# Deeper Dive Session 2 Contemplative Practices

## Overview

Watch the recording of our second Deep Dive Session on Contemplative Practices. In this meeting, we explored five contemplative practices, and how we can integrate these practices into our work. These practices support grounding, enhancing focus, fostering calmness, and nurturing discernment. They also only take a few minutes to experience so can be drawn upon in moments of stress or anxiety.

The session explored the science behind these practices and shed light on how they can positively impact your physical and mental health. We shared practical tools that will help you stay engaged in your contemplative journey. Additionally, we briefly addressed common challenges faced during meditation practice and provided strategies to overcome them.

Whether you're new to contemplative practices or looking to deepen your understanding, this session offers a valuable glimpse into how these practices can enhance your life, both personally and professionally.

### Summary Highlights

* 0:00 Introduction to Contemplative practices
* 4:53 Integrating contemplative practices into daily work life
* 10:50 Practice #1 Anchoring
* 18:45 Practice #2 Sensory Awareness
* 24:38 Practice #3 Body Scan
* 35:09 Practice #4 Labeling Thoughts
* 36:45 Practice #5 Visualization Practice
* 42:31 Journaling Tools
* 47:50 Challenges when meditating to stay with the practice
* 49:59 Review of Next Steps on Your Journey

In the session, Jyothi shared the following activities that we encourage for you to consider as next steps on your journey:

* Choose your anchor.
* Notice which sensation you feel most connected with.
* Notice where you hold tension in your body.
* Notice your thoughts. See if you are drawn to a particular visualization practice.
* Capture your experience through journaling e.g. [www.dayoneapp.com](http://www.dayoneapp.com). Notice what arises daily or weekly for the next four weeks.

Please share any discoveries in the Maddie's Pet Forum group or email Jyothi at jyothi@jyo.world.

### About the Journey You Own Deep Dive Meeting Series

Join us in this insightful meeting series where Jyothi V. Robertson, DVM, DABVP (Shelter Medicine), led on an exploration of the concepts and practices outlined in the Maddie's University® course titled The Journey You Own: Practices for Wellbeing and Productivity (link: https://maddies.fund/JourneyYouOwnMU). While completing the course is not mandatory, it serves as a valuable foundation for further learning.

Next deep dive meeting is coming up on Wednesday, November 1, 2023 10am PT | 12PM CT | 1PM ET where we will cover Values Alignment.

Participants may register once for all sessions and can attend any of the sessions. Can’t make it live? Can’t make it live? Register and receive a link to the recording after each event. Click here to register today. <https://maddiesfund-org.zoom.us/meeting/register/tZIvcuiqrzwiGdPFkVuHuwEgvV7i3OiO9HLq#/registration>