

The Munich Model brings Mindfulness and Meditation to University Students

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„The world will not evolve past its current state of crisis by using the same thinking that created the situation.“

Albert Einstein



Instead of offering a certain amount of leeway to be able to develop original ideas, our schools stick to the – in Robinson’s opinion outdated –

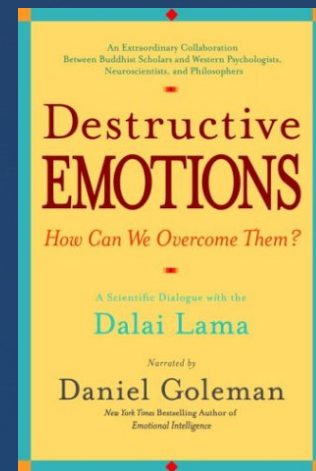
educational plans that only focus on the cognitive competencies of the students. The goal is to achieve a seamless integration in the working world.

TED-Talk Sir Ken Robinson (2006)

https://www.ted.com/talks/ken_robinson_says_schools_kill_creativity

Dalai Lama – Ethics for the New Millennium Mind and Life discussions

Goleman, D. (2004): Destructive Emotions. How can we overcome them: A Scientific Dialogue with the Dalai Lama. New York: Bantam Dell.



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NEW FROM MIND & LIFE

The Monastery and the Microscope

CONVERSATIONS WITH THE DALAI LAMA ON MIND,
MINDFULNESS, AND THE NATURE OF REALITY →

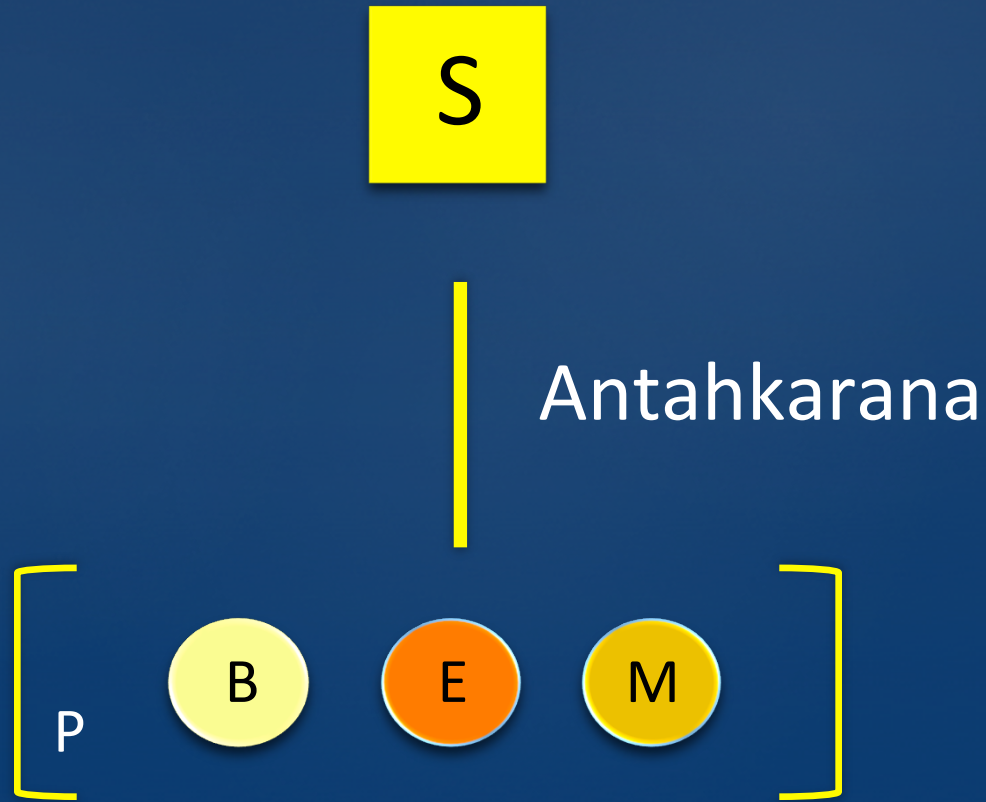
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Mindfulness

Pay attention and develop an awareness of what is happening, in the moment, with your body, your emotions, and your thoughts.

The goal is to achieve a state of clarity and equanimity.

Meditation



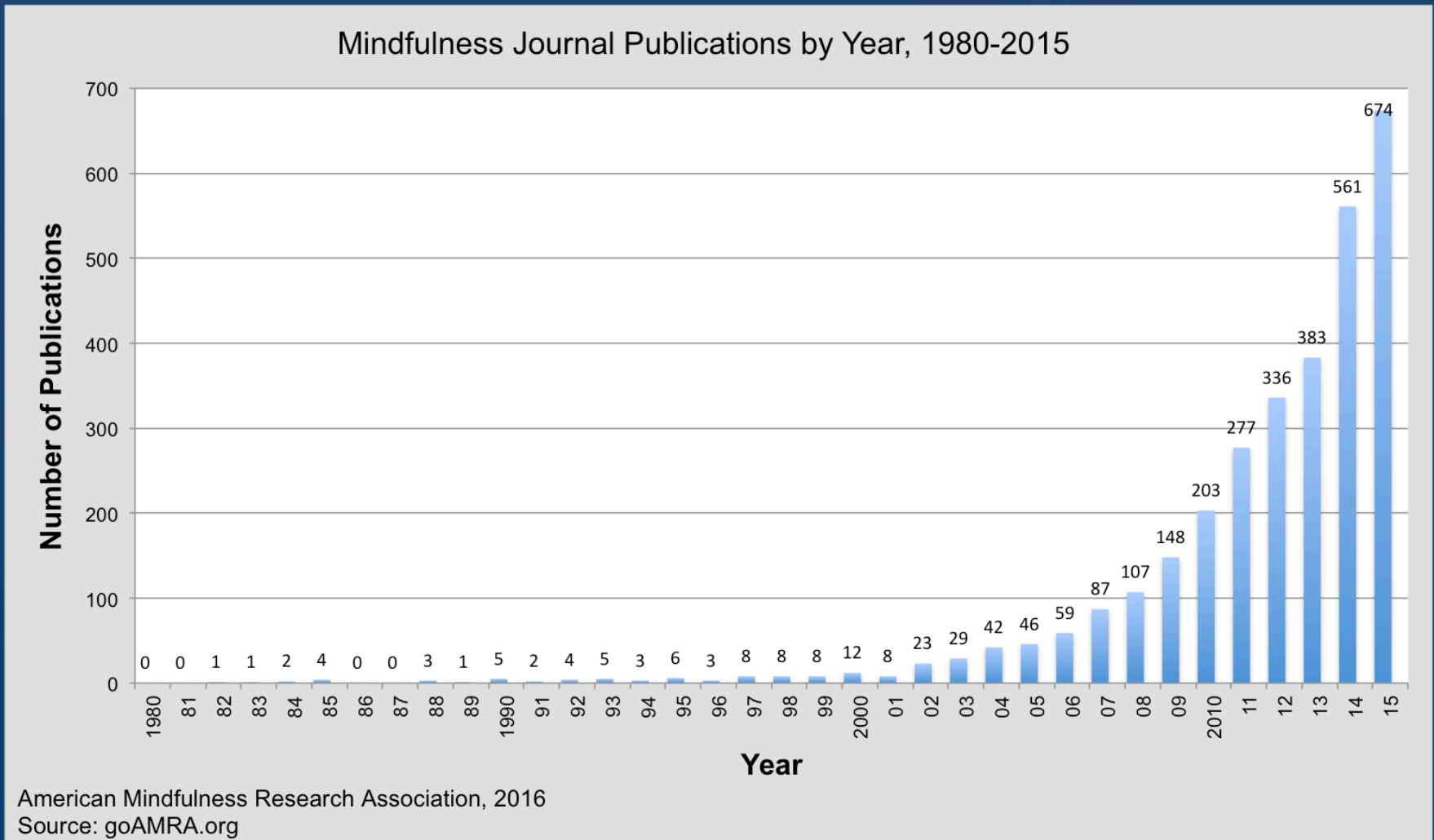


„When we meditate, what we actually do is enter into a deeper part of our being. At that time, we are able to bring to the fore the wealth that we have deep within us.“

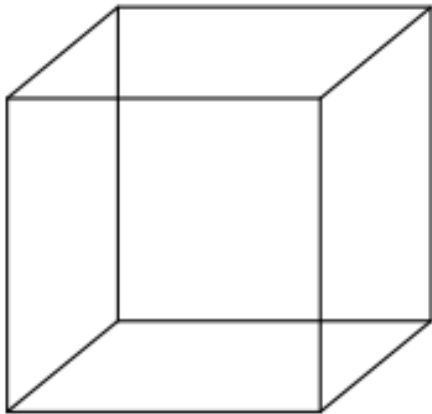
Sri Chinmoy

Sri Chinmoy (1974): Meditation: God's Duty and man's beauty.
New York: Agni Press, p. 2.

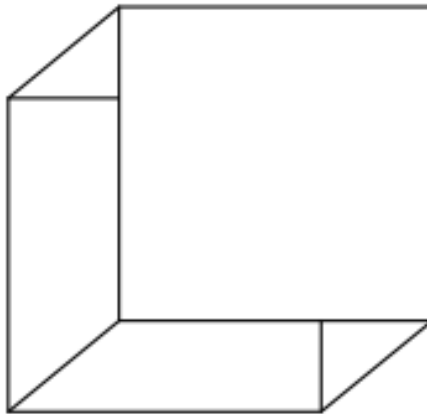
Mindfulness Journal Publications by Year 1980-2015



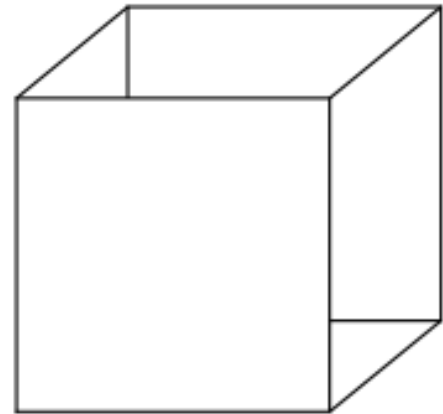
A



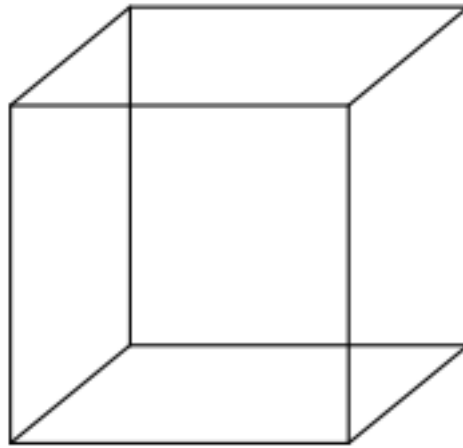
B



C



A



Please read aloud!

Red

Blue

Pink

Green

Yellow

Please say in what color
the words are written!

Green

Blue

Red

Pink

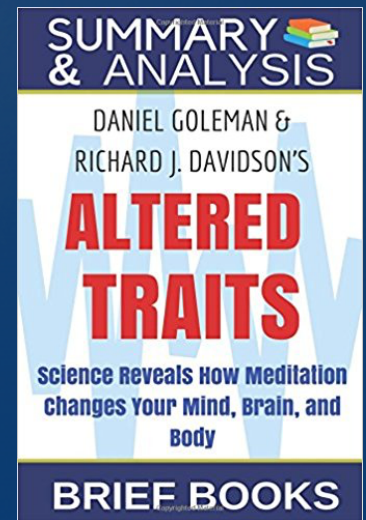
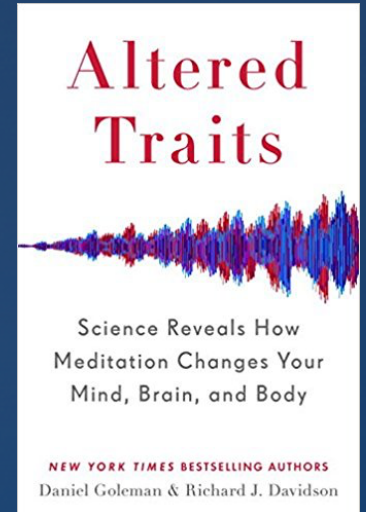
Yellow

Default Mode

„47% of people`s time is spent not paying attention“

„A wandering mind, is an unhappy mind!“

Richard Davidson, Lectures Bern/Vienna 2018



Effects of Mindfulness and Meditation

Becoming more aware of mental activities

Increasing level of concentration

Improving sense of confidence, of self-efficacy, of wealth and happiness as well as emotional balance

Reducing level of stress und fear

(...)

Meditation at university? – The Munich Model

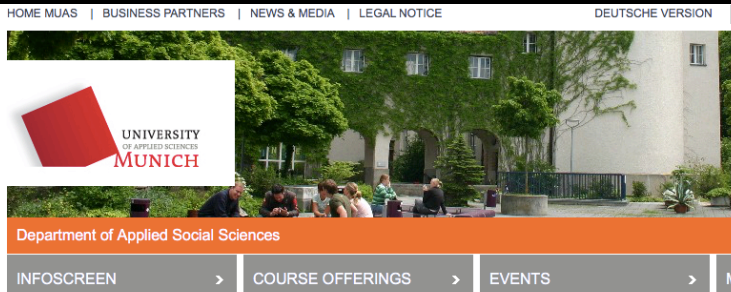
Degree Programs

- Education and Training in Childhood
- Elementary School Pedagogics
- Teacher Education
- Pedagogics for Special Needs Education
- Social Work
- Psychology
- Home and Outpatient Care
- Art (Music / Painting)
- General and Interdisciplinary Studies

www.hm.edu/meditationsmodell

SHANTI

The Munich Model – an example for teaching meditation at university



Die Fakultät > Personen > Professoren > Bruin

DEPARTMENT 11

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THE MUNICH MODEL

The Initiative »Mediation at University - The Munich Model« was created in the year 2010 by Prof. Dr. Andreas de Bruin. It focuses on the implementation of meditation and mindfulness exercises in the curricula of various degree programs at the Munich University of Applied Sciences and the Ludwig-Maximilians-University (LMU) Munich.

Students can attend courses and experience different ways of meditation, e.g. sitting meditation with a focus on the breath or the spot between the eyebrows. Further exercises are the inner reciting of a mantra, integrating sutras (official teachings), doing a bodyscan or a meditation with self-compassion, a walking meditation or pure mindfulness exercises like mindful cooking or mindful eating.

The theoretical components of the courses contain scientific research, background knowledge about the different approaches of meditation and their fields of application.

The students learn how to integrate the exercises in the various occupational areas – depending on the respective degree program.

Currently courses are offered in nine degree programs. More than 1200 students completed their courses successfully and each semester 150 students participate in the offered courses. Students are graded and get creditpoints. They have to attend the course on a regular basis and participate in the course. A private meditation diary helps them to reflect on their experiences and how meditation and mindfulness can be implemented in various occupational areas.

Further offers in the context of the Munich model

- Additional mediation class for students (see category **Current projects**)
- Additional mediation class for employees of the universities (see category **Current projects**)
- Networking events (see category **Network**)
- Series of films and lectures "Spiritual teachers and their approaches" – open to the public and for free (see category **Free Downloads**)

Keywords

Meditation, mindfulness, intellect, intuition, Munich Modell, universities, educational system

Possibilities for training the mind: Meditation at university? – The Munich Model.

Andreas de Bruin

1. Introduction

2. Structure and implementation of the Munich Model

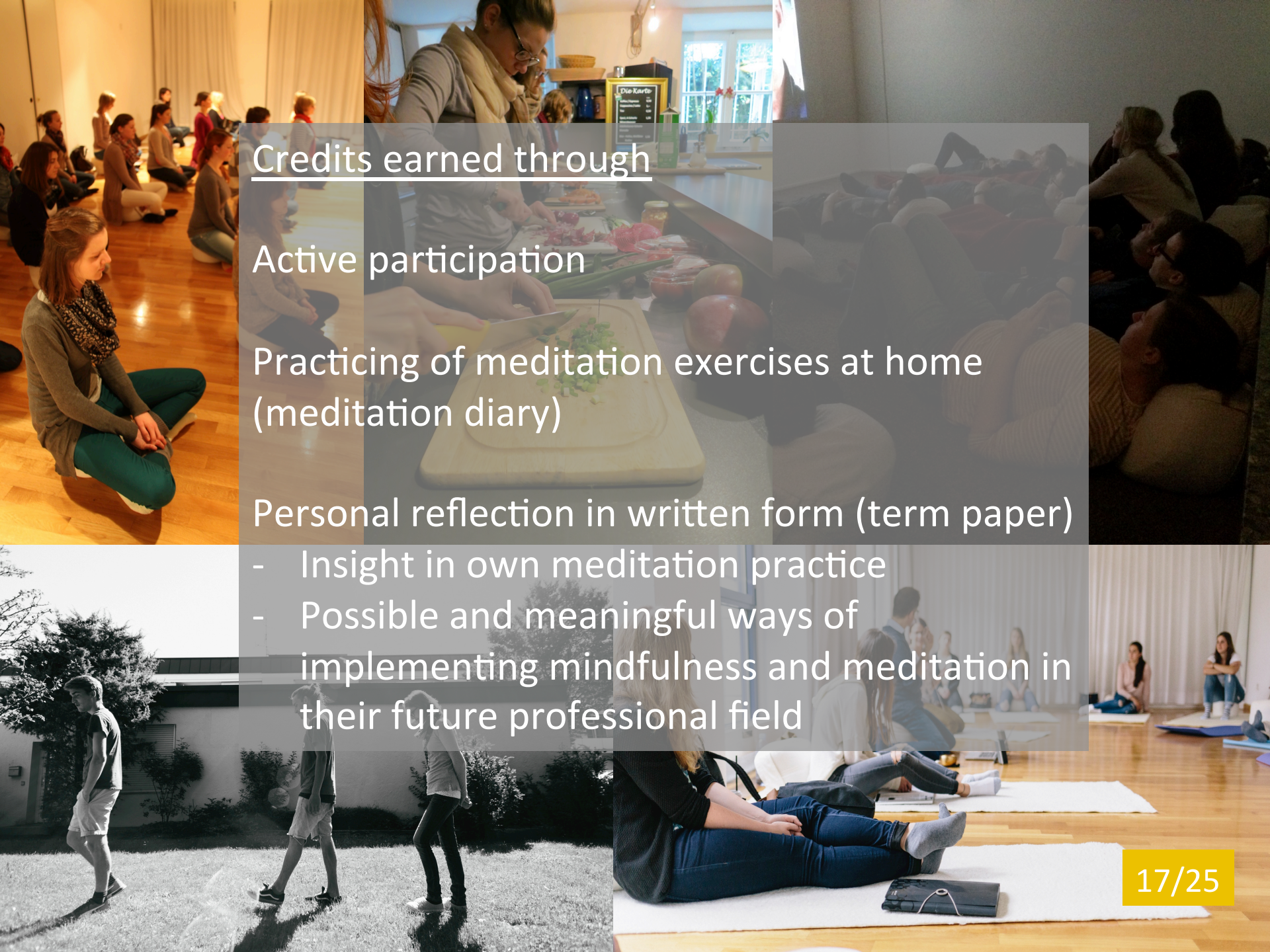
3. Conditions for participation

4. Content of the courses, certificate of performance and grading

5. Additional offers

6. Previous results

7. Perspectives



Credits earned through

Active participation

Practicing of meditation exercises at home
(meditation diary)

Personal reflection in written form (term paper)

- Insight in own meditation practice
- Possible and meaningful ways of implementing mindfulness and meditation in their future professional field

(meditation diary / term paper)

Students write down their experiences in their meditation diary.

The structure of the entry

What: Which exercise

When: Day/Time

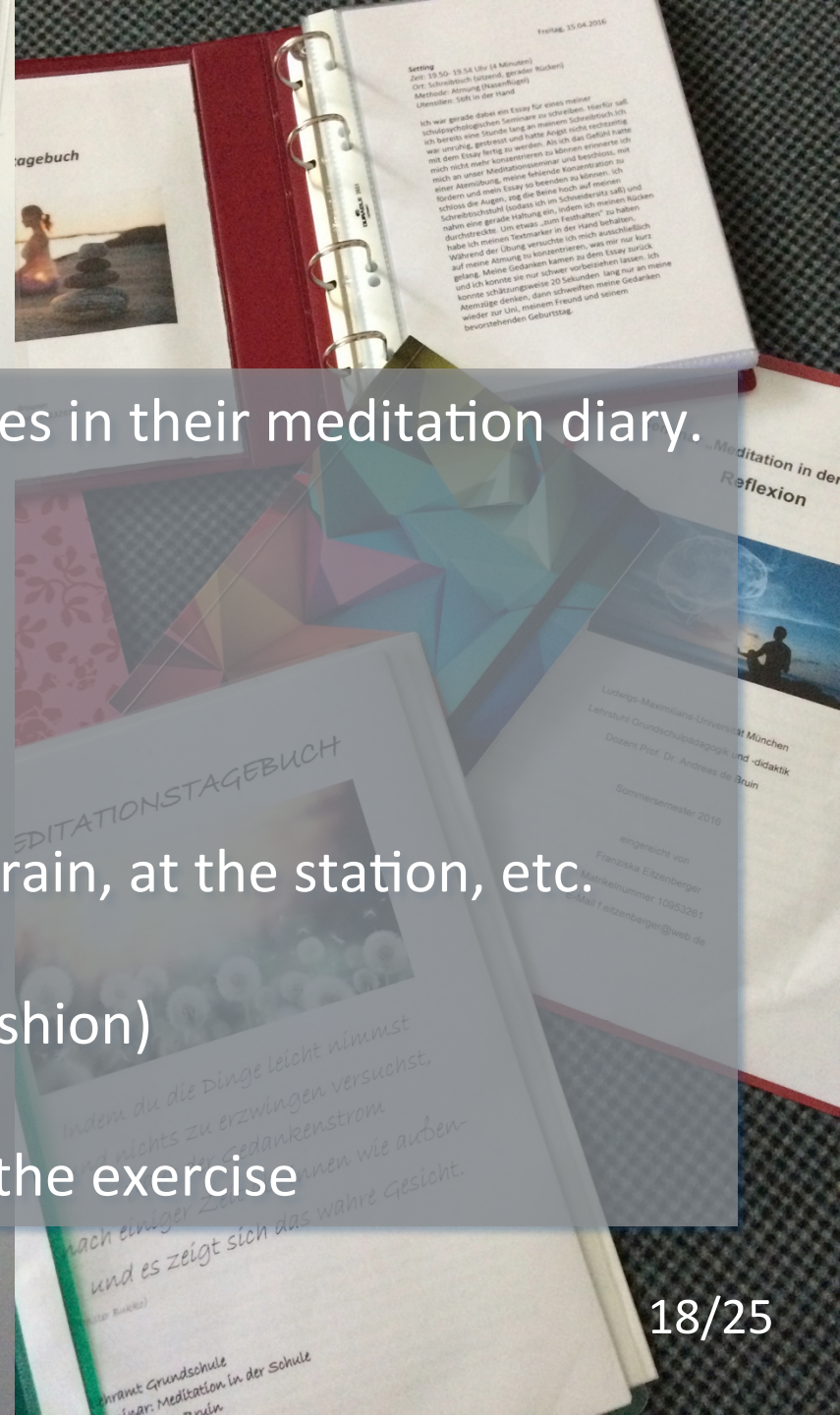
Where: at home, in the park, in the train, at the station, etc.

Other: potential additional materials

(e.g. Timer/App and Smartphone, cushion)

Length of time: flexible

Personal wellbeing before and after the exercise





The particular goal of the diaries is that the participants gain more insight in their own meditation practice:

When and where do I like meditating?

Which time?

Why?

Which exercise is good for which time and in which situation? Etc.



Meditation and Art





Photo: C. Z.

Meditation and Art – Mindful Walking



Photo: C. Z.

Meditation and Art – Mindful Breathing



Vanity, Tizian

Silence before
looking

Silence during
looking

Silence after
looking

Aspects of the painting

Organizing the material

Colour / Light / Shadow

Lines / Perspective /
Movement / Composition

The architecture of the
painting / Inner structure

Used techniques

Signs / Symbols / History

(...)

Meditation and Art – Aspects of the Painting

Photo: C. Z.



„As an archer aims an arrow,
as a carpenter carves wood,
the wise shapes their lives.“

Buddha

Thank you for listening! ;-)

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