



Buddhist meditation

30 days basic course: **Teams**

www.morten-ryberg.com

01 Purpose

Buddhist meditation is quite simply the teaching and training of how our mind works, and how over time with the right effort, we can change the way the mind works. In Buddhist meditation, we work purposefully with the mind to strengthen it, make it flexible and a powerful tool to be able to radically strengthen our mental capacity, quality and robustness. We learn and experience that our thoughts, emotions and bodily sensations are not really us. They are something that we have, but they do not determine our entire reality, and we can actually learn how to control them.

Through this mental framework and engagement model, we train how to identify unwholesome mental states, such as worries (future) and rumination (past) and how to bring our attention back to the present moment, and the given task at hand. We learn how to move these mental resources at will, rather than being controlled by them, so that we can engage with ourselves, others and our surroundings much more proactively.

In Buddhism it is not about a work-life balance. It's all about creating a balance in the current moment, by identifying unwholesome mental states like worries and rumination, and bringing our attention back to where we want it to be. This applies when juggling work-related tasks and picking up the kids after work. It's all about optimising the usage of mental resources, so that we're able to engage challenging situations and relations with a calmer and wiser mind.



01 Benefits

The meditation course aims to enable and develop the team's own ability to:

- Increase mental robustness
- Increase psychological safety
- Proactively reduce stress symptoms
- Increase delivery capacity and quality

The team will learn that endless draining worries of what's to come, and rumination on why it happened, is a choice, and used in the right way are powerful mental tools that can help us to plan ahead, and analyse what happened.

This enables increased delivery capacity and quality, being able to stand on solid ground when times are tough, proactively reduces stress and builds mental robustness and sustainable psychological safety.

Buddhist meditation aims to enable the team to own the task and responsibility of the capacity and quality in life, on and off work, by controlling where their attention and perception is at the current moment. Knowing that the only thing we can really control is our response, not what happens to us.

***“My intention** for this course was to get to a stage where I could experience how life feels, when I'm not letting my mind and mind chatter control so much. After these 30 days it is safe for me to say that I have come to that stage. And wow, how powerful it is.*

***I truly believe** that I have only seen a glimpse of what I am capable of when I'm taking care of my mind on a daily basis, the same way I would brush my teeth everyday.*

***For me the most biggest evidence** is the fact that I was close to be out on stress leave this fall, and now I feel much better, much lighter and with such an increased energy. Still the same workload, but my perception has completely changed. I feel like I accomplish so much more, and in a much more sustainable way than ever before.”*

- Maja Bro Gregersen, Portfolio Product Manager - Trackunit A/S

Over the course of 30 days, the team will be introduced to, and above all put into practice, the basic buddhist meditation technique **Shikan**, in their own home or office.

Each day, the team will receive new meditation instructions via a communication platform of choice (LinkedIn group is preferred), which will safely guide the team through the basic elements such as: sitting postures, meditation techniques, mental & physical challenges, distractions, observations, reflections and much more.

The team then set the instructions into practice and share their daily meditation reflections with the teacher by writing a short comment via the communication platform. The teacher provides 1:1 feedback on these comments. Practice is approximately 20 minutes per day.

Once a week the team will meet for a personal session with the teacher, who will guide and help the team with the completely natural challenges that have arisen in the meditation practice, ensuring that the team get the right reflection and learning.

Sessions with the teacher

The weekly group sessions are held, unless agreed otherwise, in Smedjen in Gl. Ølstykke (3650) and have a duration of 60 minutes. Everything discussed in these sessions are 100% confidential between the teacher and the participant.

Included course material:

- Meditation mattress, cushion & mala
- 76 page manual
- Guided meditations (mp3)

For prices please contact:

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Morten Ryberg

Buddhist mindfulness and meditation teacher.

Educated from Danish Dharma Center, Danish Center for Mindfulness v. Århus University, Bodhi College.

Specialised in buddhist meditation such as:

- Satipaṭṭhāna (mindfulness), Samatha (concentration), Ānāpānasati (mindfulness), Vipassanā (insight) and Shikan (stopping and seeing)

Professional background within management, sales and marketing (+20 years) in both national and international companies such as Ascom and Jobindex.

Client engagement: Novo Nordisk, Vestas, Danske Bank, Region Hovedstaden, Novozymes, Københavns Kommune, Grundfos, Bang & Olufsen, FLSmidth, Maersk Oil, Region Sjælland, ISS, TDC.

For more information please visit:

www.morten-ryberg.com



02 The mattress, cushion & mala

Bring it home

The course includes a custom set of meditation mattress, pillow/bench and a mala of choice from Lotuscrafts.

“Lotuscrafts stands for values that all our products have in common: beauty and high-quality workmanship. It should be a pleasure to look at and use our products.

At the same time, from the beginning to the end of the production chain, as well as in all work processes, we pay attention to resource-saving handling of people and the environment.”



Fair organic cotton
for our textiles



CO2 compensation
for our products



Reduction of plastic
packaging

