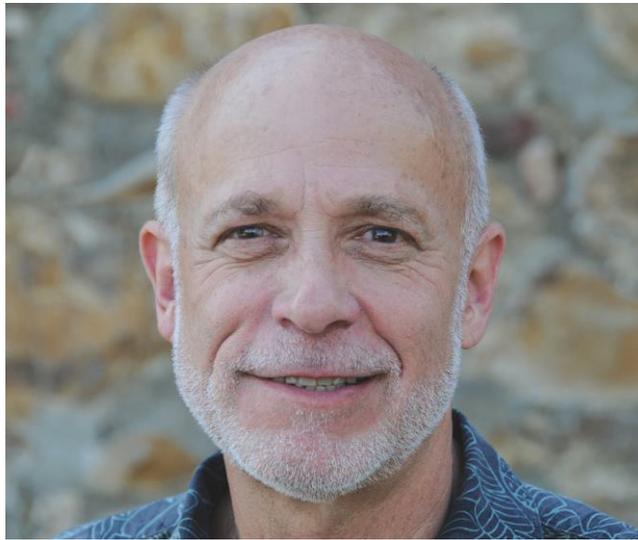


Further Training Course of MindfulnessSwiss
MBSR Association Switzerland

**Mindfulness:
Awareness Shaped by Embodied Ethics**



with

Paul Grossman

Saturday, 16 January 2021
10.00 am to 4.00 pm

Kirchgemeindehaus Hottingen
Asylstrasse 36, 8032 Zürich

Mindfulness: Awareness Shaped by Embodied Ethics

Our world is in a very serious crisis, and many of us are searching for practical ways to confront those challenges that arise. Certain ethical values, attitudes and behavior may guide us in this search, and simple moral principles of benevolence and doing no harm might be helpful to ourselves, to others and to the earth. But how can we develop these principles in a world so unruly?

In this context, Paul Grossmanns Workshop addresses the following questions (with no definitive answers):

- Does an embodied practice of awareness serve to cultivate an ethic of kindness and benevolence? How may, in very practical terms, this embodied practice unfold?
- To what extent is this embodied experience a personal, social or planetary process? We often think of our bodies as something separate from the rest. However, as mammals (etymology: Latin for breast), we humans seek closeness, connectedness and sustenance from another per definition, the mother's breast being the first genuine conduit by which each new being is nourished and sustained in life from earliest moments. The quality of the mother's milk and the quality of feeding is dependent on societal forces and environment. Therefore, can awareness of body (embodiment), ever be purely a lonely, separate experience of the individual?
- Can practice of an all-embracing kind awareness contribute to transcendence of the boundaries of our flesh, skin and bones, helping us to overcome those distances, physical, social and psychological, that fears of others, of virus, and of the manifold other tenuous aspects of being alive comprise? Or maybe not, and then what?

Perhaps all the years of training in the heart qualities of kindness, equanimity and joy in the face of "not knowing" may guide us gently on. And then we may have begun to integrate that embodied ethic into our own lives and our teachings.

Paul Grossman

Paul Grossman, PhD in psychology, is the research director at the Department of Psychosomatics and Internal Medicine at the University Clinic in Basle and the Director of the European Centre for Mindfulness in Freiburg/Germany.

He is the project director of various scientific studies examining the effectiveness of MBSR with respect to fibromyalgia, multiple sclerosis and cancer. He also holds seminars about mindfulness and Buddhist psychology at the University of Freiburg. Dr. Paul Grossman is a member of and lecturer at the «Mind and Life Institute» which is an international institute promoting the cooperation between Western science and Buddhism.

Paul Grossman has been a Vipassana meditation practitioner for 40 years and completed an MBSR internship with the Center for Mindfulness at the Medical Faculty of the University of Massachusetts in 1998. Together with his late wife Ulrike Kesper-Grossman he founded the European Centre for Mindfulness in Freiburg/Germany in 2011.

Organisational aspects

Costs

CHF 190.00 for members of the MBSR Association

CHF 240.00 for non-members

In justified cases, a reduction may be applied for.

Language

English with German consecutive translation

Arrival by public transport

From Zurich main railway station, tram no. 3 in the direction of Klusplatz, tram stop Römerhof (7 minutes). No parking facilities on site.

Items to bring

- Pen and paper
- Food and drinks for your own personal consumption. You may stay in the seminar room during lunch time. There also are catering facilities nearby. Coffee and tea will be served to the participants.

Enrolment

By a separate enrolment form sent to sekretariat@mindfulness.swiss or MBSR-Verband Schweiz, 6000 Luzern by 1st December 2020.

Enrolment is only valid upon immediate payment of the course fees, i.e. the enrolment confirmation is issued after receipt of the course fees. Regarding cancellation conditions please see enrolment form.

Insurance

It is the responsibility of the participants to arrange appropriate insurance cover.