

# Towards a Mindfulness Practice in Library Work

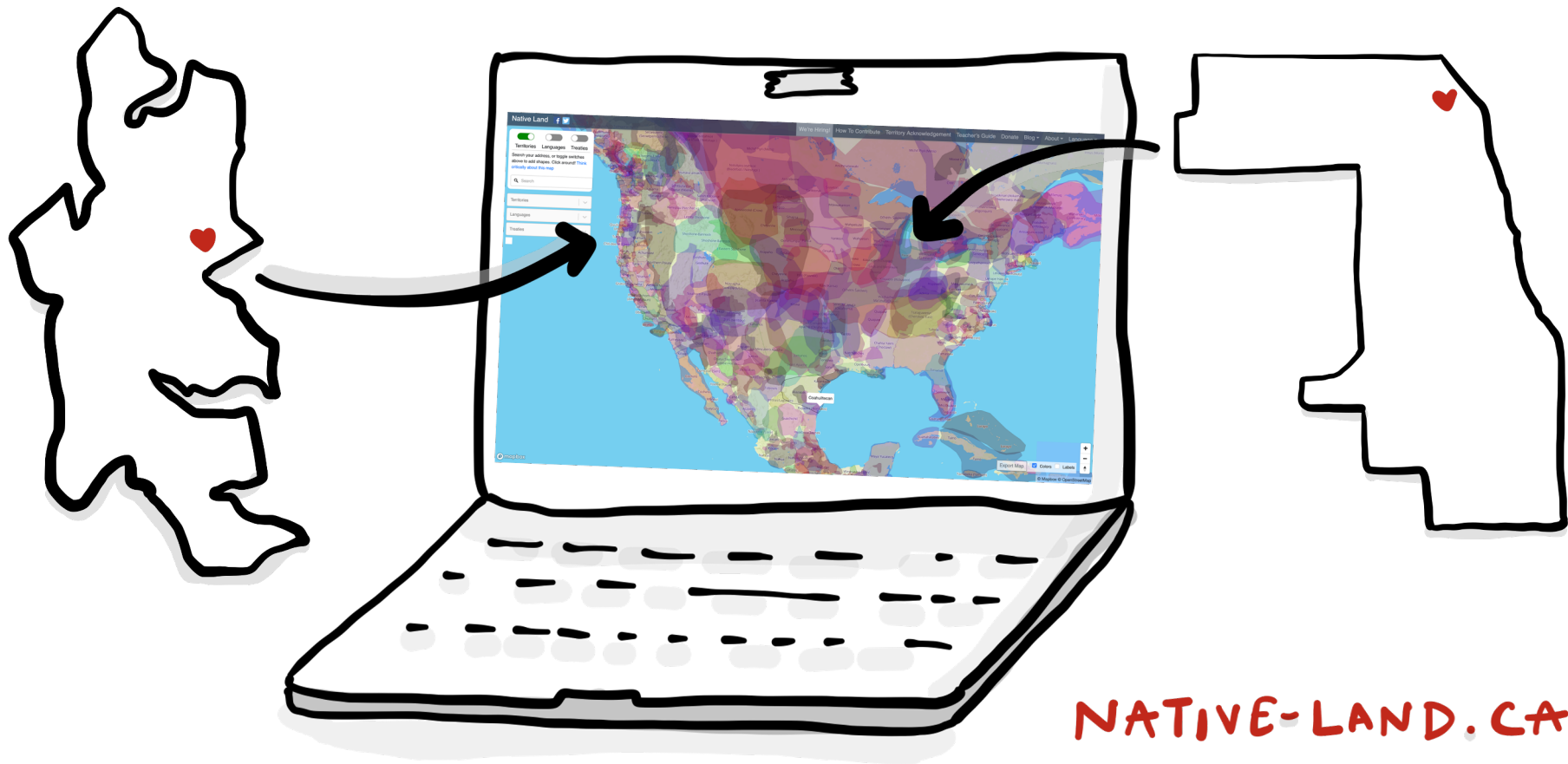
AN INFOPEOPLE WEBINAR

SEPTEMBER 22, 2020

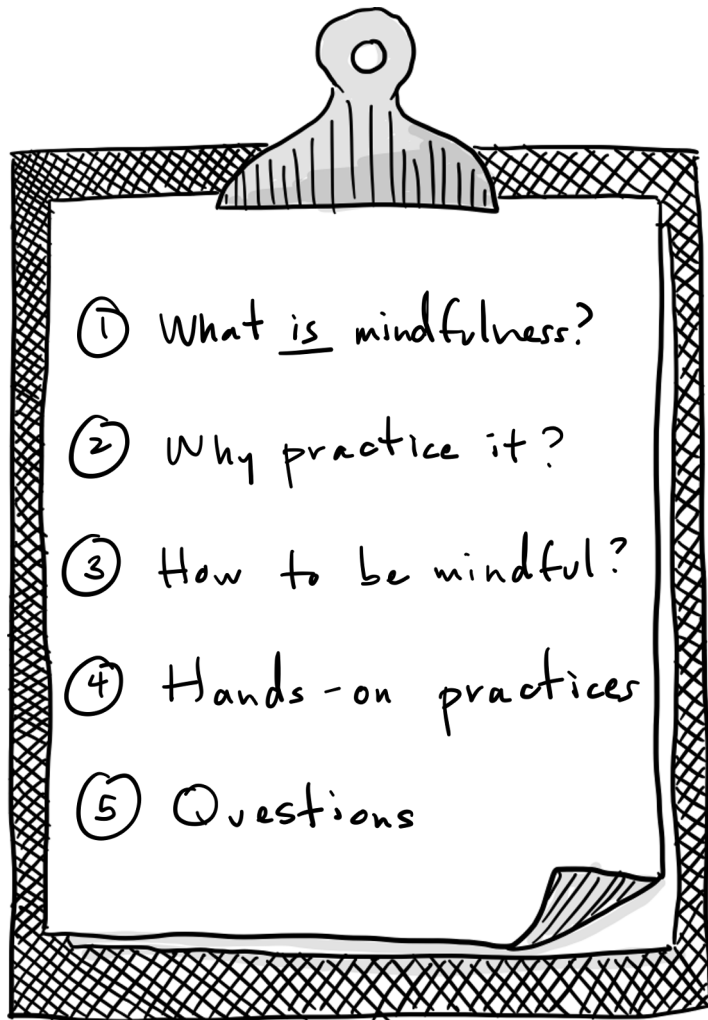
MIMOSA  
SHAH

and

BECK  
TENCH



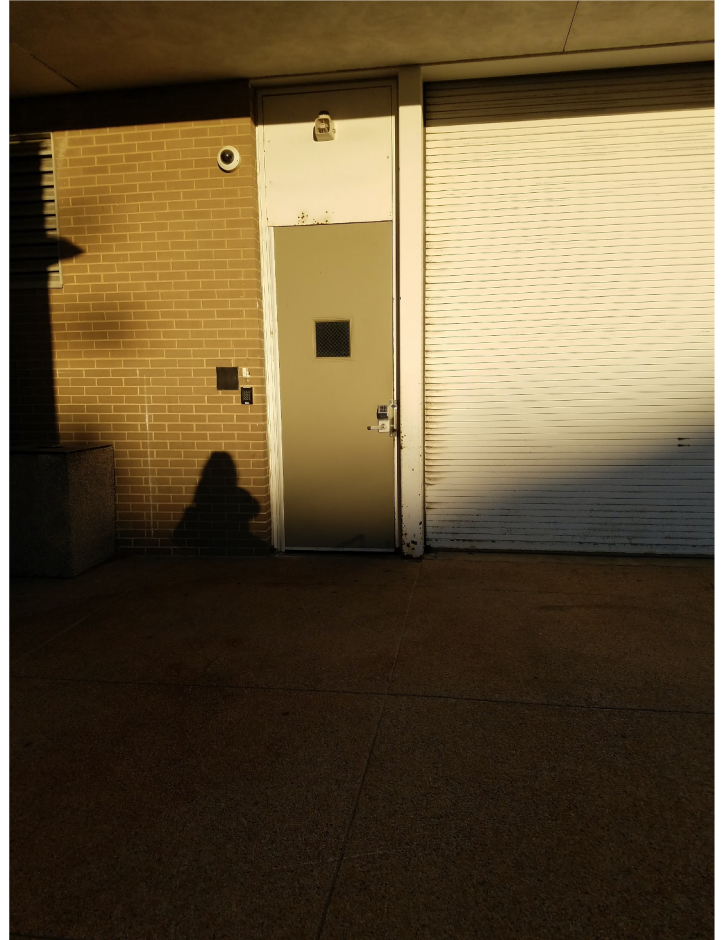
NATIVE-LAND.CA



# Agenda

# Mimosa's Story

How did  
#\_blankslate start?



# BLIND SPOT



TEJU COLE

Before there was  
#\_blankslate, there  
was *Blind Spot*.





What is a  
#\_blankslate?



What did I notice?





What made it hard to  
look away?

Pause.

What do you do to  
notice what's  
happening around  
you?

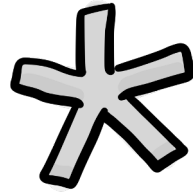




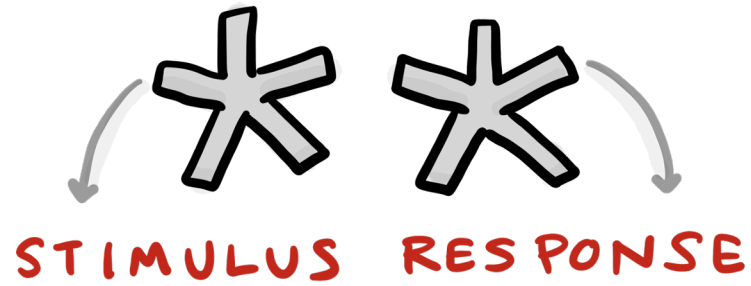
What connections  
existed between  
what I noticed and  
what I felt?

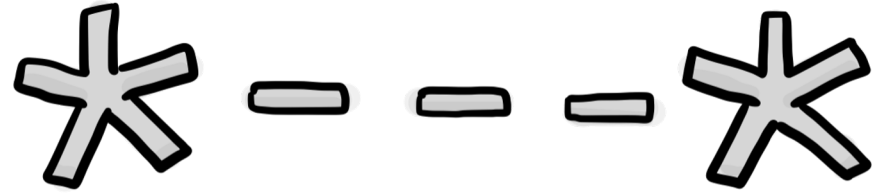
What is mindfulness?

NOW



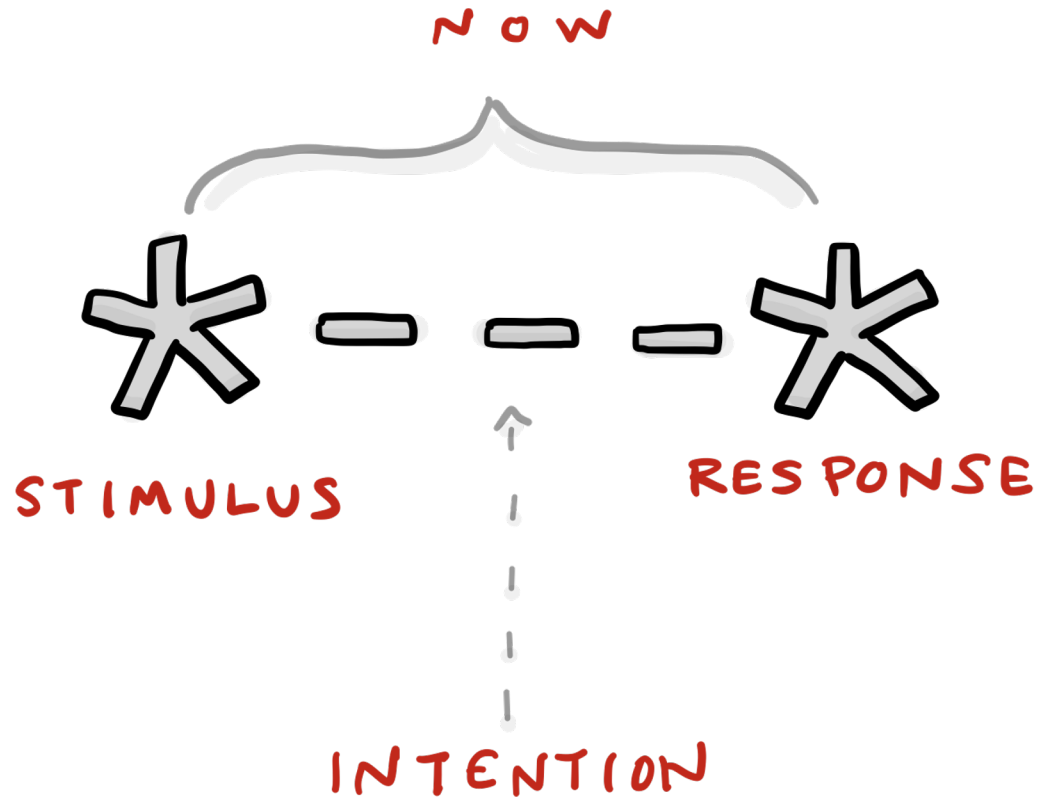
N O W





STIMULUS

RESPONSE





JON KABAT-ZINN



STEPHEN MURPHY-SHIGEMATZU



SISTER MARY FROHLICH



OLIVER W. HILL, JR.



ANGEL KYODO WILLIAMS



YURIA CELIDWEN

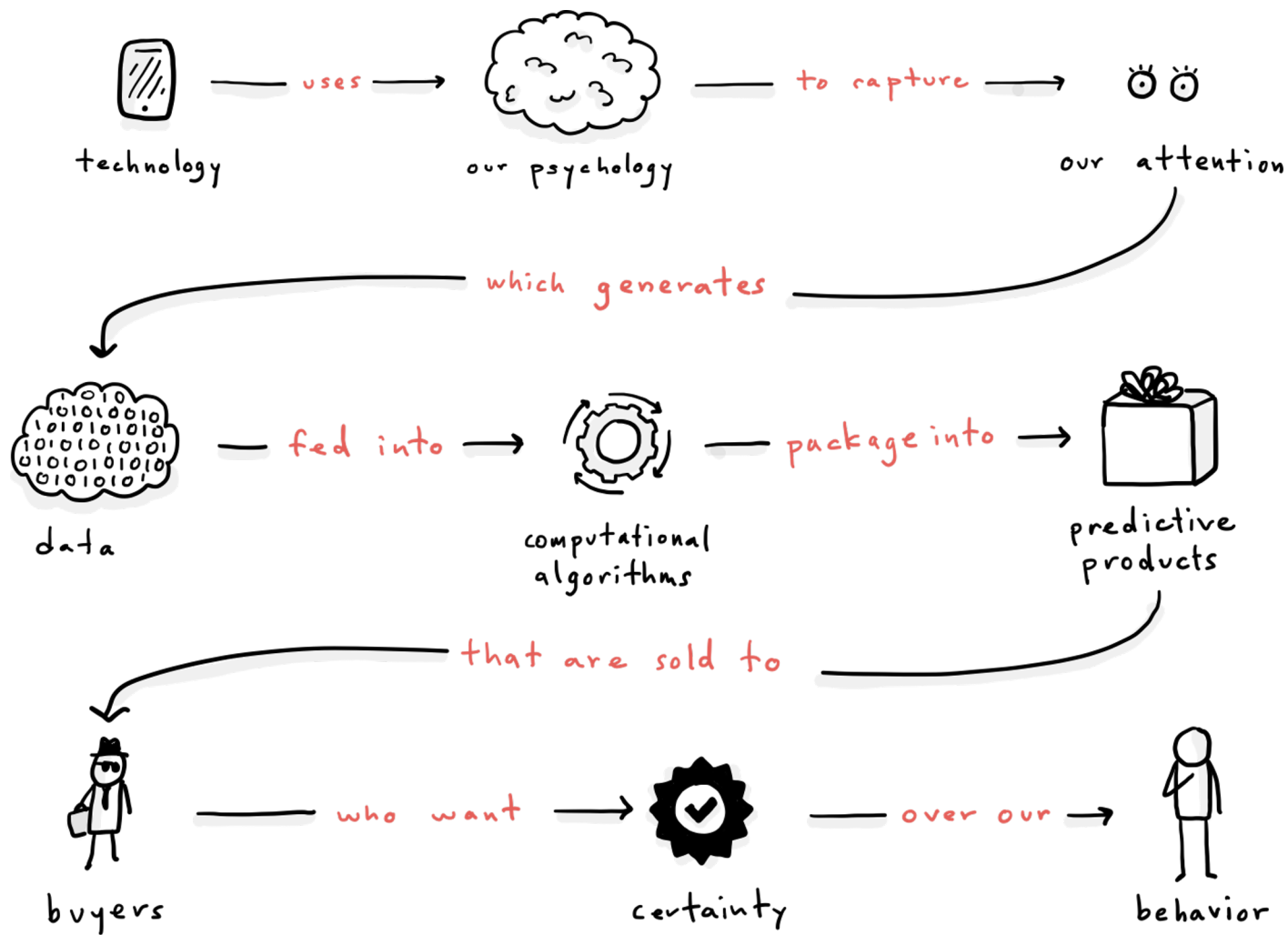


ANGEL ACOSTA

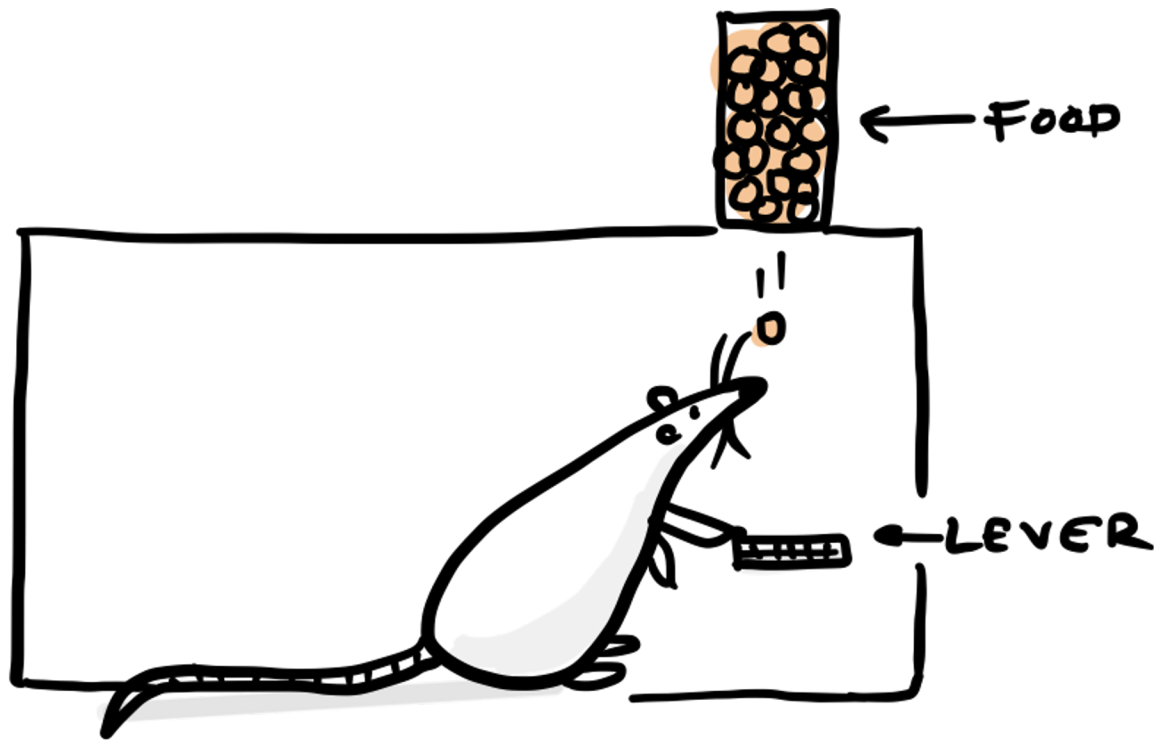


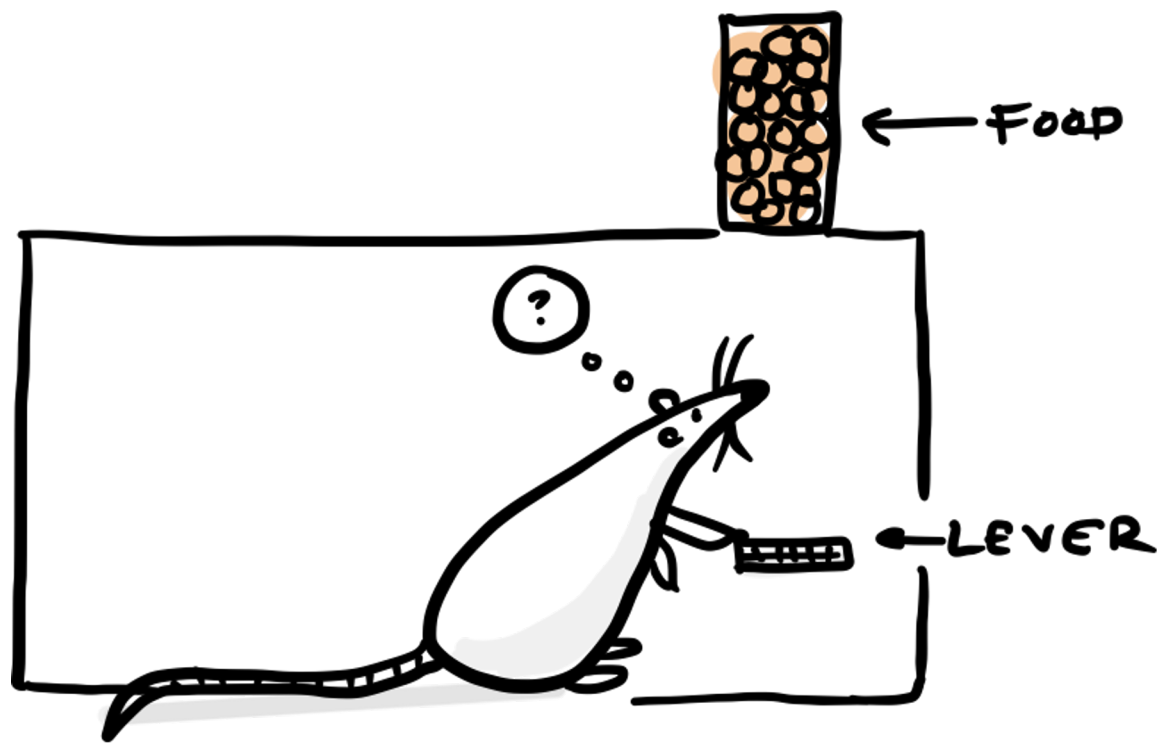
THOMAS MERTON

Why practice mindfulness?

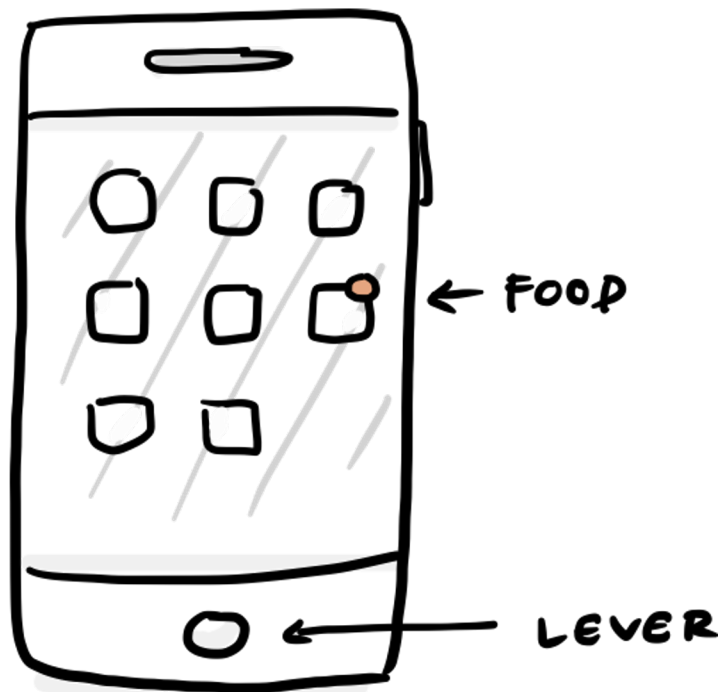


"SKINNER  
BOX" →





PERSUASIVE  
TECHNOLOGY →







JAMES WILLIAMS

Attention is paid in  
possible futures foregone...

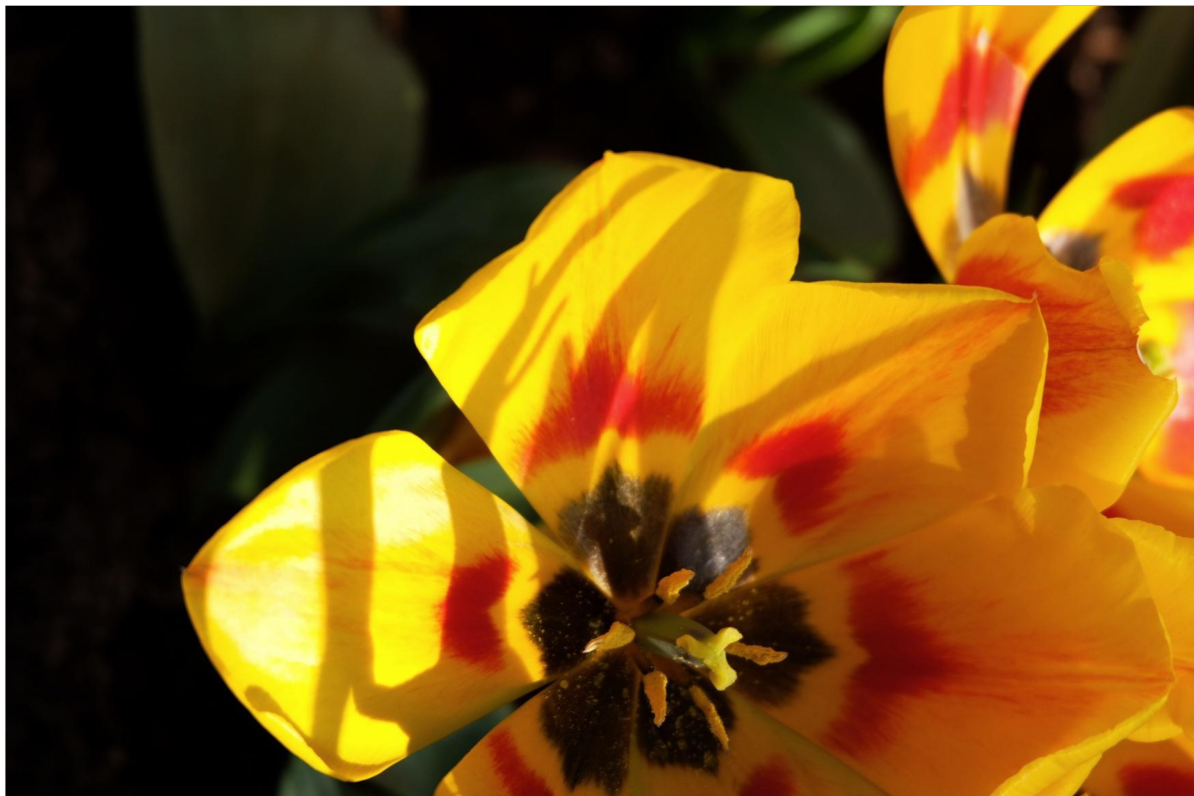


How we spend our days  
is how we spend our lives...

ANNIE DILLARD

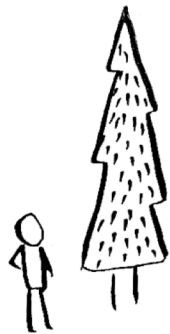
How do  
mindfulness  
practices shift  
over time?





Why  
practice  
mindfulness  
in libraries?

How to be mindful?



NATURE



HUMANS



SOLITUDE



ART



MEDITATION



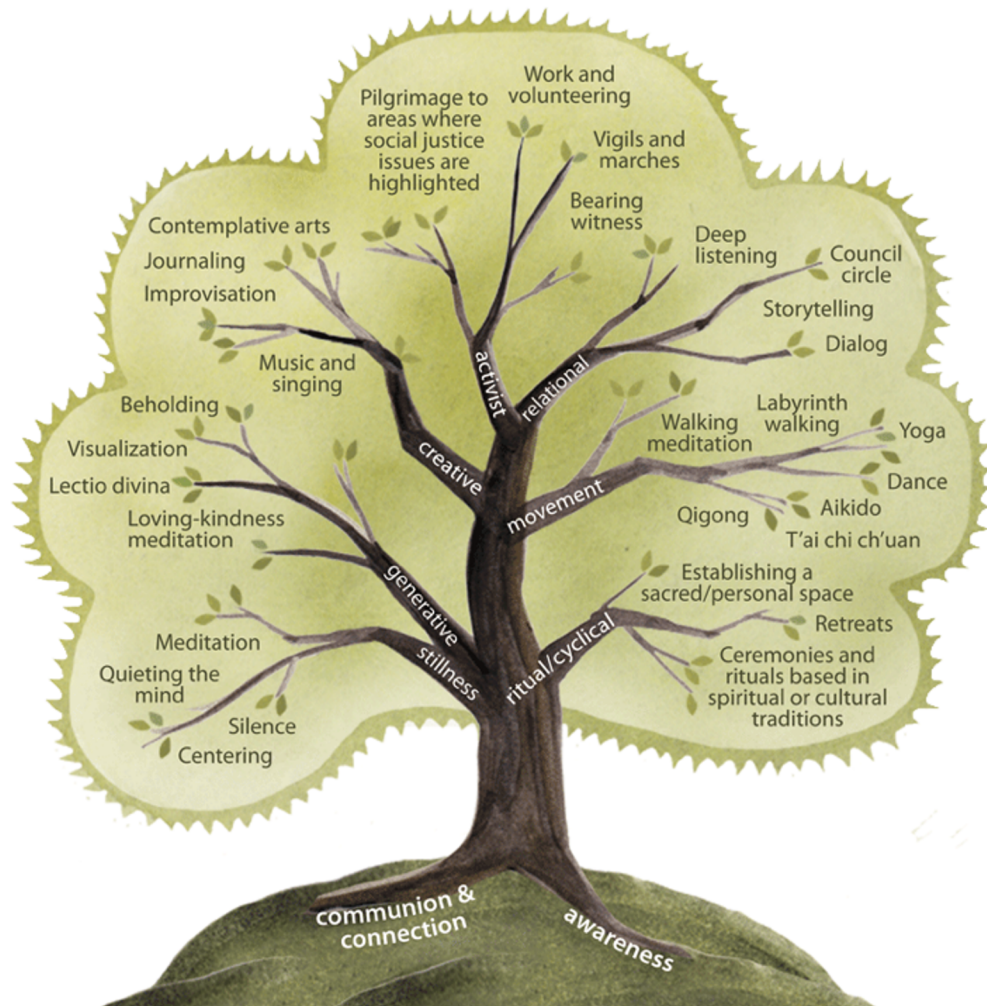
SUFFERING

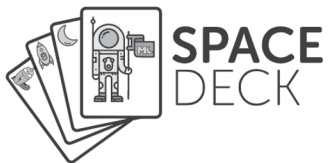


HEALING



REFLECTING





ABOUT SUITS RANDOM SEARCH BUY A DECK



## ENVIRONMENTAL

Manipulating surroundings/conditions to create a supportive space.

Icon by [Gregory Sujkowski](#) from The Noun Project.



ENVIRONMENTAL

### Inside/Out

When you feel spacey and need to reconnect with your place on this planet, bring nature inside and take your work outside.



ENVIRONMENTAL

### BAM!

Disrupt your environment to facilitate change.

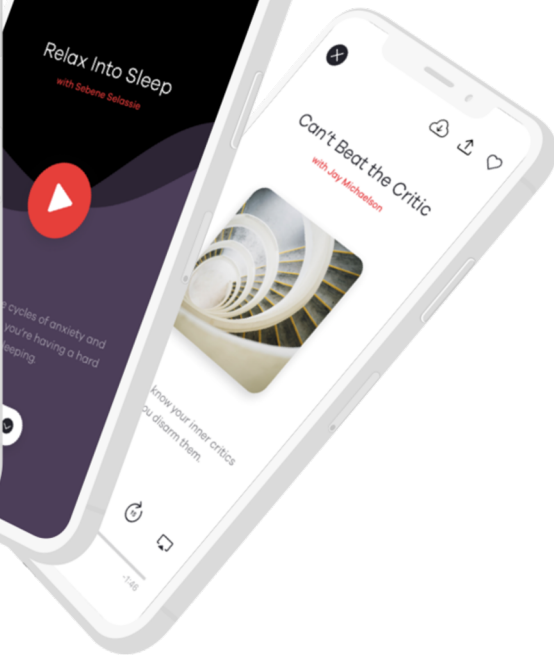
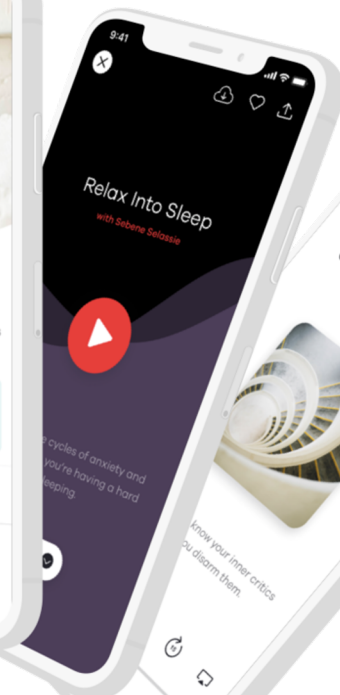
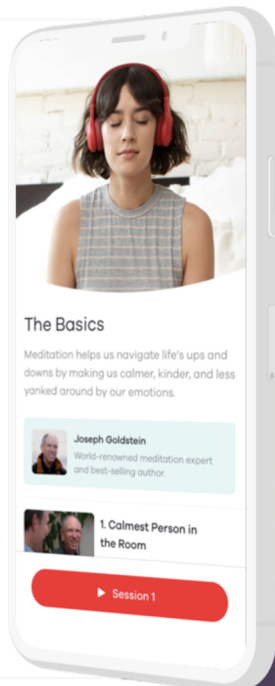
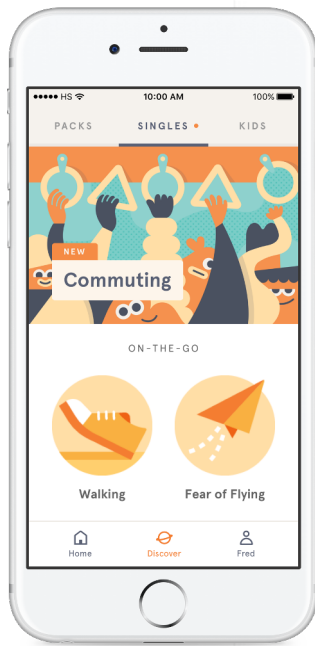


ENVIRONMENTAL

### Roots to Rise

Explore your potential growth process while in the thick of a challenge.

[tinyurl.com/thespacedeck](https://tinyurl.com/thespacedeck)



# Tap In :: A Live Group Meditation App

Sit daily at 3pm ET

We'll keep you in the loop.

Email

---



hi [at] tapinttogether.com



Download on the  
App Store today

Ten minute  
guided group  
meditation.  
Monday  
through Friday,  
at 3pmET

Our goal is to help you live a more joyous life. To accomplish this, we'll use a daily meditation to teach you how to 'check in' with yourself. We'll explore how to be aware of and present with your current state. We'll explore what it means to continuously come back to center. Sound overwhelming? Abstract? Don't worry. We'll help you.

Everyone is welcome: those new to meditation and those experienced. Our teachers come from a variety

Where do  
mindfulness  
practices  
reside now?





# **The Repast**

Hands-on  
Practices

# Sit Spot

**Source** → This activity comes from [The Space Deck](#).

**Supplies** → You will need nothing. ✓

**Time** → This activity takes between 10 – 20 minutes.

In Sit Spot, you find a space that allows you to focus and clear your thoughts. Then, you pay attention with your senses. Here's how to do it:

**First** → Find a Space

You want to go to a place, preferably outside, where you can hear both natural and man-made sounds.

**Then** → Do Nothing

Remain still, close your eyes, and sit comfortably for a couple to a few minutes.

**Then** → Listen

Reflect on the contrast of the natural and human-made sounds.

**Last** → Consider

How many sounds did you hear?  
How many were loud?  
Soft? Clear? Appealing? Annoying?

# Drawing to see

**Source** → This activity comes from Frederick Franck's [The Zen of Seeing](#).

**Supplies** → You will need paper and a pen. ✓

**Time** → This activity can take a moment or can last all day, but 15 minutes will do.

To practice **Drawing to See**, Franck asks you to sit and stare at an object intimately before beginning to draw it. Then, he asks you to draw it without looking away. That means you must draw without seeing what you're drawing. The idea, in the long run, is that you transcend the self by truly seeing what you are drawing. Here's how to do it:

**First** → Get Away

Leave your environment and go someplace new, preferably someplace where you will gaze upon living things (plants and/or animals, including humans, are equally great).

**Next** → Sit and Select

Sit down, let your eyes "land" somewhere in the space, take a few deep breaths and sit quietly with what you've selected for a moment or five. You aren't examining the object, rather you're quieting the mind and being with it. You can even close your eyes.

**Then** → Draw

Without looking at the page, take your pen and begin to draw the object you see. If your pen roams off the page, simply pick it back up and put it anywhere else on the page. If you finish drawing, draw it again. Draw just a part, or draw it really small or really big. Spend as long as you like drawing what you see.

# Un-curating your life

**Source** → This activity comes from [The Space Deck](#).

**Supplies** → You will need nothing. ✓

**Time** → This activity takes between 15 – 30 minutes.

In Un-curate Your Life, you challenge the external structures and limitations that generate a neat presentation of yourself to the outside world. Here's how to do it:

**First** → Think and Document

Spend time thinking and recording the ways and tools you use to "curate your life."

**Then** → Question

Ask yourself the following questions:

- What parts of your life do you share publicly?
- What factors influence this portrayal?
- What are the benefits/disadvantages of self-curation?
- What parts of yourself do you keep in the archives?
- What do you want to change?

**Last** → Consider

How can you create space for yourself and others to be candid and genuine?

Questions