Mindful Mindset

7-day journal
By Ram Mahalingam

Ram's **Mindful Mindset** has seven interrelated features that synergistically foster deeper awareness of the interconnected nature of our lives.

Compassion

Our capacity to understand the suffering of others and act upon it

Sympathetic Joy

Our capacity to rejoice with the happiness of others

Situated Intersectional Awareness

Social categories intersect with each other in complex ways which offer possibilities for identifying similarities and coalition forming across seemingly different categories

Negative Capability

Our ability to reside in a situation with an open mind and to experience the sensations, feelings and emotions even when they are uncomfortable

Cultural Humility

A lifelong learning process with the following five characteristics: (a) supportive interaction; (b) egoless; (c) openness; (d) self-awareness; (e) self-reflection and critique

Wonder

A key ingredient in the revitalization of our life goals and aspirations; to experience the miracle of seeing something miraculous in the familiar

Generosity

Our ability to help while keeping the self-worth of the recipient of our kindness intact

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Reference: Mahalingam, R. (2019). *Mindful Mindset, Interconnectedness, and Dignity.* Youth and Globalization, 230-253.

Instructions

You have been practicing for the past few weeks on being diligent about practice. This week we will focus on mindful journaling. Our goal is to be intentional about cultivating a holistic, mindful mindset. After practicing the meditation, follow the daily prompts for your journaling.

We will continue our efforts to become diligent about our practice. This week's goal is to continue to work on our **Diligence to Sit (DS)** and **Diligence in Practice (DP).** You have practiced three types of meditation so far (breath meditation, loving-kindness meditation, and sympathetic joy meditation). Choose any of these meditation and practice using the guided meditations or any other meditations you are using.

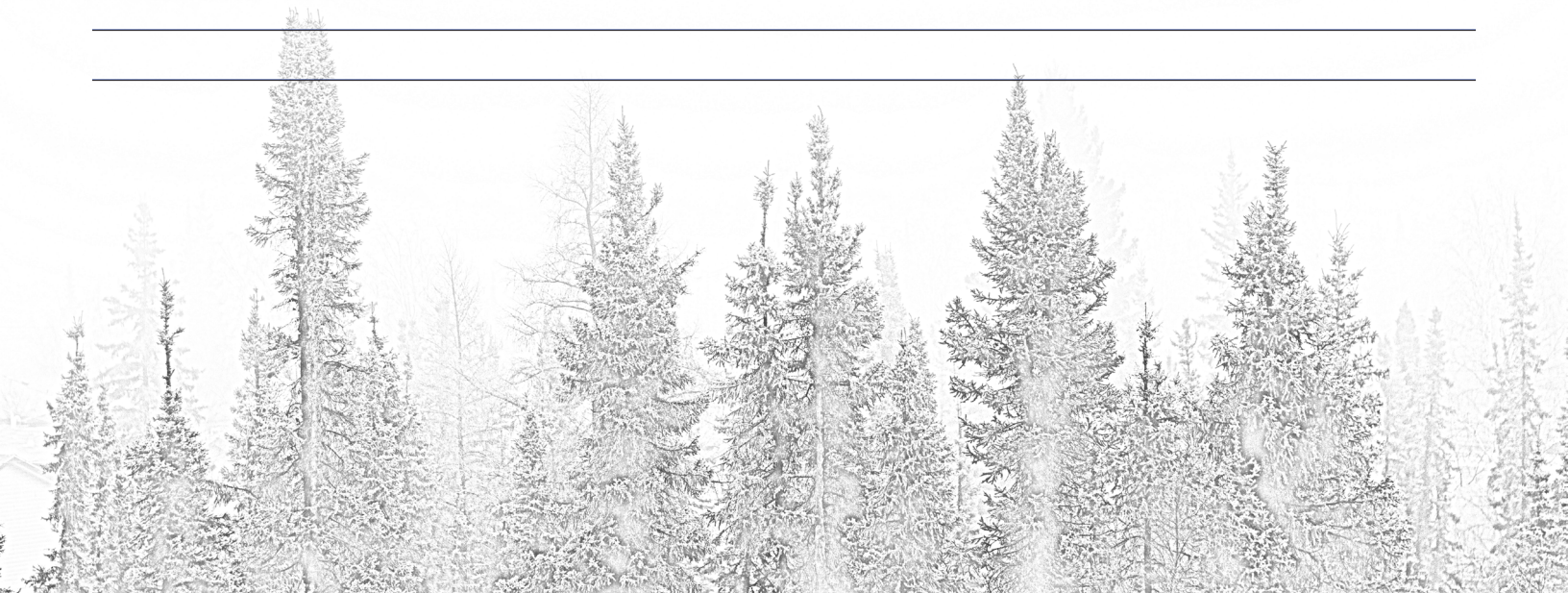
Ideally, practice the meditation daily. After completing your meditation, take a few minutes to journal about your practice.

After completing your meditation, take a few minutes to note down what helps or hinders your diligence to sit (DS). Also, take a few minutes to notice the distractions that undermine your diligence while practicing (DP). These observations will help you to become more diligent.

Day 1. Compassion

DS/DP Observations:

Think of someone who was very compassionate to you in the past. Write a brief paragraph about the person. Include as much as details possible about their compassionate act. Describe how that kindness mattered to you. Make an aspiration in writing to set an intention to pay forward that spirit of compassion to someone else.



Day 2. Sympathetic Joy

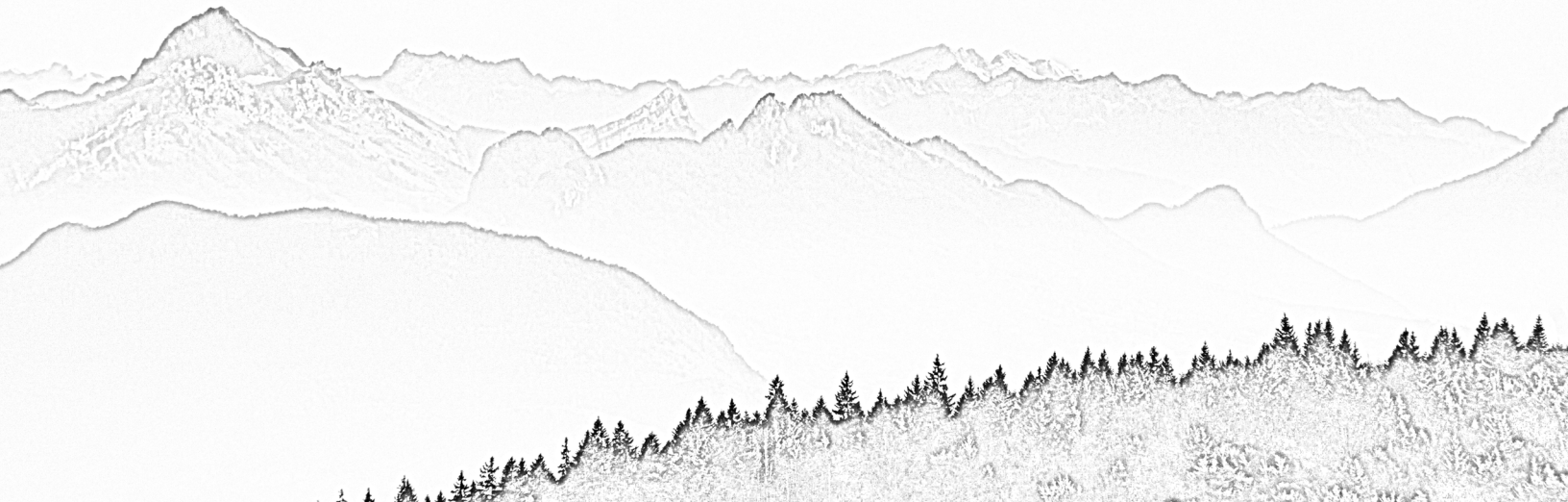
DS/DP Observations:

Think of a person who cares about your happiness. Write a brief paragraph about that person. Include as much as details possible about what they did and your experience of joy. Describe what it means to experience this joy. Make an aspiration in writing to set an intention to pay forward by cultivating joy in people around you.

Day 3: Situated Intersectional Awareness

DS/DP Observations:

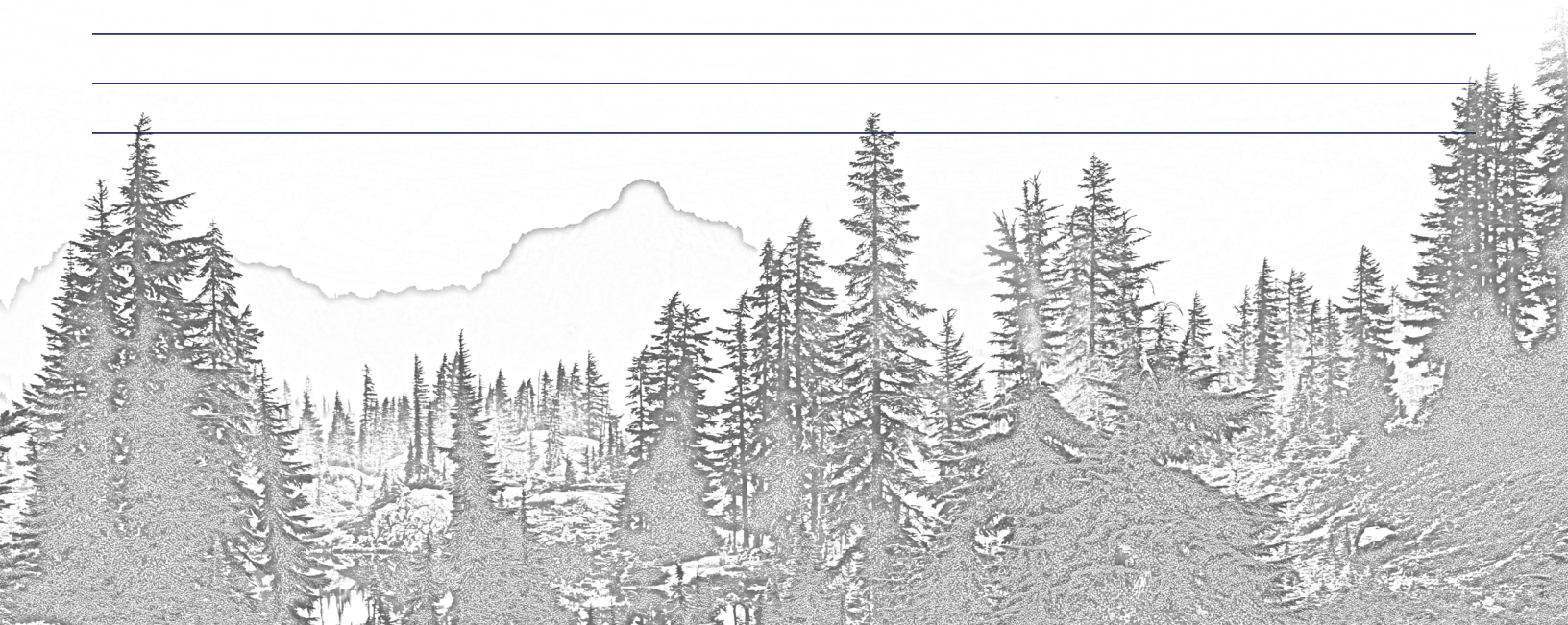
You have many identities. Think of 2-3 identities, and write a brief paragraph about those identities. Now think of someone you know at the workplace or school. Think of 2-3 personal qualities about the person and write a short paragraph. Write 1-2 sentences about the overlap and appreciate of connection between you and your chosen person.



Day 4 Negative Capability

DS/DP Observations:

Think of some experience that was unpleasant or uncomfortable or made you feel tired. Write a brief paragraph about the feelings and emotions you felt during that time. Pay attention to your sensations and emotions with compassion. Make an aspiration to be kind to your suffering with self-care and compassion.



Day 5 Wonder

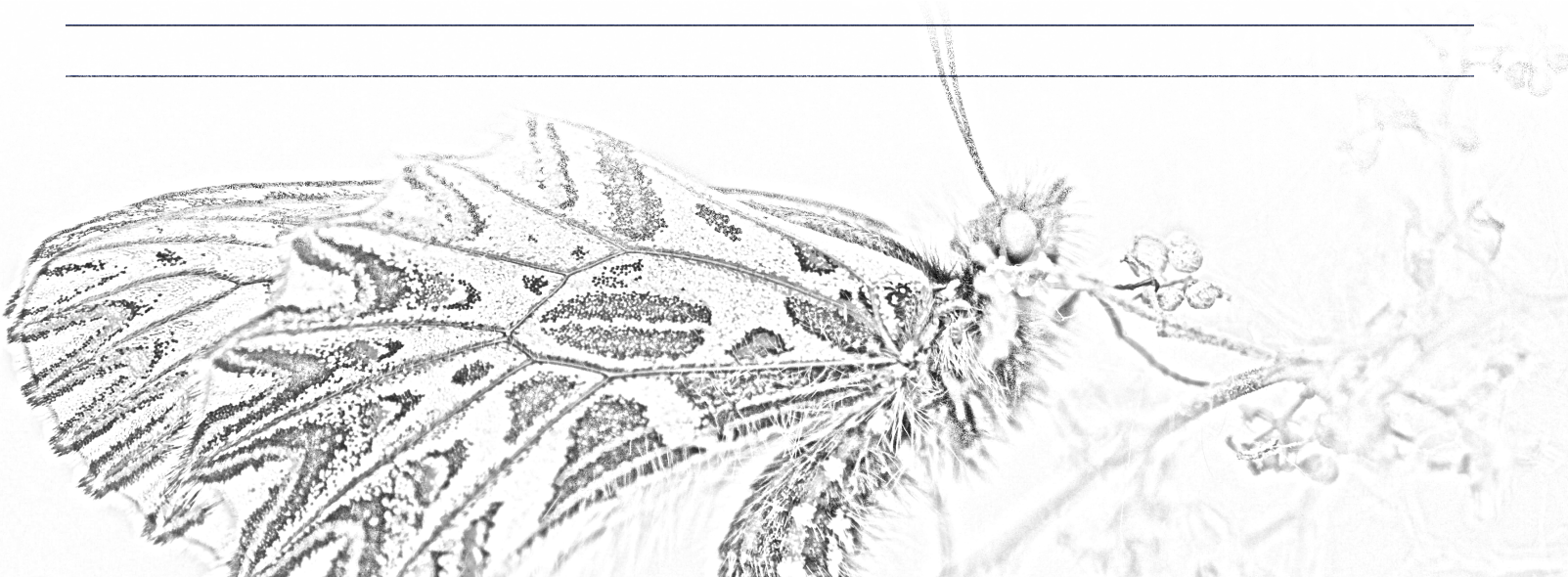
DS/DP Observations:

Pick a very familiar everyday object in your house. Write a paragraph without stopping about your relationship with that object. Write freely without stopping, whatever comes to your mind. Now reread what you wrote. Write a summary of the new insights you gathered from this experience.

Day 6 Cultural Humility

DS/DP Observations:

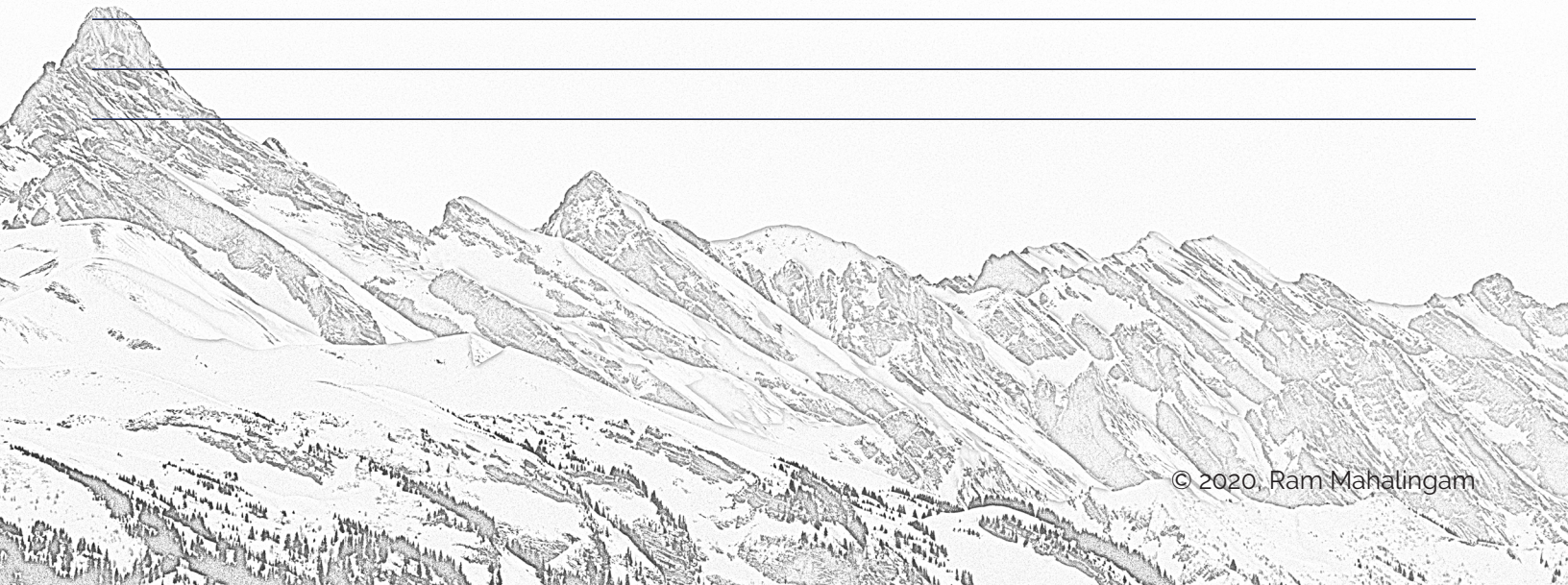
Think of one of your favorite people in the world. Write a brief paragraph explaining why you liked that person so much. Write a second paragraph describing what qualities of this person inspired you. Make an aspiration to look for various sources of inspiration around you.



Day 7 Generosity

DS/DP Observations:

Think of one of the most generous persons in your life. Write a brief summary describing various generous acts of this person. Provide as much as details possible, including how it feels or be a recipient of this person's generosities. Make an aspiration in writing to pay forward the generosities you received from this person to someone else.



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