



Mindfulness Meditation

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Submitted to Jody Nusholtz for COMM-105

Summary

My signature assignment was a persuasive speech given on mindfulness meditation. The assignment was limited to topics regarding the improvement of one's wellness. I meditated for a few minutes every night before bed for two weeks, and used my results to create my presentation. I felt benefits from my brief trial of mediation, and I talked about these benefits in my speech. I did a small amount of research to prepare, and I also made a PowerPoint.

General Education Connections

Communicate ideas in written, oral, and other modes as appropriate to a situation and audience. | Employ various thinking strategies to develop well-reasoned judgments. | Evaluate sources of information for accuracy, relevance, and reliability. | Cultivate intellectual and ethical practices that promote the wellness of self, community and environment.

This project showed me the progress I had made in improving my oral communication skills in the class. I had a time limit of five to seven minutes, I had a specific audience to cater to, and I had to be convincing in my speech. All of these requirements challenged me to be concise, clear, and relevant to my topic. My sources consisted of a Buddhist monk, one of the most spiritual teachers in the world, and the author of the most well known book regarding mindfulness, "Wherever You Go, There You Are". I drew a model of what the mind tends to do and how mindfulness can help relieve this tendency. The model displayed how minds either wander or obsess, and mindfulness can center one in the moment no matter what it is they tend to do. Mindfulness increases creativity and empathy, and allows one to realize who they truly are without any noise. The practice can eventually teach one to love oneself so they may love others. Practicing mindfulness meditation promotes the wellness of the community starting with the individual.

Challenges

I am most proud of the fact I took my outline to my professor and worked with her to essentially redo the whole thing. A goal of mine at the start of the class was to become more concise in my writing and speaking. My initial speech outline was far too long and complicated. It wasn't relatable, and it was far too in-depth to keep an audience's attention. So, Dr. Nusholtz and I worked to cut it down and make it concise and palpable. A mediocre speech was turned into a great speech and I feel very proud of this, and also thankful to my professor.

Application

This topic applies to my life because it is an important practice in me achieving my optimal level of wellness. Mindfulness meditation is similar to cognitive behavioral therapy which is used to treat anxiety. I have struggled with severe anxiety for some time now. It has gotten gradually better, but when mindfulness is in my life, the anxiety becomes even less potent. I have not made mindfulness a habit yet, and meditating is not an instant healer. The practice must be habitual. Mindfulness isn't a necessity, and it is not a medicine or a key to a higher plane of existence. It is simply the ability to exist, and that's it. Clearly many people, the young in particular, struggle with existing. Suicide is on the rise and with all of the noise that exists, people are practically unconscious in their tendencies sometimes. The ability to simply be is something beautiful. This is how mindfulness connects to my life, and all life.

