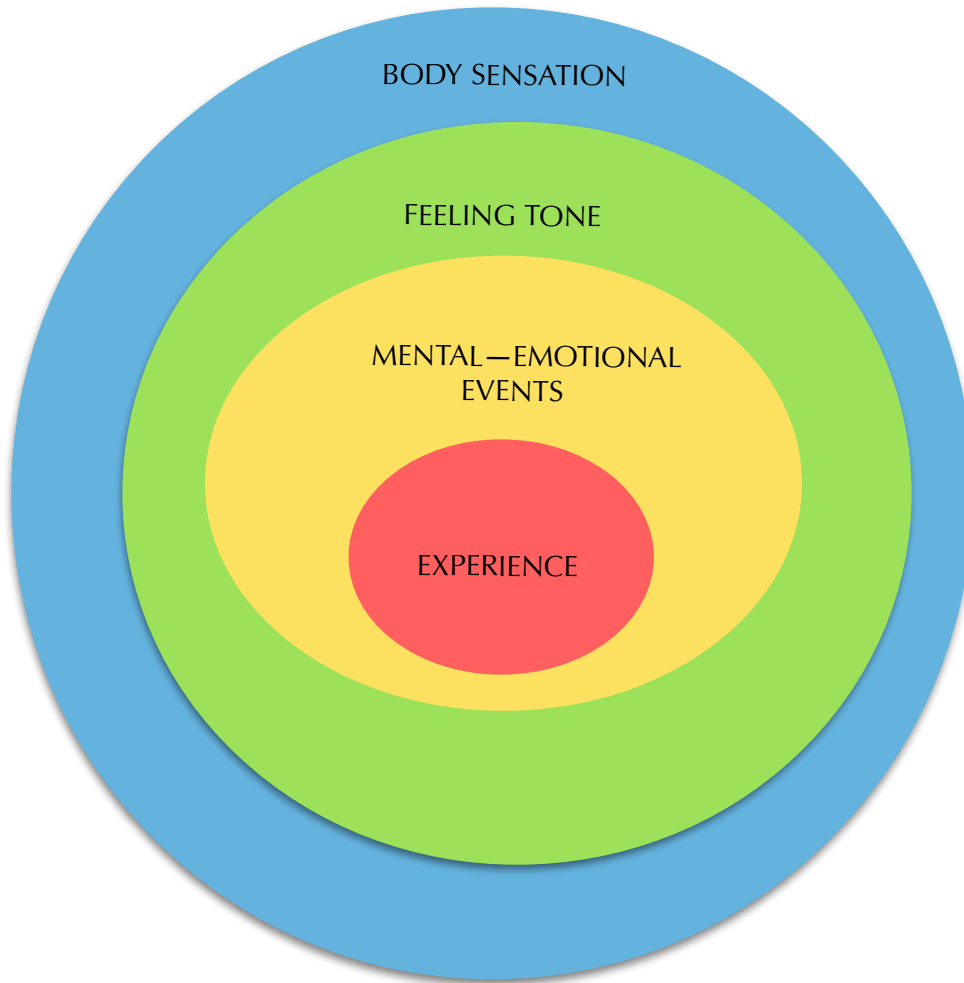


## Contemplative Group Dynamics

Four Foundations of Mindfulness: sensation, feeling, mental—emotional events and experience.

As we move from feeling to mental-emotional events we begin to touch the sedimented and root sense of self. This encounter with deeper individual and collective habit energies then mixes with present moment awareness.



1. *Contemplative Group Dynamics* is a practice whereby members discover words to sequentially describe and share their body sensations, feelings (pleasant, unpleasant, neutral), mental — emotional events (attraction, aversion, indifference) & experience.

2. *Contemplative Group Dynamics* practice discloses sensual empathy and the transient and context dependent nature of subjective, intersubjective, and group experience.

3. *Contemplative Group Dynamics* practice discloses a fresh and vital knowledge of Being-in-the-Group with new perspectives emerging for members as reactivity is reduced.