

WEEK 2: PERCEPTION, INTERPRETATION, & REDISCOVERING “BEGINNER’S MIND”

**MTPC PATIENT WORKBOOK WEEK 2:
PERCEPTION, INTERPRETATION, AND REDISCOVERING “BEGINNER’S MIND”**

Home Practice:

Formal Practice:

- Practice the guided body scan each day for 30-45 minutes

Informal Practice:

- STOP ACHE GO – Practice **Stopping** or **Slowing** Down and then **Turning** towards present-moment experience (or **Taking** notice of breathing): Since we often do automatic behaviors when we feel stressed, practice taking note of breathing this week when you become aware of 1 automatic health-related behavior AND 1 stressful moment this week.

Handouts:

- Journal Exercise: Curiosity about Autopilot Cues
- *Violinist in the Metro*

Poem:

- Kushner and Frankl poems

Handouts – optional:

- *Upstream/Downstream: A Contemporary Fable*

Poems:

“If you concentrate on finding whatever is good in every situation, you will discover that your life will suddenly be filled with gratitude, a feeling that nurtures the soul.”

Rabbi Harold Kushner

“The one thing that cannot be taken from man is his ability to choose his attitude in any circumstance.”

Victor Frankl, Man’s Search for Meaning

JOURNAL EXERCISE: CURIOSITY ABOUT AUTOPILOT CUES

Picking 1 automatic or “autopilot” process that you noticed from the last week and write it here:

Now applying radical curiosity to the memory seeing if you can recall something/ anything new that you hadn't recognized before that may be a triggering cue. Writing down even the little details without judging it to be relevant or not.

- Sights:
- Sounds:
- Touch:
- Taste:
- Smell:
- Feelings in the body:
- People:
- Places/Location:
- Time of Day:
- Things:
- Thoughts/Memories:
- Emotions:

Now were there any consequences to the event. Writing down even the little details without judging it to be relevant or not.

- Impact on Emotions/Mood:
- Impact on Behavior:
- Impact on Thoughts:
- Impact on Feelings in the Body:

VIOLINIST IN THE METRO

A man sat at a metro station in Washington DC and started to play the violin; it was a cold January morning. He played six Bach pieces for about 45 minutes. During that time, since it was rush hour, it was calculated that thousands of people went through the station, most of them on their way to work.

Three minutes went by and a middle aged man noticed there was musician playing. He slowed his pace and stopped for a few seconds and then hurried up to meet his schedule.

A minute later, the violinist received his first dollar tip: a woman threw the money in the till and without stopping continued to walk.

A few minutes later, someone leaned against the wall to listen to him, but the man looked at his watch and started to walk again. Clearly he was late for work.

The one who paid the most attention was a 3 year old boy. His mother tagged him along, hurried but the kid stopped to look at the violinist. Finally the mother pushed hard and the child continued to walk turning his head all the time. This action was repeated by several other children. All the parents, without exception, forced them to move on.

In the 45 minutes the musician played, only 6 people stopped and stayed for a while.

About 20 gave him money but continued to walk their normal pace.

He collected \$32. When he finished playing and silence took over, no one noticed it.

No one applauded, nor was there any recognition.

No one knew this but the violinist was Joshua Bell, one of the best musicians in the world. He played one of the most intricate pieces ever written with a violin worth \$3.5 million dollars.

Two days before his playing in the subway, Joshua Bell sold out at a theater in Boston and the seats averaged \$100.

Joshua Bell playing incognito in the metro station was organized by the Washington Post as part of a social experiment about perception, taste and priorities of people. The outlines were: in a commonplace environment at an inappropriate hour: Do we perceive beauty? Do we stop to appreciate it? Do we recognize the talent in an unexpected context?

One of the possible conclusions from this experience could be:

If we do not have a moment to stop and listen to one of the best musicians in the world playing the best music ever written, how many other things are we missing?

Adapted from "Pearls Before Breakfast: Can one of the nation's great musicians cut through the fog of a D.C. rush hour? Let's find out." The Washington Post. April 8, 2007.

WEEK 2 OPTIONAL HANDOUTS

UPSTREAM/DOWNSTREAM: A CONTEMPORARY FABLE

It was many years ago that the villagers of Downstream recall spotting the first body in the river. Some old timers remember how Spartan were the facilities and procedures for managing that sort of thing. Sometimes, they say, it would take hours to pull 10 people from the river, and even then only a few would survive.

Though the number of victims in the river has increased greatly in recent years, the good folks of Downstream have responded admirably to the challenge. Their rescue system is clearly second to none: most people discovered in the swirling waters are reached within 20 minutes – many less than 10. Only a small number drown each day before help arrives - a big improvement from the way it used to be.

Talk to the people of Downstream and they'll speak with pride about the new hospital by the edge of the waters, the flotilla of rescue boats ready for service at a moment's notice, the comprehensive health plans for coordinating all the manpower involved, and the large numbers of highly trained and dedicated swimmers always ready to risk their lives to save victims from the raging currents. Sure it costs a lot but, say the Downstreamers, what else can decent people do except to provide whatever is necessary when human lives are at stake.

Oh, a few people in Downstream have raised the question now and again, but most folks show little interest in what's happening Upstream. It seems there's so much to do to help those in the river that nobody's got time to check how all those bodies are getting there in the first place. That's the way things are, sometimes.

Donald Ardell

High Level Wellness: An Alternative to Doctors, Drugs and Disease