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INNOVATION AND PROFESSIONAL DEVELOPMENT



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PERSONAL DEVELOPMENT AND GROWTH
Values and Culture



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VALUES AND CULTURE



VALORES Y CULTURA

MINDFULNESS

José Manuel Martínez Muñiz - CIEX, México
Salvador Bautista Díaz - CIEX, México

Mindfulness. It is a word that did not exist in our vocabulary until recently. How would we know about that word? The explanation is not as hard as we thought. The first word that came to our mind was mind full of something. We did not know what exactly, but we knew it had something to do with doing positive things.

We are going to begin with the definition of mindfulness: it is a quality that helps us maintain moment by moment awareness of our thoughts, movements, feelings and surroundings in our environment. Being mindful also involves acceptance, meaning that we pay attention to our thoughts and feelings without judging them—without believing, for instance, that there's a "right" or "wrong" way to think or feel in each moment (Berkeley, 2017).

There are many words that can help us describe this important word "mindfulness" for example, we have "acceptance", which is being able to accept the other, and not only that, is being able to accept ourselves in this world.

We also have (understanding) which is having the capacity to understand someone else's situations. Sometimes, we just walk throughout this world without caring about the others. We only walk straight without looking behind and that is good if we are fulfilling our own dreams, but we also must look behind to see if we or the others are not affecting the person who are left behind.

Now that we have a clear concept of what mindfulness is, we are going to talk about what makes different a person that is mindful and a person that is not.

1. Approach new things everyday with curiosity.

2. Forgive people's mistakes, big or small.
3. Show gratitude for good moments and grace for bad ones.
4. Practice compassion and nurture connections.
5. Make peace with imperfection, inside and out.
6. Embrace vulnerability by trusting other and themselves.
7. Accept and appreciate that things come and go.
- 8.

There are more than seven billion people on this planet. People that breathe, eat, walk, run and do many things. Many with goals very similar to your goals and my goals. What makes us different from the others? Why do we believe that we are better than they are? Is it because we only care about us, or is it because we are taught like that at home? The answer is: moral values! We are losing our positive values of caring, feeling, understanding, respect, and many more. These connected words can help us better understand mindfulness.

Do not allow yourself to become a bitter person. Our time is limited in this world and we have to take advantage of it, but how are we going to do it? We are going to do it by putting into work mindfulness. We know that value is a simple concept but like the other concepts, but if we do not follow moral values, we are nobody. Families are falling apart because there are no positive values. Marriages are falling apart because there are no moral values applied to their lives.

The best example that we can use is about one teacher. "When I first saw her, I was afraid. I was not afraid of her. I was afraid of the chance. I was afraid of changing the routine. My teacher changed my life. She taught me to

fight for dreams. She did what a teacher has never done in my life. She became an important person to me and I will always talk about her until my last day come. Because of her, I learned English, I became a national champion in U S, and I went to college and so on. I never saw something negative on her face; in the contrary, she was always motivating me by giving me big smile. I remember that one day she told me if “you smile, you are one-step ahead of everybody”. Those words are going to be in my mind until the end. We need more people like Mrs. Bartenetti, with a big heart and people that are willing to give everything without expecting anything in change.”

According to Goldstein, E. (2017), mindfulness is a state of active, open attention on the present. When you are mindful, you carefully observe your thoughts and feelings without judging them good or bad. Instead of letting your life pass you by, mindfulness means living in the moment and awakening to your current experience, rather than dwelling on the past or anticipating the future.

The same author, states that you can practice being more mindful with some steps we are going to present up next (Goldstein, E. (2015)

1. Practice Being Curious: one of the essential attitudes of mindfulness is beginner’s mind. This is engaging something as if for the very first time. People who practice mindfulness bring this attitude with them throughout the day. When they take a shower, they might imagine it was the first time feeling the water, smelling the soap, or watching the steam as it shifts and changes before their eyes. Novelty is one of the fastest routes to creating new neural connections.
2. Forgive Themselves: practicing “forgive and invite” over and over again in life becomes an incredible strong vehicle for growth.
3. Hold their emotions lightly: When you start paying attention to any emotion you start to experience that it is an energy that is “in motion.” It has a certain

nature of coming and going and in experiencing this we can naturally hold them more lightly. This enables us to not get so wrapped up in the difficult feelings, but instead hold them with a gentleness and tenderness.

4. Practice compassion: compassion can be defined as noticing suffering with an inclination to want to help in some way. A repeated practice of intentionally paying attention to ourselves with a curious and caring attention sends the implicit message to our brain that we’re worth caring about. As we start to pay attention to difficult emotions we become less afraid of them.
5. Make peace with imperfection: the imperfections that arise become less of a struggle and instead a source of recognizing the common humanity of all people. To be in harmony with the wholeness of things is to not have anxiety over our imperfections.” Easier said than done, but mindfulness leans us in that direction.
6. Embrace vulnerability: our brain’s default is to guard against vulnerability with ourselves and with others. However, someone who practices mindfulness comes to understand that vulnerability is where the gold is. From embracing vulnerability, we develop courage, trust and connection.
7. Understand that all things come and go: if there is one singular law in life it is that nothing is permanent (except that law of course). When we close our eyes, and listen we hear how sounds appear and disappear. When we open our eyes, we see how over time the seasons change how nature looks. As we practice mindfulness, we come to understand this and in this way, life becomes increasingly precious.

As a conclusion, mindfulness can help us become better people, and better human beings. We must put in some else’s shoes to have a definition of mindfulness. If I can change, people can change.

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Introduction: describe the context where the research was carried out, reason why the topic was selected, importance of the study, reason why the research was carried out.

Purpose: state and explain the research objectives, intentions, questions or hypothesis.

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