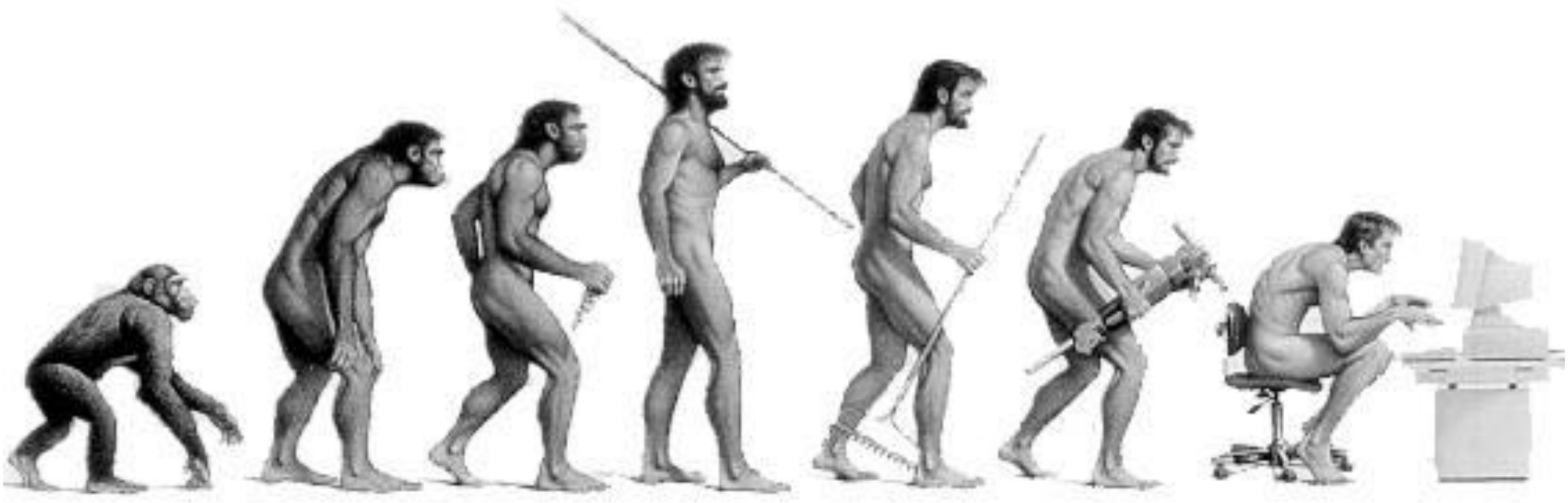
Mindfulness
& Compassion

Develop your presence in the world

EVOLVING

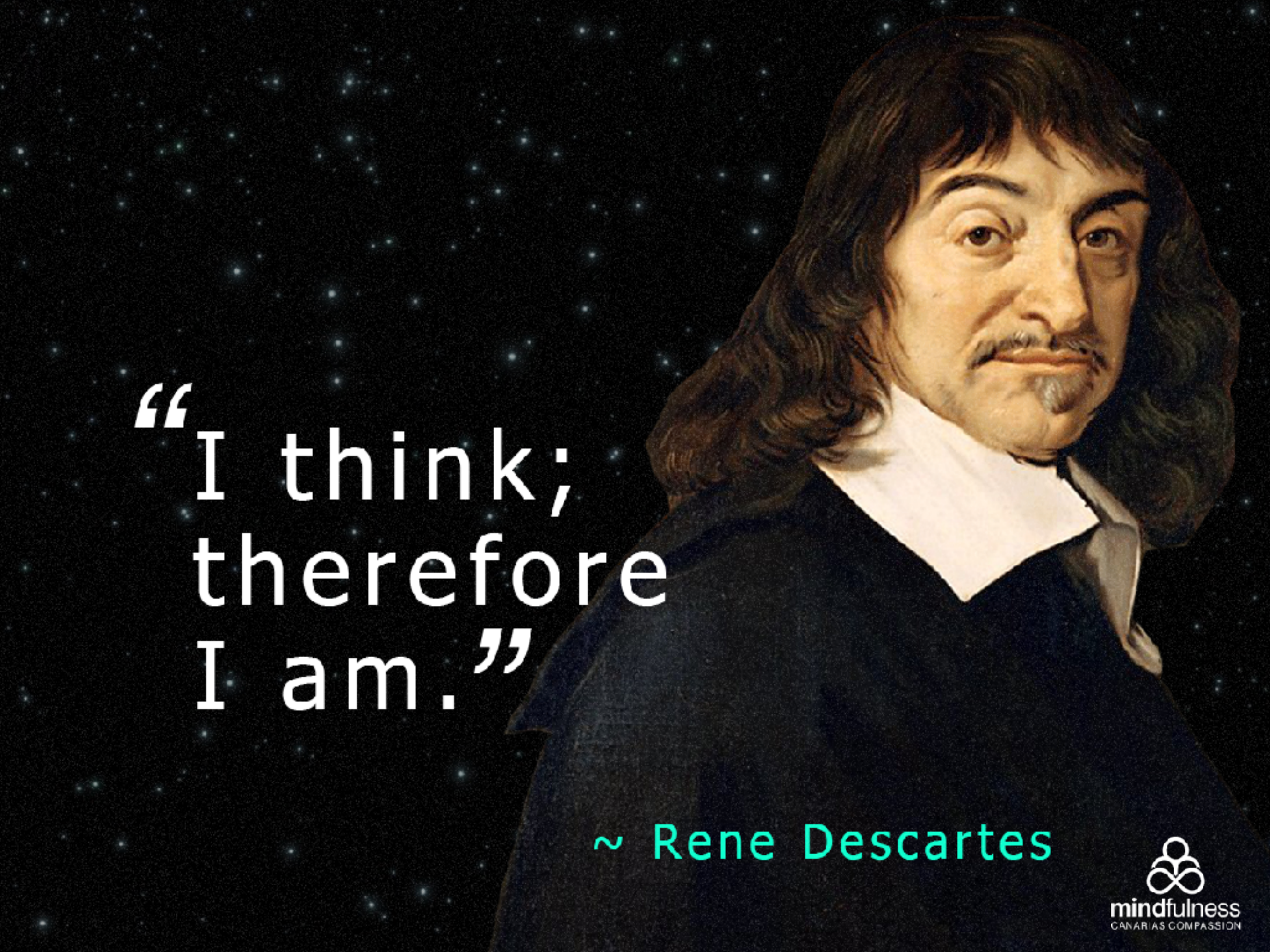
mindfulness
CANARIAS COMPASSION

Here and now,



Where we come from?

mindfulness
CANARIAS COMPASSION


“I think; therefore I am.”
~ Rene Descartes
mindfulness
CANARIAS COMPASSION

Where do you going?

mindfulness
CANARIAS COMPASSION



Descartes said,
“I I think,
therefore I am”.

I say,
“I do not think,
that is why I exist”.

Taisen Deshimaru

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NEW PARADIGM

mindfulness
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PRESENCE

mindfulness
CANARIAS COMPASSION

TRANSFORMATION

mindfulness
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neuroplasticity

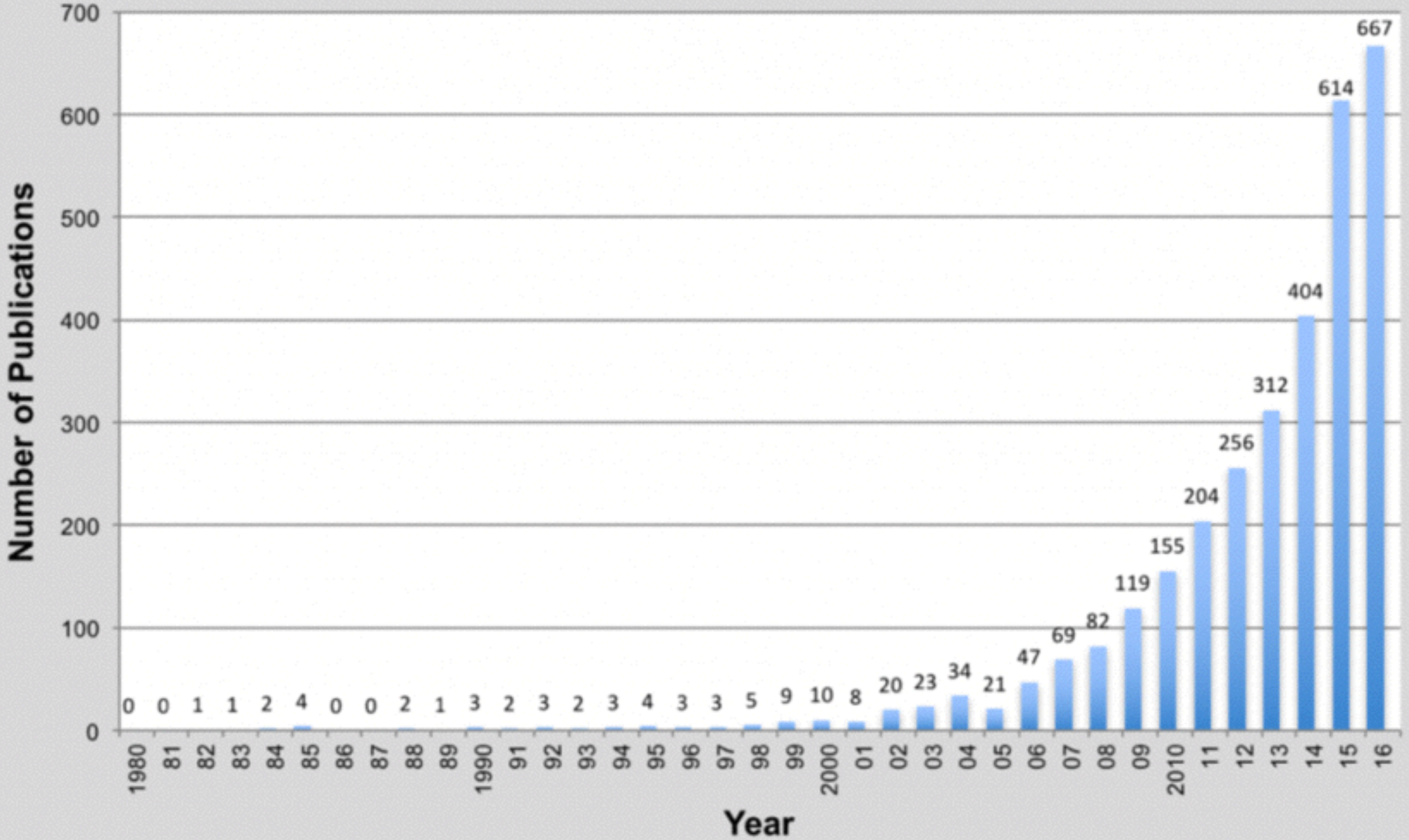
cognitive improvements and creativity

mindfulness
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science and spirituality

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Mindfulness Journal Publications by Year, 1980-2016



American Mindfulness Research Association, 2017
Source: goAMRA.org

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Satipatthana

Anapanasati

Metta

Karuna

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Full attention
Full awareness
Conscious attention

Mindfulness

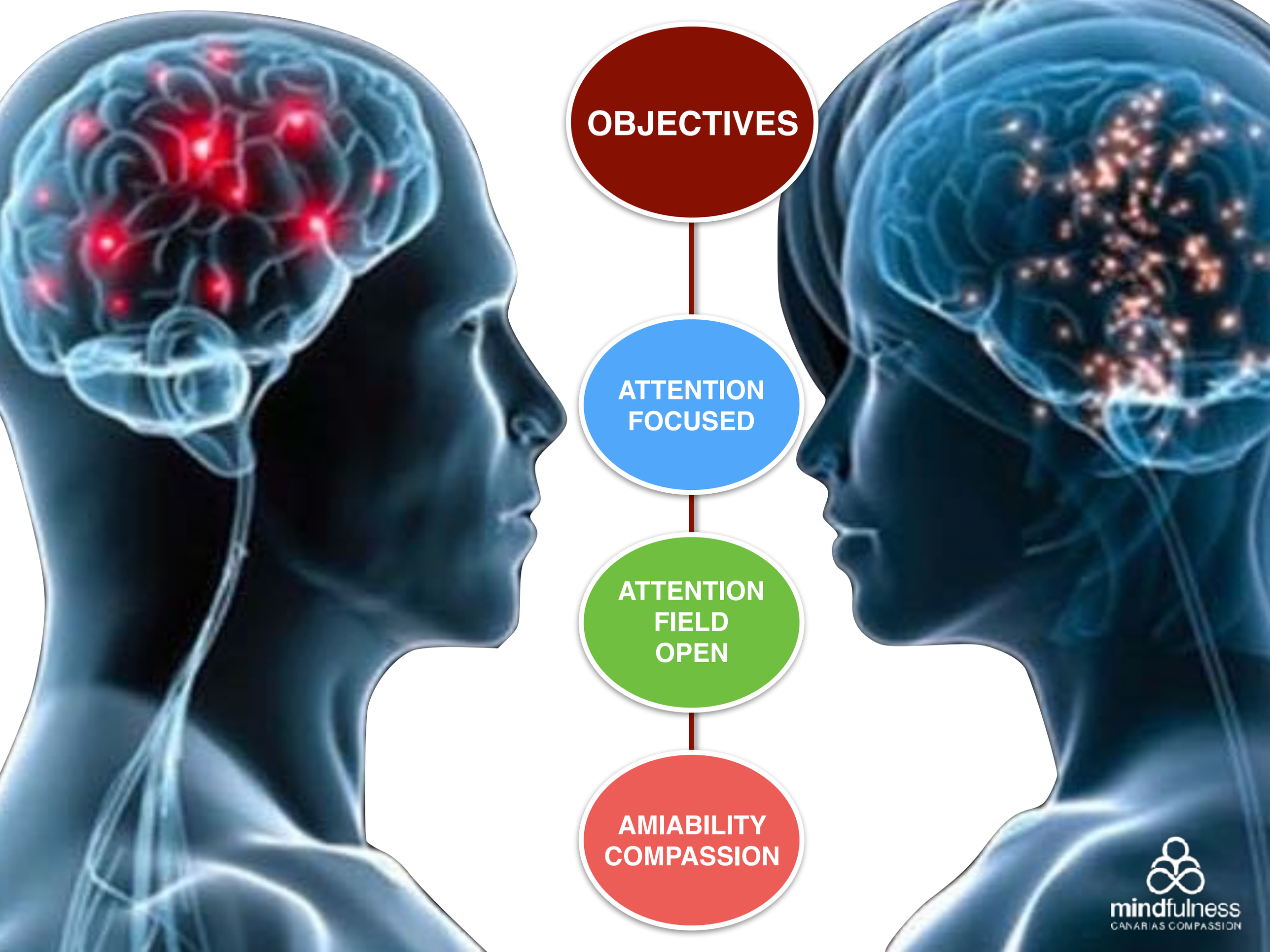
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“Know yourself”

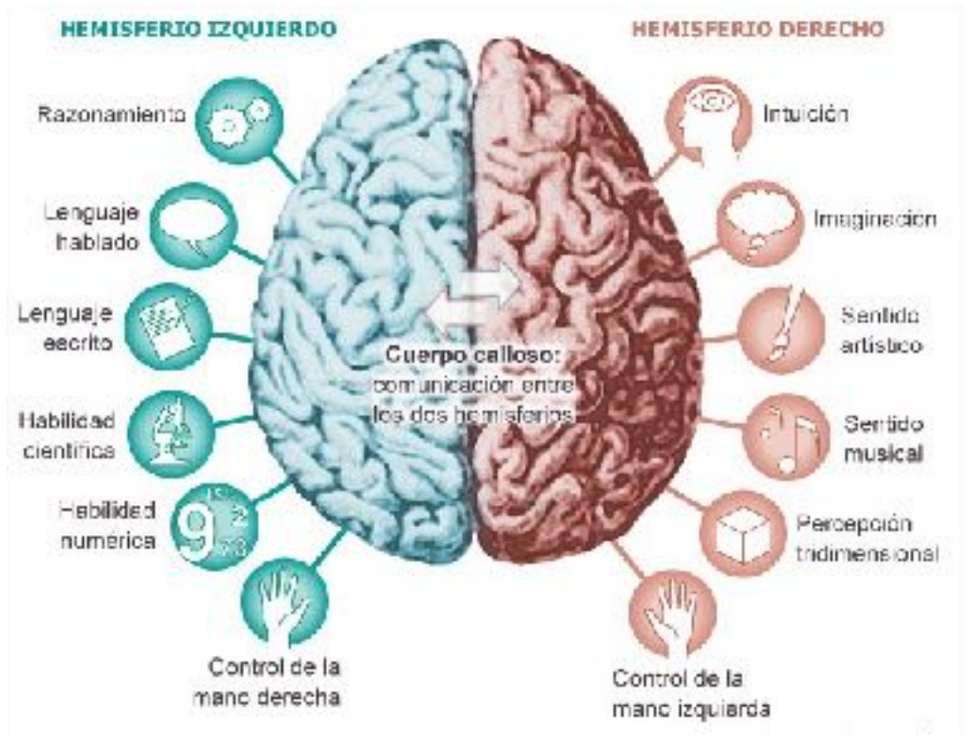
- Socrates



mindfulness
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OBJECTIVES
ATTENTION FOCUSED
ATTENTION FIELD OPEN
AMIABILITY COMPASSION
mindfulness
CANARIAS COMPASSION


presence compassionate
the body
the breathing
the sensations
mental states
the thoughts
the emotions
the environment
the other people
mindfulness
CANARIAS COMPASSION


HEMISFERIO IZQUIERDO
HEMISFERIO DERECHO
Razonamiento
Lenguaje hablado
Lenguaje escrito
Habilidad científica
Habilidad numérica
Control de la mano derecha
Intuición
Imaginación
Sentido artístico
Sentido musical
Percepción tridimensional
Control de la mano izquierda
Cuerpo calloso:
comunicación entre los dos hemisferios



Thank you !!!

Develop your presence in the world

Javier Alvarez Villaescusa

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