

Mindfulness-Based Self Inquiry (MBSI)

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- 1) Meditative Posture
- 2) Relaxation
- 3) Focused Attention
- 4) Finding the Foundation
- 5) Finding the Feeling
- 6) Identifying the Need

1-3 are core, general components of mindfulness meditation

4-6 are specific, self-inquiry components of MBSI

For students you can either (1) give them your experience or (2) guide them to their own experience.

Sharing your own experience has the advantages of being simple, predictable, and relevant to the topic. It requires no experience with facilitating guided meditations. It relieves some students of having to come up with a relevant event. The major disadvantage is the students will not be doing self-inquiry; i.e. they will not be connecting to their own experience, but to yours.

Guiding students in a self-inquiry process has the advantage of connecting students to their own feelings, desires, and motivations that arose from a relevant personal experience. The disadvantage is uncertainty over whether our facilitation, or the student's recall ability, or the student's emotional literacy will be sufficient.

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