Index

A
acquisitions, 65
answers, 60–61
approval, 77–78
attachment, 64–65
attitude, 153–155
Australia, stress-related costs, 22
aversion, 65–66
awareness
about, 18
effect of, 185–186
of emotional response, 108–109
Internal Awareness strategies,
112–113, 115–116
as leadership characteristic, 6
mindfulness-in-action strategies,
113–116
self-awareness, 107

B
being, ways of, 6–7
being of service, 78–79, 155–157
Benson, Herbert, 21, 32–33
body, awareness of, 100–101
body relaxation, 38–39
brain, effect of meditation on, 15–16
breath, 37–38

C
calmness
achievement of, 119–121
effect of, 117–118
as leadership characteristic, 6

D
Davidson, Richard, 15–16, 32, 166
daydreaming, 55–58
delusion, 66–67

can-do attitude, 153–155
Center for Creative Leadership, 29
change, 58–60
clarity
about, 18
importance of, 133–136
as leadership characteristic, 6
mindfulness training, 136–137
mindfulness-in-action strategies,
137–141
coachability, 109–110
compassion
attachment and, 164–166
effect of, 166–167
as leadership characteristic, 7
mindfulness training, 169–171
mindfulness-in-action strategies,
172–173
for self, 167–169
collection, 17–18
See also focus
confusion, 66–67
control of situations, 71–72
Creating Positive Outcomes, 55–58
custodians, 175–176
don’t know, 60–61
drive, 71

**E**
effortless effort, 130
eUliot, T.S., 80
eotional responses, 108–109, 112–113
eotions, equanimity and, 142–143
evy, 67–69
equanimity
about, 16–17, 142
applying to sensations, 114–115
awareness of, 178
as leadership characteristic, 6
mindfulness training, 146–148
mindfulness-in-action strategies, 148–151
response, 143–145

**External Awareness**
being present and, 100–101
clarity and, 137
equanimity and, 147
importance of, 49–52
mindfulness-in-action strategies, 54–55
technique, 52–54

**F**
feel, awareness of, 108–109
feel space, 47–48
feeling body, 41–45, 112
focus
benefits of, 128–129
as leadership characteristic, 6
mindfulness training, 129–130
mindfulness-in-action strategies, 131–132
multitasking and, 127
forgiveness, 176–177

Frankl, Viktor, 22
fulfillment, 78, 143–144

**G**
*Globe and Mail*, 33
gratefulness, 157–159
guilt, 176

**H**
Harvard Medical School, 31
health, 187
Higgins, Christopher, 56
Hill, Napoleon, 88
hindrances to success
awareness of, 185
changing the patterns of, 70–72
five main hindrances, 63–70
meditation exercise for, 72–75
reflecting on, 178, 182
houses, 65
humility, 175

**I**
ignorance, 66–67
image space, 47–48
Imagining Positive Outcomes, 55–58, 159–160
impeccability
aspects of, 174–180
as leadership characteristic, 7
mindfulness training, 180–181
mindfulness-in-action strategies, 181–183
inattention. See presence
inferior pride, 69
inspiration, 152
interactions, 94–100
Internal Awareness
about, 40–45
for clarity, 136–137
cultivating awareness, 112–113
Index

equanimity and, 147
for impeccability, 181
pain and suffering, 45–46
for positive outcomes, 160
team strategies, 115
technique, 46–48

J
Jackson, Phil, 56, 71
jealousy, 67–69

K
Kabat-Zinn, Jon, 32
kindness, 172–173
Komisarek, Mike, 56

L
leaders
  definition, 4
  ways of being, 6–7
leadership
  abilities needed for, 34–35
  demands of, 3
  mindfulness in, 7–9
  opportunities for mindfulness, 184–187
life purpose
  exercise for discovery, 81–90
  reaching awareness of, 79–81
  searching for, 76
  seeking approval, 77–78
listening, 95–100

M
Marois, René, 51
meditation. See Mindfulness meditation
Mind/Body Medical Institute, 30
mindful interactions, 94–100
mindful listening, 95–100
mindful speech, 96–100
mindfulness
  in self-leadership, 4–5
  as skill, 184–185
Mindfulness meditation
  about, 13–15
  benefits of, 9–11, 23–27
  concentration and, 130
  concepts, 16–19
  misconceptions, 36–37, 147–148
  practice frequency, 35
  research in, 27–33
mindfulness techniques.
  See External Awareness; Imagining Positive Outcomes; Internal Awareness; relaxation techniques
mindfulness-in-action strategies, 35–36
mission, 89
monkey mind, 50
motivation
  effect of, 71
  for Mindfulness meditation, 26
multitasking, 20–21, 50–52, 127

N
National Institutes of Health, 30
A New Earth (Tolle), 52
not knowing, 60–61

O
observation, 19–20

P
pain, 45–46
perfectionism, 162, 177–178
personal vision, 86–87
pessimism, 155
positions, 65
positivity
  attitude, 153–155
  being of service, 155–157
  gratefulness, 157–159
  inspiration and, 152–153
  as leadership characteristic, 7
  mindfulness training, 159–160
  mindfulness-in-action strategies, 161–163
power, 174–175
The Power of Now (Tolle), 52
practice
  frequency, 35
  for Mindfulness meditation, 26
presence
  attention to, 93–94
  as leadership characteristic, 6
  mindful interactions, 94–100
  mindfulness-in-action strategies, 102–106
  using External Awareness, 100–101
pride, 69–70
purification, 18–19, 178
R
relaxation response, 21
relaxation techniques, 37–39
remorse, 176
research, in Mindfulness meditation, 27–33
resistance, 45–46
response, equanimity and, 143, 144–145
S
self-awareness, 107
self-compassion, 167–169
self-criticism, 162
self-leadership
  importance of, 185
  mindfulness in, 4–5
  service to others, 78–79, 155–157
Shamatha Project, 28
sight, awareness of, 101
sight space, 53
sound space, 53
sounds, awareness of, 101
spaces
  in External Awareness, 52–54
  in Internal Awareness, 47–48
speaking, 96–100
Stone, W. Clement, 57
stress
  dealing with, 118–119
  effect of, 20–23
  suffering, 45–46
  superior pride, 69
T
talk space, 47–48
Think and Grow Rich (Hill), 88
thinking mind, 41, 43–45, 112
Tolle, Eckhart, 52
touch space, 52
trust, 175
U
United States, stress-related costs, 22
University of Massachusetts, 30
V
vipassana, 13
Virginia Tech Transportation Institute, 51
vision, 86–87
W
Washington Post, 15–16
worry, 93
Y
Young, Shinzen, 40, 45
Z
Zamarra, John, 28