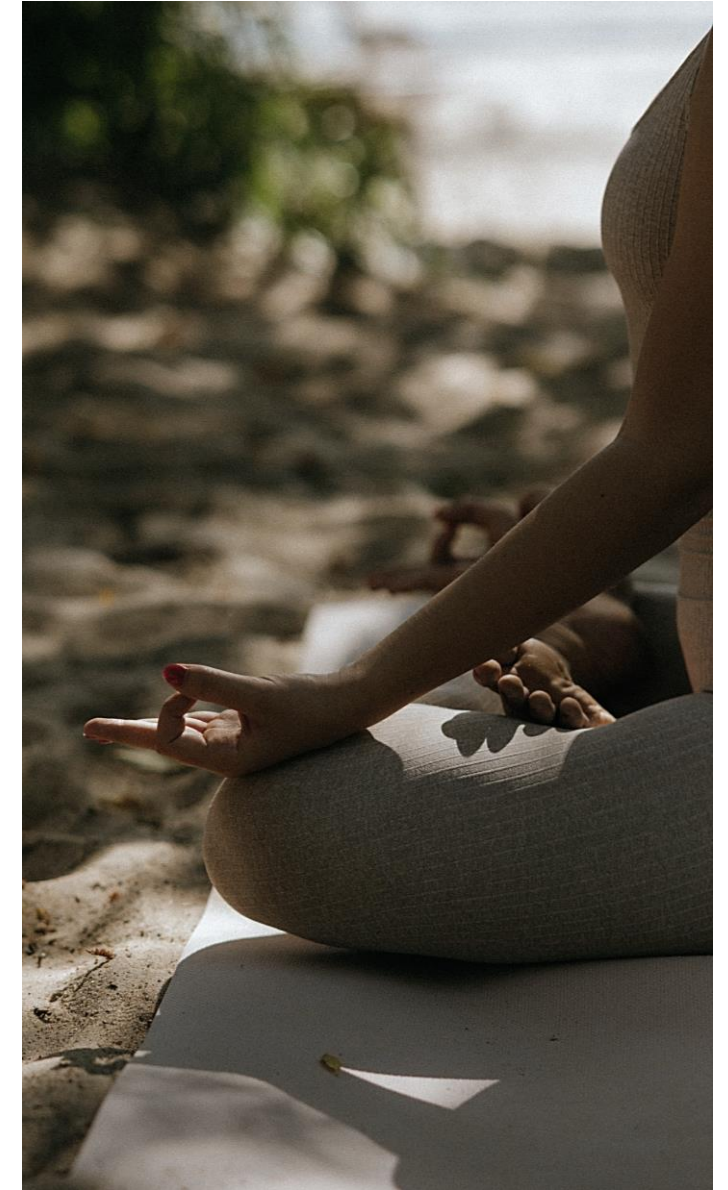
# Beyond Mindfulness:

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Meditations for  
Empathy, Resilience,  
and Wellbeing

# Benefits of Mindfulness

- |   |                        |   |  |
|---|------------------------|---|--|
|    | Stress reduction       |   | Reduction in chronic pain symptoms       |
|    | Anxiety reduction      |   | Improvement in concentration             |
|    | Depression improvement |   | Recovery from illness and injury         |
|    | Improvement in sleep   |  | Reduction in alcohol and substance abuse |
|    | Emotional regulation   |   |  |
|  | Immune system boost    |   |  |
|  | Memory improvement     |   |  |



# Going Beyond Mindfulness



There are thousands of styles of meditations with different techniques, aims, and outcomes



The practices in this course use visualization instead of mindfulness



Designed to cultivate positive emotions, develop wisdom, and clarify meaning and purpose



# Your Brain on Visualization

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Neuroscientist Stephen Kosslyn, Ph.D., author of  
*Top Brain, Bottom Brain*, explains that

“ Visualization activates the same  
neural networks that actual task  
performance does, which can  
strengthen the connection  
between brain and body ”

# Your Brain on Visualization



The thalamus makes no distinction between inner and outer realities, and thus, any idea, if contemplated long enough, will take on a semblance of reality. ( Batchu, 2013)





**53%**

A study at the Cleveland Clinic demonstrated the effects of visualization on strength development. In the physical exercise group, finger abduction strength increased by

**35%**

In the group that did "mental contractions", their finger abduction strength increased by

- "The greatest gain (40%) was not achieved until 4 weeks after the training had ended" (Ranganathan et al., 2004).



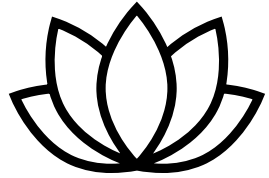


# Visualization Framework Matters!



- ☑ Religious Traditions
- ☑ New Age
- ☑ Psychology & Wellbeing





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## Broaden & Build Theory

Dr. Barbara  
Fredrickson

- Broaden awareness & encourage new thoughts & behaviors
- Help recovery from negative emotions and burnout
- Increase performance





# Emotions, Awareness, & Behavior

## Negative Emotions

- Constrict Awareness
- Limit Behavior
- Survival focus

## Positive Emotions

- Expand Awareness
- Broaden Behavior
- New Possibilities



# Emotional Mastery

- Cultivate Positive Emotions
- Express Negative Emotions in healthy manner
- Flexibility and Balance
- Shift State Voluntarily
- Experience full spectrum of emotions



# Balancing Positive & Negative Emotions

- 1 Avoid Toxic Positivity !
- 2 Negative Emotions are useful
- 3 Journaling/ Naming helps alleviate symptoms



# Toxic Positivity



# Visualizing a Positive Emotion

1

Memory as  
Catalyst for  
emotion

2

Focus on  
feeling in the  
body

3

Notice shift in  
state





# Generating Positive Emotions Meditation

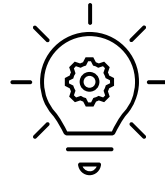
## Applications

- Switching emotional state from gratuitous negativity
- Recovering from stress and burnout
- Problem solving
- Pre-meeting or task preparation
- Improving empathy and social connection





# Insight in Psychotherapy



Many schools of psychotherapy emphasize insight as core to healing and growth

“The clear and often sudden discernment of a solution to a problem by means that are not obvious and may never become so, even after one has tried hard to work out how one has arrived at the solution.”

“In psychotherapy, an awareness of underlying sources of emotional, cognitive, or behavioral responses and difficulties in oneself or another person.”





# Inner Guide

- Drawn from Martin L. Rossman, M.D.
- Visualization for physical healing
- Correlations with traditional contemplative practices
- Goal is to access “inner wisdom” that lies beyond the conscious mind



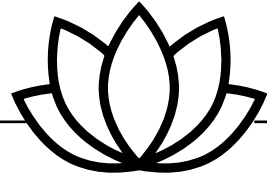
# Default Mode Network

- The network of interacting brain systems that is our “default”
- Daydreaming, mind wandering, unfocused
- The neurological correlate of “ego”
- Not ideal for problem-solving
- Can be experienced as feeling stuck





# Healing & Development is Innate



Various schools of psychotherapy believe the capacity to heal  
and to grow psychologically is innate

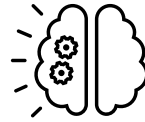
The psychotherapist is not healing the patient- they are helping them  
connect with their innate ability to heal



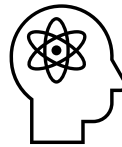
# Inner Guide Method



Getting out of our own way



Using different neurocircuitry than the default mode network to see a problem from a new perspective



Helps connect with innate wisdom instead of being dependent on outside source



# Inner Guide Meditation

## Applications

- Developing insight and wisdom
- Problem solving
- Considering difficult decisions
- New perspective when feeling stuck



# Benefits of Higher Purpose



Greater Psychological  
wellbeing and happiness



Improved physical health  
and less illness



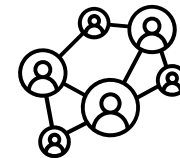
Improved Resilience and  
stress tolerance



Self-transcendence



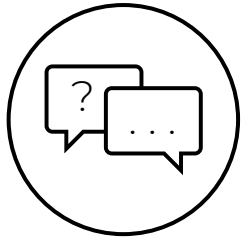
Increase in prosocial  
behavior



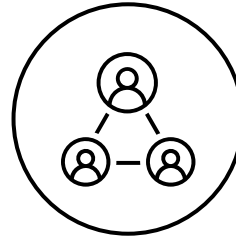
Increased flow and  
engagement



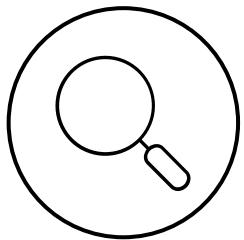
# Higher Purpose Visualization



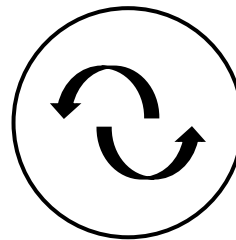
Clarify your purpose



Journaling afterwards helps process



Find the approach that resonates with you: don't force it



Some people need to come back to this numerous times, some people gain clarity instantly





# Higher Purpose Meditation

## Applications

- Finding meaning in work
- Preventing and Reversing burnout
- Developing flow
- Clarifying professional decisions
- Increase engagement and performance





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# Integrated Mind Training

[Bill@IntegratedMindTraining.com](mailto:Bill@IntegratedMindTraining.com)

Follow-up questions and resources

Individual and Group Coaching, Workshops, Webinars

This program is pre-approved for  
ONE HRCI Credit and  
ONE SHRM PDC.



HR Certification Institute's® ([www.HRCI.org](http://www.HRCI.org)) official seal confirms that Terryberry meets the criteria for pre-approved recertification credit(s) for any of HRCI's eight credentials, including SPHR® and PHR®.

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