



Refresh Your Self

3 hour mini retreats to reboot your Mindfulness Practice

3 August 2025, Ferntree Community Centre

Theme: Finding ease through mindful acceptance

With Dr Larissa Bartlett



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Mindfulness
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Our plan today ...

- 9.45 Arrival
- 10.00 Welcome, acknowledgements and arrival practice
- 10.20 Setting intentions, housekeeping
- 10.30 Talk: *Finding ease in life; experimenting with mindfulness skills and tools*
- 11.00 Lying down resting practice followed by floor-based stretching and hatha series
- 11.30 Walking practice – shifting attentional focus, noticing, accepting
- 12.00 Set up for sit.
- 12.05 Sit: open awareness
- 12.25: Enquiry: processing, glimmers, churn, sticky stuff, letting go
- 12.45 Final sit and personal reflections.
- 1.00 Close.

10.00 to 10.30

10.00 Welcome, acknowledgements and arrival practice

Poem: Fire

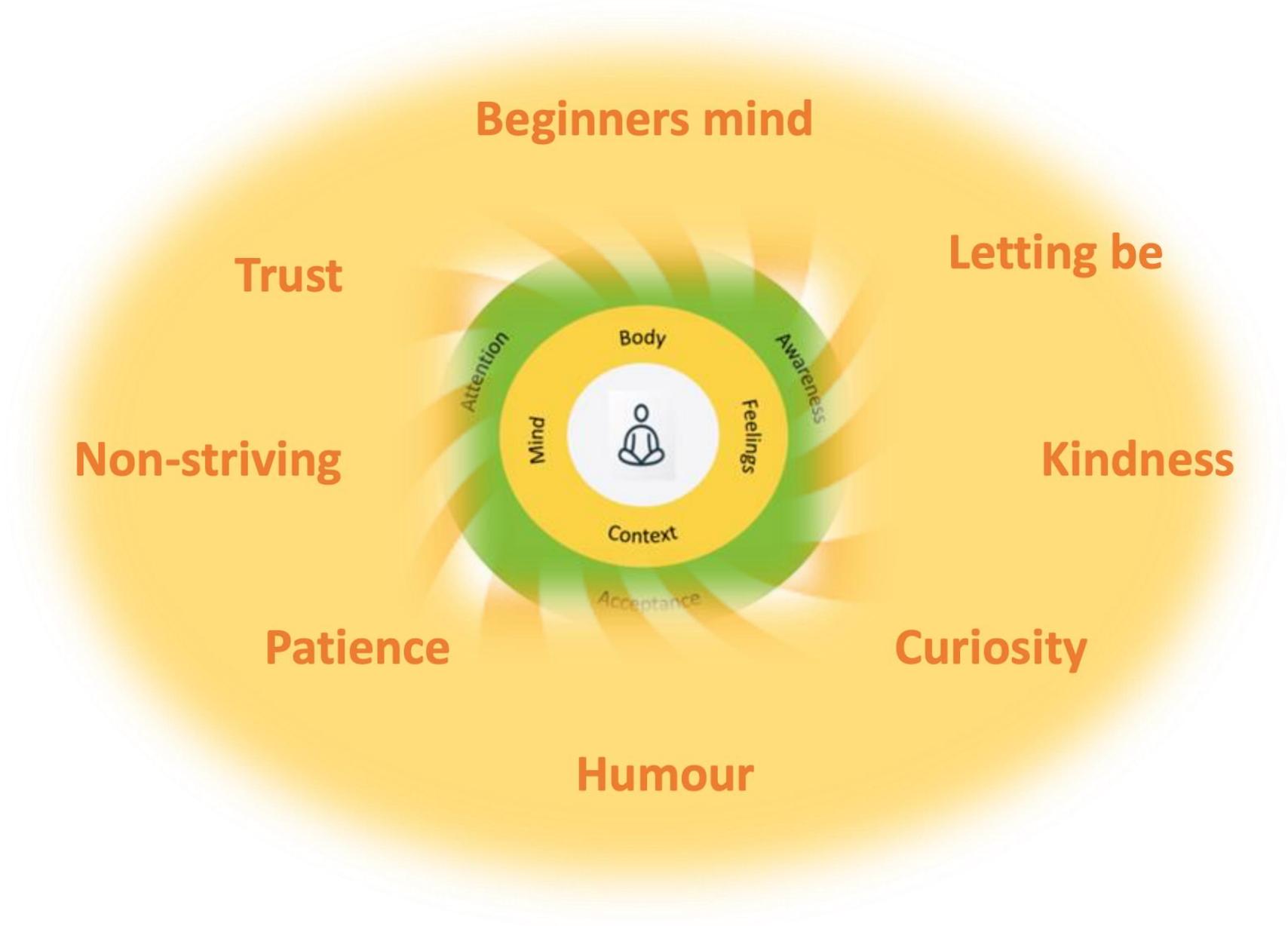
10.20 Setting intentions, silence, housekeeping

Select an attitude

Fire ~ Judy Brown

What makes a fire burn
Is space between the logs,
A breathing space.
Too much of a good thing,
Too many logs
Packed in too tight
Can douse the flames
Almost as surely
As a pail of water would.
So building fires
Requires attention
To the spaces in between,
As much as to the wood.
When we are able to build
Open spaces
In the same way
We have learned
To pile on the logs,
Then we can come to see how
It is fuel, and absence of the fuel
Together, that make fire possible.





Beginners mind

Trust

Letting be

Non-striving

Kindness

Patience

Curiosity

Humour



Mind

Body

Context

Feelings

Attention

Awareness

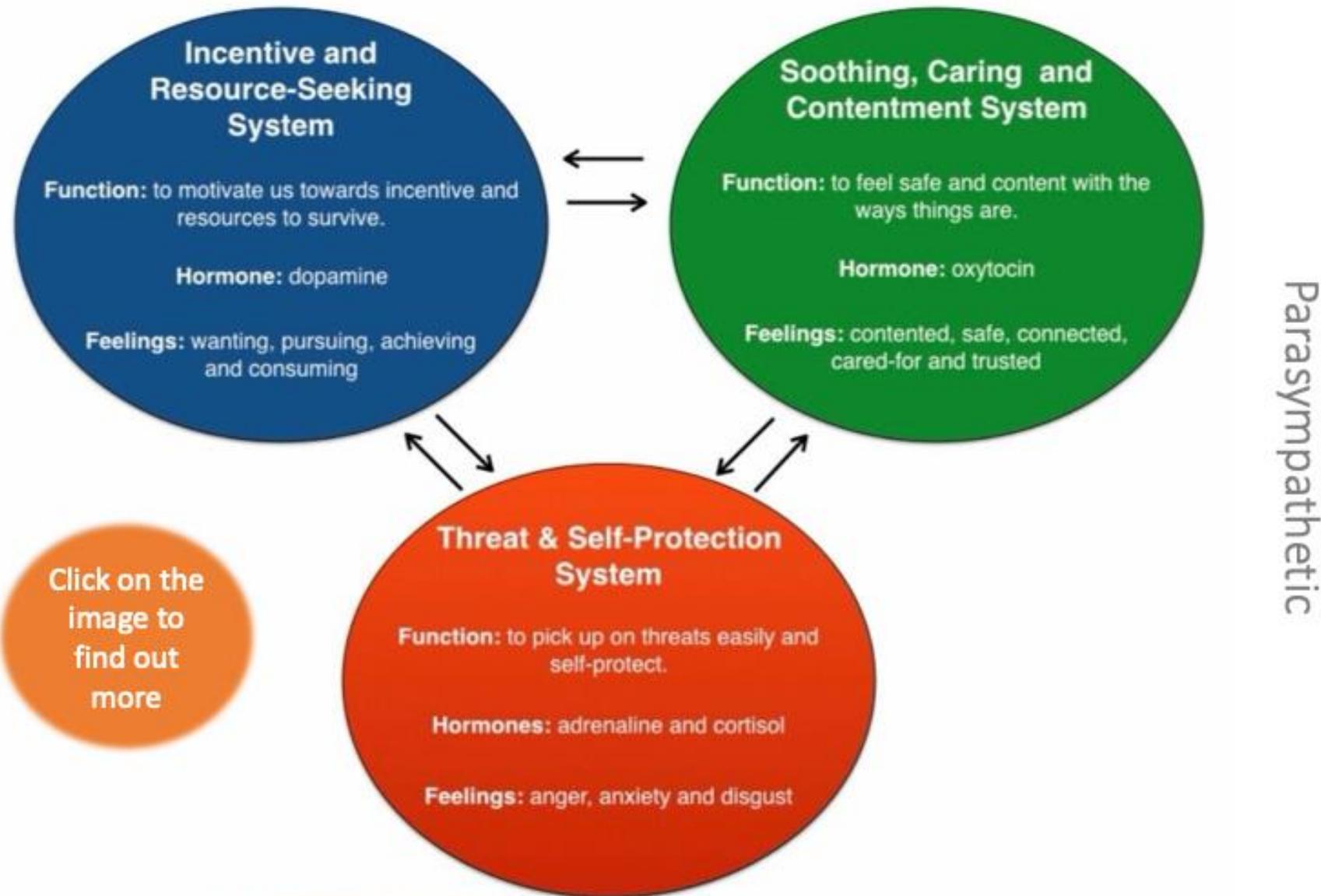
Acceptance

Talk: *Finding ease in life; experimenting with mindfulness skills and tools*

Motivational systems: drive, threat, soothe (Paul Gilbert's work)

- Incentive & resource seeking
 - The drive and excitement system motivates people to seek out things like food, shelter, and other people to form relationships with.
 - Hormone: Dopamine activates reward systems
 - Brain region: Nucleus accumbens (base, anterior)
 - Feelings: wanting, pursuing, achieving, progressing, focused
- Threat and Self-Protection –
 - This system generates fear, anger, and disgust to offer mental/physical protection.
 - Hormones: adrenaline and cortisol prepare the body for seeking safety
 - Brain region: amygdala
 - Feelings: anxiety, disgust, anger
- Content and Soothing –
 - Activated when a person is fulfilled with what they have, feels peaceful. It promotes bonding and enables healing
 - Hormones: opiates, oxytocin
 - Brain region: prefrontal cortex
 - Feelings: contentment, safety, protected, cared-for, trust

Sympathetic

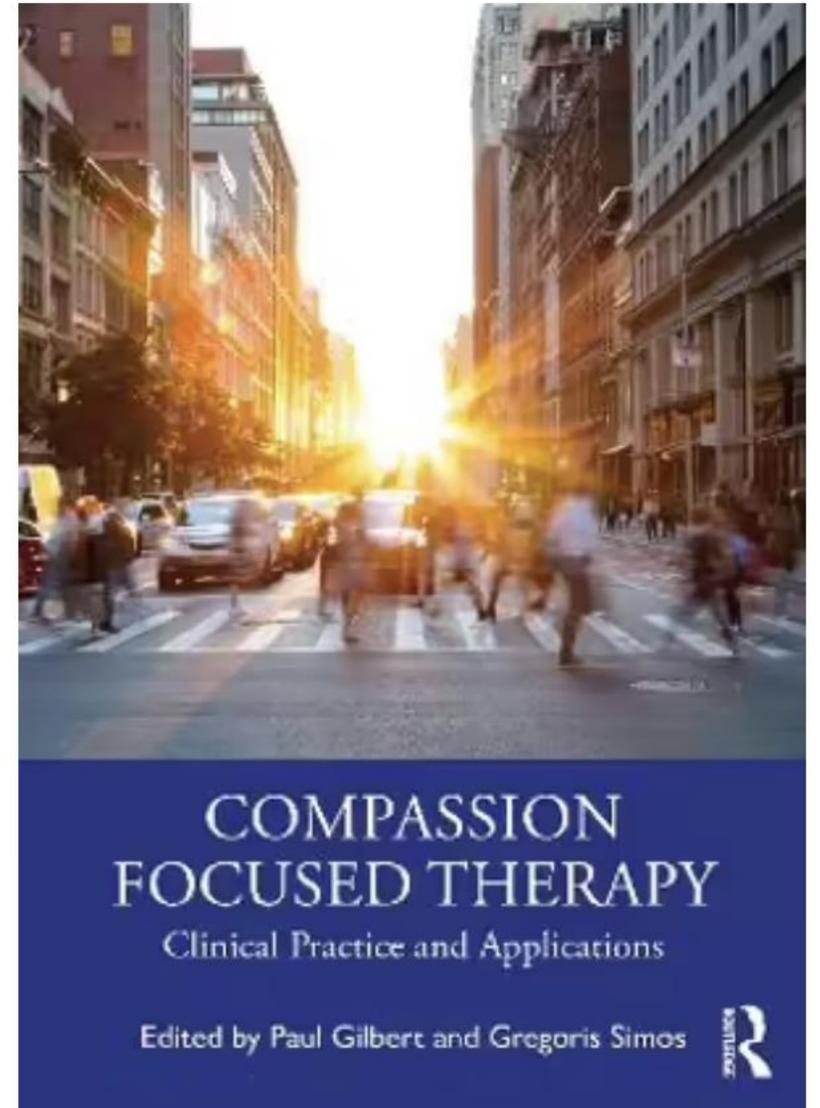


Find out more about Professor Gilbert's work:



Your Brain's 3 Emotion Regulation Systems

I found this explanation by Dr Andreas Comminos online at:
<https://mi-psych.com.au/your-brains-3-emotion-regulation-systems/>



10.50 to 11.00

Recovery happens in Soothe. So how do we return to Soothe more often?

Meditation: training in listening to our bodies, our hearts and our minds.

- Acceptance as a central aspect of mindfulness for ease of heart-mind and
- Curiosity as a path to acceptance

Today's tools: RAIN, intentional, mindful awareness

Setup for gravity practice

Recognise

Allow

Investigate

Non-identify



How surely gravity's law ~ Rainer Maria Rilke

How surely gravity's law,
strong as an ocean current,
takes hold of even the strongest thing
and pulls it toward the heart of the world.

Each thing – each stone, blossom, child –
is held in place.

Only we, in our arrogance,
push out beyond what we belong to
for some empty freedom.

If we surrendered to earth's intelligence
we could rise up rooted, like trees.
Instead we entangle ourselves
in knots of our own making
and struggle, lonely and confused.

So, like children, we begin again
to learn from the things,
This is what the things can teach us:
to fall, patiently to trust our heaviness.
Even a bird has to do that
before he can fly.

11.00

Gravity practice (5-10 mins)

Earth beneath

Soften parts

Weight of parts

Community of body

Sleep, wakefulness

Release energy to ground

Legs pelvis back shoulders head

Swinging door of breathing

Down into earth with each wave

Connectivity, boundlessness

Space above within and below

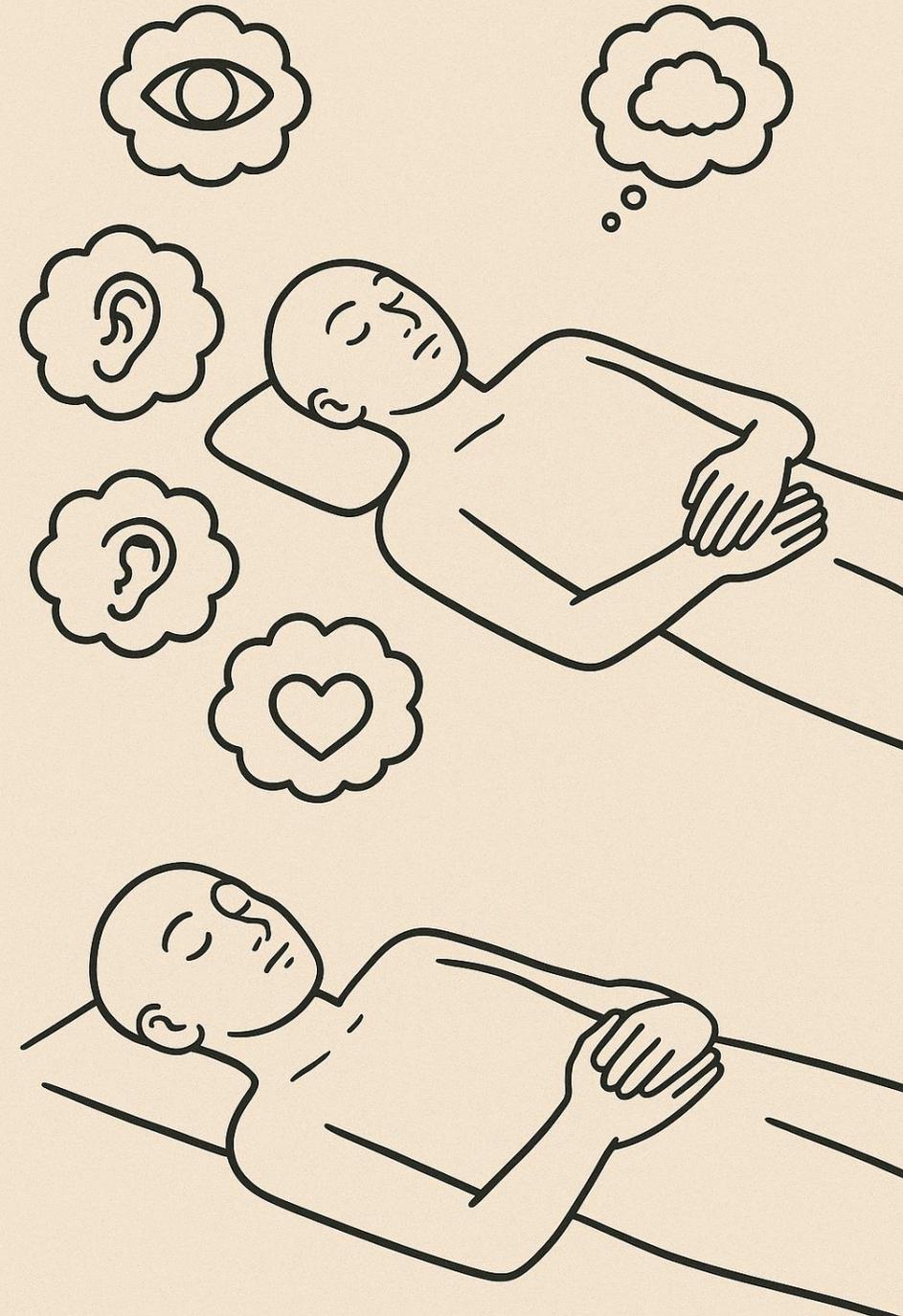
Soothe experiences: Contentment, Safety, Trust

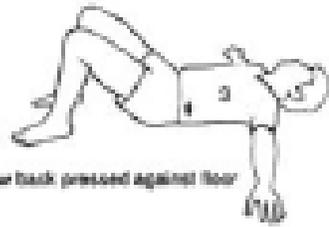
11.00 – 11.30

Movement setup:

Relaxing and opening to the sensations of the body are key to releasing our dependency on thought. The body calls us back from our daydreams and fantasies, and slowly we build an appreciation of being present in real time. The body now begins to listen beyond the personal.

Every sensation, sound, sight, smell, taste, thought and feeling can be processed as information. Space begins to appear through the condensed layers of personal ownership.

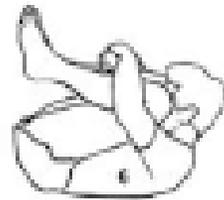




low back pressed against floor



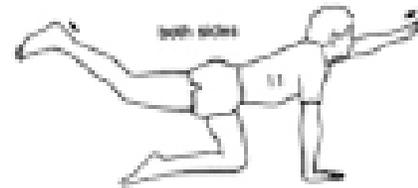
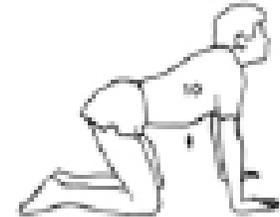
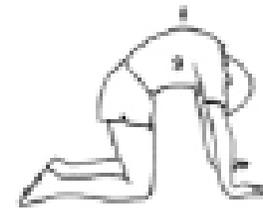
low back arched, pelvis stays on floor



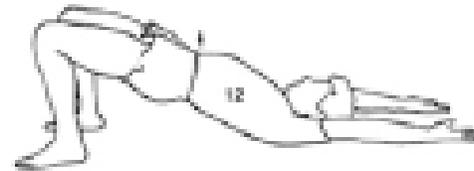
both sides



both sides



both sides

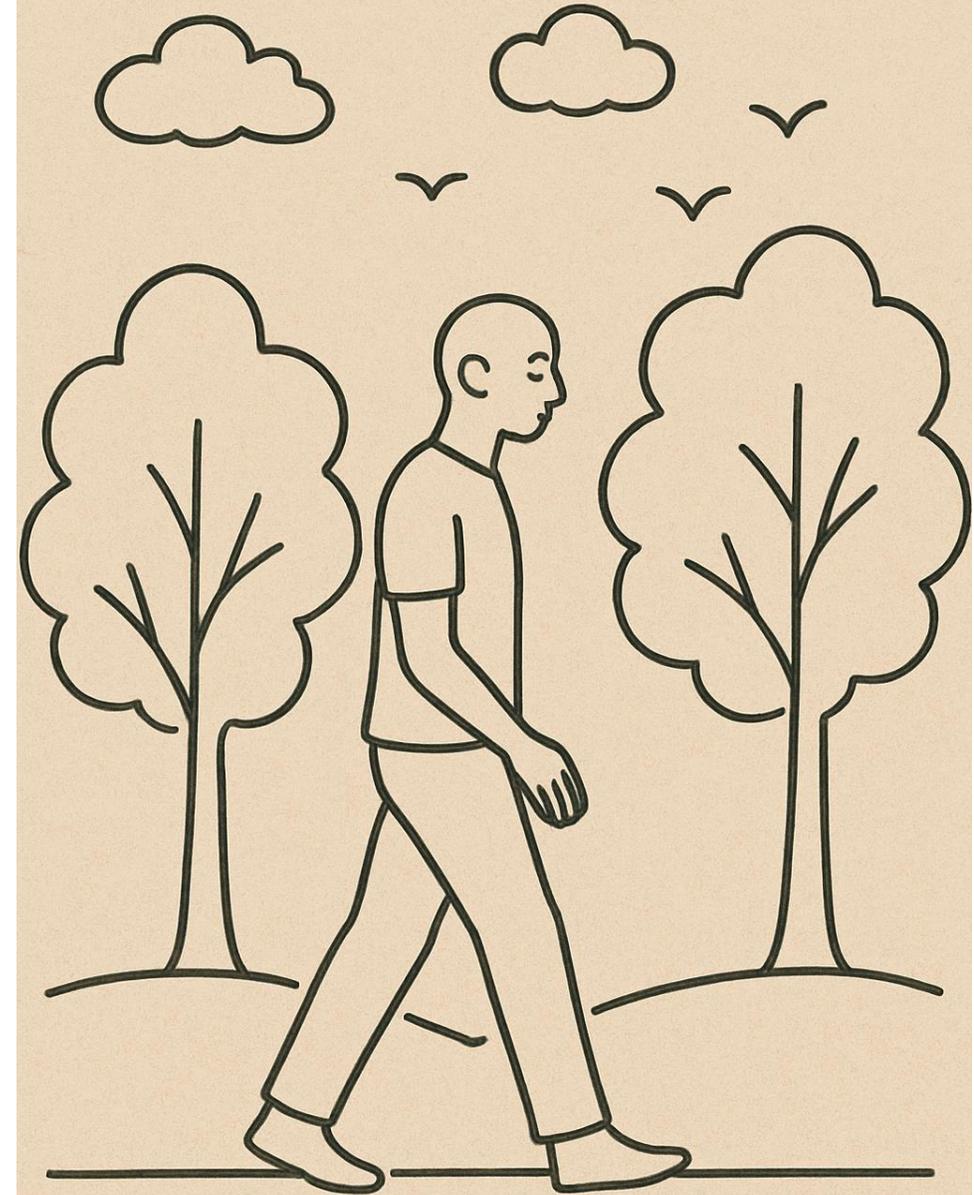


both sides

Transition to walking practice

The Patience of Ordinary Things ~ Pat Schneider

It is a kind of love, is it not?
How the cup holds the tea,
How the chair stands sturdy and foursquare,
How the floor receives the bottoms of shoes
Or toes. How soles of feet know
Where they're supposed to be.
I've been thinking about the patience
Of ordinary things, how clothes
Wait respectfully in closets
And soap dries quietly in the dish,
And towels drink the wet
From the skin of the back.
And the lovely repetition of stairs.
And what is more generous than a window?



11.40 – 11.50

11.30 Walking practice

- Shifting attentional focus, noticing, accepting
- Pleasant – no action needed right now.
- Unpleasant – no action needed right now.

- Set up for sit.

	Going forwards and backwards		Looking straight on and away
	Bending and stretching limbs		Clothing
	Eating and drinking		Cleansing the body
	Walking		Waiting

11.50 – 12.25

Sit: open awareness

- Rest in breath (temp movement etc)
- Body
- Sound
- Thought
- Everything

Recognise

Allow

Investigate

Non-identify

Let it be, grasp at nothing, resist nothing.
Step out of the battle where it is cool.
Why not give it a try? Do you dare?
Then your mind will become still in the any surroundings, like a clear forest pool.
All kinds of wonderful animals will come to drink at the pool, and you will clearly see the nature of all things. You will see many strange and wonderful things come and go, but you will be still. This is the happiness of the Buddha.

Ajahn Chah

12.25 – 1.00

12.25:Enquiry: processing, glimmers, churn, sticky stuff, letting go

12.45 Final sit and personal reflections.

1.00 Close.



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RADIANCE SUTRA 226 Lorin Roche translation

The one who is at play everywhere says:
There is a space in the heart where everything meets
Come here
If you want to find me
Mind
Senses
Soul
Eternity
All are here.
Are you here?
Enter the bowl of vastness that is the heart.
Listen to the song that is always resonating
Give yourself to it with total abandon.
Quiet ecstasy is here
And a steady regal sense of resting in a perfect spot.
You, who are the embodiment of blessing
Once you know the way
The nature of attention will call you to return
Again and again
Answer that call
And be saturated with knowing
I belong here
I am at home.