

5/19/26 Trauma Sensitive Mindfulness Teachers Sangha
"Kindness and Curiosity are the 2 magic essences." ~ Juditta Ben David

Juditta's Notes

Juditta shared a contemplative poem on Kindness at the beginning of the sangha that is found at:
<https://poets.org/poem/kindness>

Questions that were raised:

How do we as facilitators work with the group with a TSM approach even if we do not know their history?
What do we as TSM facilitators or even Mindfulness facilitators need for ourselves after we have worked in a trauma/intense energy/chaotic field?
How do you begin bringing in TSM into Mindfulness groups?

We were sharing our experiences, personal and professional. Inquiring into the practice of Gratitude, Metta, Gathering the positive - as well as bringing care and awareness to the possibility that to people that are holding in the present severe stress and/or violent experience these offers might feel a bit detached and out of context. How do we offer these to the people and with the kind eye of mindful following so that we can gauge the amount and rhythm of repetition. That we do not promise roses, we invite to slow process inquiry that with stability may offer another leg to lean on, a personal resource, when needed.

The question of the difference between Grounding and Resourcing was raised. Grounding, coming from the school of self regulation has in it a flavour of control. Resourcing, coming from the Somatic schools and a curious listening to the body has in it a sense of spirit and heart. We were talking about the essence of Curiosity that we would like to raise, both dear to Mindfulness and Healing. One of us stated that it made her want to reflect more on what kindness is.

Christine's Notes

Juditta posed the question, "What does kindness mean to me?"

- Someone mentioned kindness has a "quality of heart."
- Juditta reminded us, "Just this," "This too."

Someone asked a question similar to this one. How do we help a group of students when we don't know their past experiences, particularly with regard to trauma?

Here are some tips and wisdom Juditta shared in the discussions that help answer this question.

- Begin practice with something that is not the breath. For example, the practice could be walking slowly and accepting the slowness instead of fighting it or feeling frustrated.
- When we teach, remember why we sit. It's not necessary to share your why. Remembering your own personal reason for your practice can help you connect with your students.

In addition to metta/loving kindness practice, Juditta offered these techniques to help us.

- Reminding ourselves of the positive, realizing we are prone to negative bias.
- Remembering something that made us happy or joyful, a memory
- To help regulate your nervous system, at any given moment, answer the question, "I feel ____."

Juditta gave a helpful discussion on the difference between grounding and resourcing.

- Grounding is self-regulation
- Resourcing moves us toward the heart

When resourcing, look around for something beautiful or pleasing and allow your gaze to rest there.