

QUIET MIND IN BUSY WORLD



BISPINGEN, GERMANY.



JULY 16-24, 2024



CALUMED e.V.



Quiet Mind in Busy World is an Erasmus+ KA153 training project. The project aims to equip youth workers and leaders with techniques to manage digital era challenges, emphasizing the importance of **mental calmness, physical connection, and healthy technology use**. Participants will engage in activities such as meditation, yoga, and reflection, with accommodation and meals fully covered by the Erasmus+ program.



Funded by
the European Union

Our journey

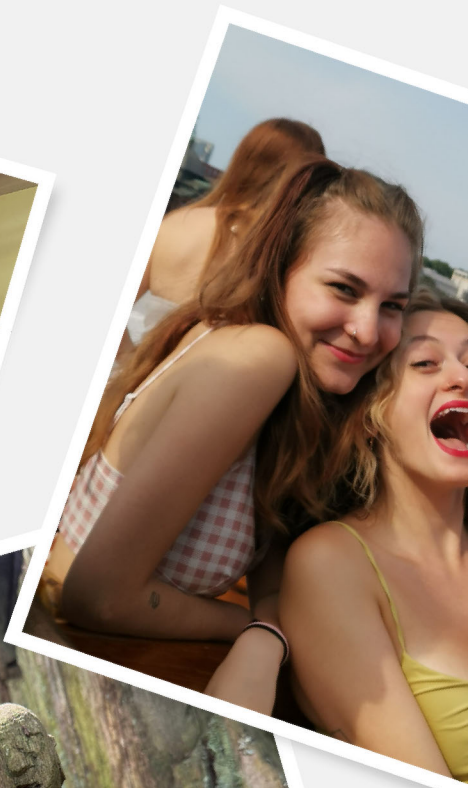
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The process of self discovery was very demanding and it required a lot of hard work. It felt at times overwhelming but through open communication and dedication we processed our emotions very productively. Through the group exercises we learned the value of getting different perspectives on a wide variety of exercises

Stepping Out of Comfort Zones

Implementing new techniques required us to step out of our comfort zones. Sharing emotions openly was difficult for some but the breakthroughs we made were of great importance and brought us closer together



Takeaways

Emotional Expression and Mindfulness:

- The safe environment allowed us to express our inner emotions without judgment.
- Mindfulness practices helped us create healthy habits and become more aware of our surroundings and the people around us.

Personal Growth and Self-Discovery:

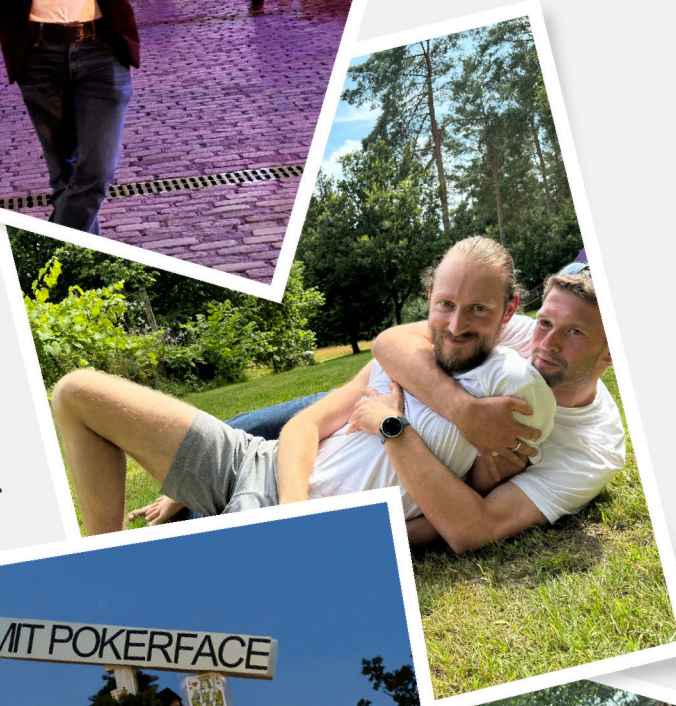
- Many of us stepped out of our comfort zones, feeling more in place as we progressed.
- We made significant progress in our journey of self-discovery, realizing the value of the techniques we learned.
- The project helped us face ourselves in silence, leading to profound personal realizations.

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Conclusion

Quiet Mind in a Busy World has been a remarkable journey, challenging us to grow and adapt. Despite the difficulties, we emerged stronger, more self-aware, and better equipped to handle the complexities of life. This project not only provided us with valuable techniques for mindfulness and relaxation but also fostered deep connections and personal growth. The realizations we made and the friendships we formed will stay with us, helping us navigate our busy world with a quieter mind.





ERASMUS

MEDITATION

“Quiet the mind and the soul will speak.”

– Kazimierz Dąbrowski

calmness

awareness

breathing



quiet mind in a busy world

MEDITATION

Meditation is a practice that can bring a sense of calm and clarity to our busy lives. Let's explore the meditation process we did and hear about our experiences.

The process of Meditation :

Breathing

Start by finding a quiet place to sit comfortably. Close your eyes and begin to focus on your breath. Notice the air as it enters and leaves your body. Feel the rise and fall of your chest or the sensation in your nose. This simple act of observing your breath helps center your mind.

Focusing on the mouth and nose area

Shift your attention to the area around your mouth and nose. Feel the coolness of the air as you inhale and the warmth as you exhale. This focus point can help anchor your mind, making it easier to stay present.

Trying to stop your thoughts

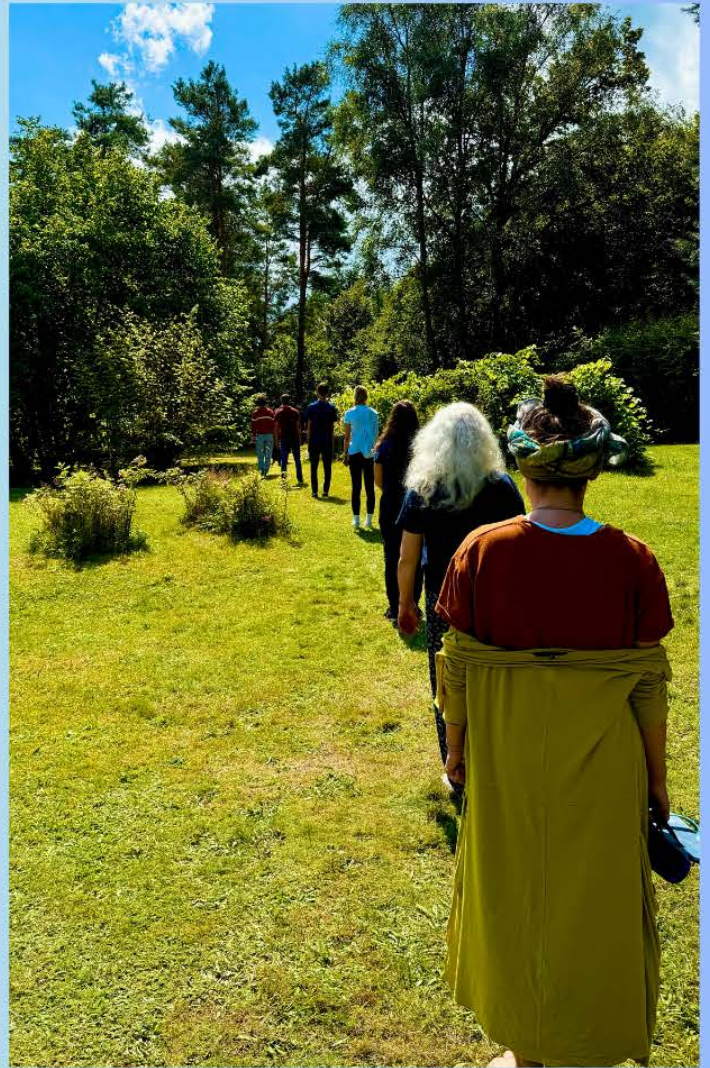
It's natural for thoughts to arise during meditation. Instead of trying to stop them forcefully, acknowledge them and gently return your focus to your breath. Over time, your mind may start to quiet down.



General Feedback

Meditation is a personal experience and can vary from person to person. Some find it instantly relaxing, while others might struggle to maintain focus initially. However, with consistent practice, many people notice benefits such as reduced stress, increased concentration, and a greater sense of awareness.

Whether you're, fitting it into a busy schedule like Angel, using it to enhance your athletic performance like Matej, or just giving it a try like Nella, meditation can be a valuable tool for enhancing your mental health and overall quality of life and every person should at least try it once in thier life.



Luis: "The meditation was really calming, but it was hard to keep my focus for 30 minutes. Even so, I felt more mindfull and want to keep doing it more in my everyday life."

Angel: "I have some experience with meditation, and I'm wondering how I can fit it into my busy schedule to get the most out of it. Even short sessions seem to help."

Matej: "My first meditation session was a valuable experience . I think it will be helpful for my sports journey, so I'll keep practicing."

Nella: "I had a hard time during the meditation because i couldnt stop my thoughts from racing. I dont see myself meditating in the close future, but I can see how it might be helpful for other people."

MINDFULNESS

PERCEIVE, DESCRIBE, BUT DO NOT JUDGE



Most of the people are living in the future, not being aware of the present moment.

The answers we are looking for are often within ourselves.



Silence is a strength worth thousands of words.



Our mind is wonderful thing that can make us or break us.



Mindfulness

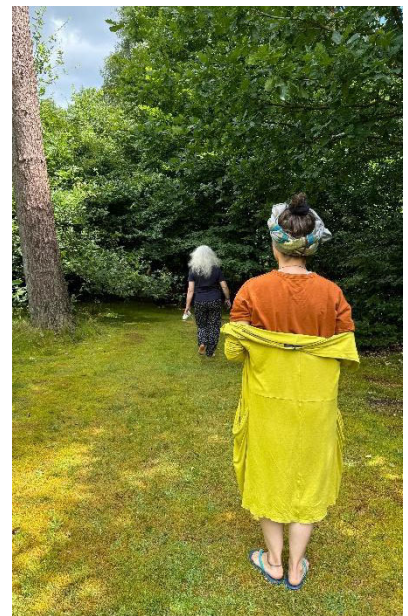
In a world which is constantly changing and moving, the need for a way to manage how to be calm and mindful is getting more and more prevalent. The everyday lifestyle is busy and hectic. Most of the people are living in the future, not being aware of the present moment.

In order to be calmer and mindful while facing difficulties we need to be more conscious about our decisions and manners. Furthermore, we need to be more aware of the little things in life. Ignoring the little things while rushing toward the big busy world to achieve bigger goals can make us feel like we miss out on the important parts of our everyday life.

This project in which we used mindfulness practises was crucial for our mental health as it made us realise that the answers we are looking for are often within ourselves. Slowing down our life pace, without our phones made us more vulnerable to express our minds without the fear of being judged.

Techniques we learned on this training course made us feel our inner presence and thoughts whilst slowing down our mind not to make rush decisions. Variety of techniques which we were unfamiliar with us, allowed us to gracefully exit our comfort zone such as the water exercise which we patiently combined breathing and drinking water where we felt the awareness effects and being more present in the moment. We felt like our dynamism slowed in time and made us grateful for the simple everyday actions in our lives. Also, the walking meditation allowed us to work together but all of us had opposing outcomes. Many felt the need to focus on the steps in a stint to fill with the crowd, however the realisation came that everyone has a different tempo in steps as we have in life. Additionally, we experimented with silence and although it was difficult at first, we found out the positive effects. Silence is a strength worth thousands of words.

Managing our mind with the current struggles of this world is possibly the healthiest thing we can do for our mental health. Our mind is wonderful thing that can make us or break us.



Healing with Qigong and Kung Fu



Qigong is the practice of the movement of Qi. "Qi" is simply the Chinese word for energy, and "Gong" means skill that is cultivated through steady practice. So, put together, "Qi Gong" means "cultivating the body's vital energy," and then using it to heal and strengthen every system throughout the body.

Kung fu or kungfu refers to the Chinese martial arts also called quanfa. In China, it refers to any study, learning, or practice that requires patience, energy, and time to complete.

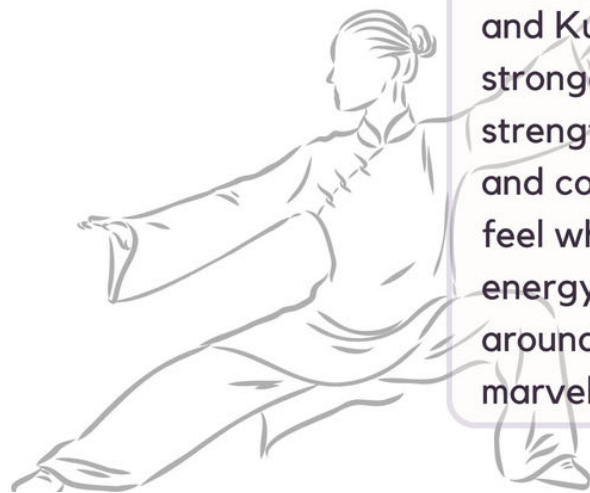
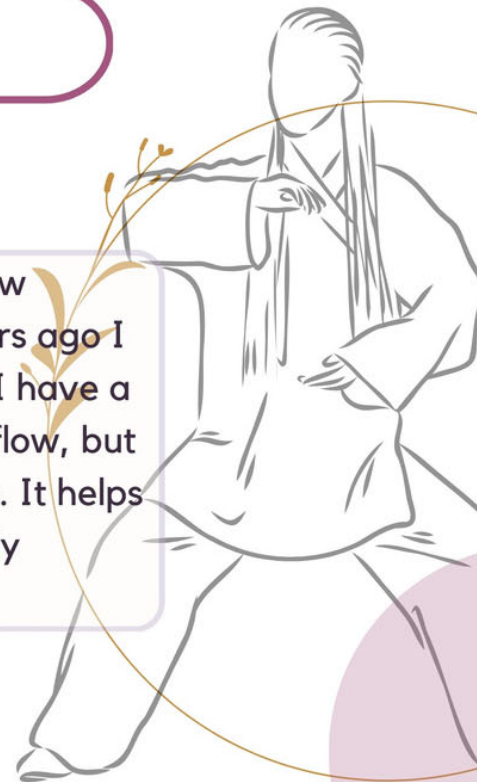
First time experiences

"Even if I have some other past experiences, this felt the most powerful. I felt that I can really manage my energy by these slow movements that were connected with my breath." - Mariola

"Qigong added a completely new experience in my life. Many years ago I took part in karate classes and I have a general idea about the energy flow, but I never met with Qigong before. It helps me to develop my mind and body awareness." - Ursula

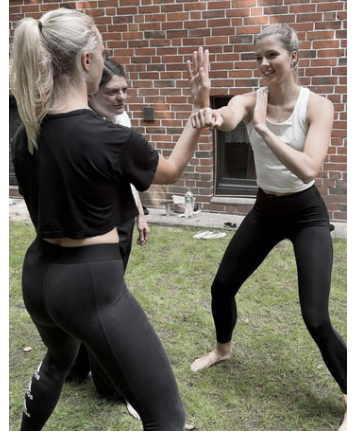
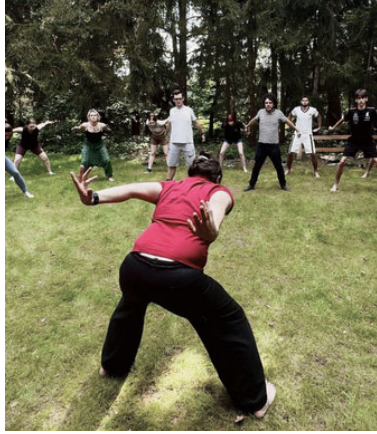
"It was a completely new experience for me to try out martial arts and I really enjoyed it, especially learning the Qigong movements. I felt so balanced and peaceful as if nothing existed around me. I will definitely make these practices a part of my life." - Elizabeth

"After having some Tai Chi practices, I felt in love with this art. Trying Qigong and Kung Fu made it stronger. The strength, calmness and concentration I feel while the energy flows in and around me are marvelous." - Ani



Experiencing Qigong and Kung Fu

The experience of learning Qigong and King Fu was incredible. The session was held in the backyard of our hostel, on the fresh green grass, surrounded by trees. We learned different exercises that optimize the energy flow within the body, mind and spirit, with the goal of improving and maintaining health and well-being. Then, we paired up and tried applying them into self-defense situations.



At the beginning of Kung Fu practice it felt somehow unnatural to me, but overall I felt strong and energized and eventually the moves started to get more comfortable and organic. I liked the attitude towards Kung Fu that the teacher managed to transfer to us with her words and emotions.

The Qigong practice was really relaxing and centering. It felt so natural from the very beginning. I could feel the energy flowing through my body, giving me power. My mind could freely travel to some peaceful place, at some point it even felt like meditation! - Elizabeth

I am glad that I had the opportunity to discover something new I can implement to my daily routine to develop my energy level and calm my mind. Focusing on soft movements while deep breathing was really amazing experience. I started to feel the energy moving around my body and it had a very calming effect. - Mariola

This experience was great. Even though I had similar experience doing karate and Tibetan rituals, this was a totally new feeling. I find it very useful and practical to me because I believe that it will allow me to be more self aware, balanced and overall happy. I feel grateful for the opportunity. - Ursula

I loved this experience till the bottom of my heart, with every movement and breath I connected with myself more deeply. It was s about love, strength and calmness. - Ani



ASHTANGA YOGA

Meditation

To connect with our bodies
and ground ourselves



Opening mantra

To catalyze the kundulini
energy to initiate through
your own effort and
devotion



Sun salutation (greeting to the sun)

To stretch,
counterbalancing
bending of the spine
and opening of the
heart



Main yoga part

Positions:
Sarvangasana
Halasana
Virabhadrasana
Utthita parshvakonasana A



Breathing

Nadi Shodana Pranajama
method with thumb, ring
finger and pinky to relax
and ground yourself



YOGA QMBW BY RAMON

YOGA:

A spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body.

ASHTANGA YOGA:

A combination of breath control, physical movement, meditation, and mindfulness practices which helps increase oxygen flow to the brain, which can enhance mental clarity and focus.

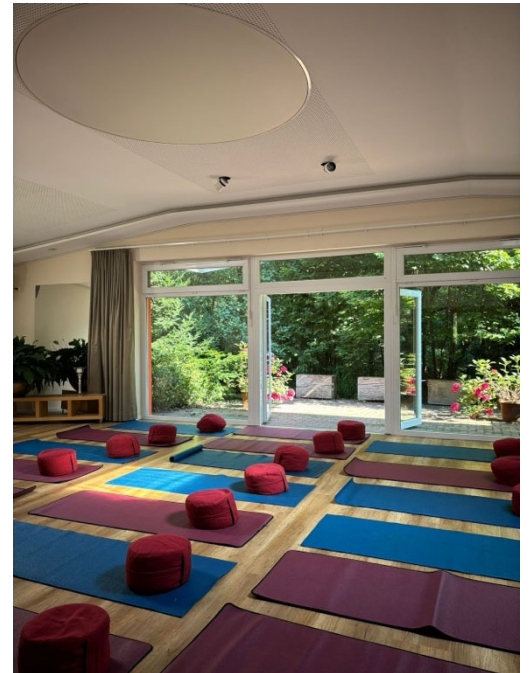
RAMON'S STORY:

When yoga entered my life a few years ago, I initially gave it only a distant, friendly smile. I was unsure about the difference between gymnastics or sports and saw it as just a good addition to my climbing sport, which I had already been practicing for 16 years.

When all climbing and bouldering halls were closed during the COVID pandemic, I looked for an alternative to maintain my physical, mental and emotional health.

The first conscious step towards a regular and deeper practice took place in my own home, all by myself. After the end of the lockdown, my path led me by chance to an Ashtanga yoga class. I was enchanted and my whole body just said YES! On recommendation, I found Mattias and Carola in Berlin. For over 2.5 years they have accompanied me with great dedication on my daily yoga path. I even see them more often than most of my friends.

For me, yoga has become one of the most important sources of strength, concentration, clarity and inner balance, and I am happy to pass on this joy to people who want to deepen these qualities within themselves.



OUR EXPERIENCE:

SONA:

Before this project I knew yoga only from youtube as a strength training. I tried it a few times, but it was not for me. Here, in the session in Ramon I learned that yoga is not just exercising, but it can also be calming. It was hard for me to do slow exercises and feel pain in my muscles at the same time. I was burning inside. Sometimes I could not breathe correctly because of the pain. I am used to working out, but after the session with Ramon I had a muscle ache, which I did not expect to happen. I also felt more calmed down and more grounded. Another benefit for me was that I was more stretched than before and also more relaxed. It was a great experience. I would like to have another session too.

ALICJA:

I participated in a few yoga sessions during my life. I do yoga from time to time from YouTube videos. What I discovered is that it makes a Big difference to do it in a group with a person that guides you through the process. I felt that I wanted and needed that. I will definitely go back to yoga sessions, I know the right place in my city. I just needed the impulse to do it and I consider this experience as one.

The session was intense, but had such a great influence on my well being. I felt awakened, the energy in my body was just flowing so freely. I felt fire burning in my body and in my heart and I loved it. It changed the quality of my day in a good way. I was more self aware of the States and emotions inside me.

SIMONA SPUDYTE:

Feeling every muscle and having the ability to manage my body. Relief, silent in my mind. At first I was confused because I do Yoga at home, but here I struggled with my body flexibility and when I had a challenge to do it the right way I was inspired to do more practice.

It was my first time doing Yoga in a group.

Ramon Yoga was really intense and faster than I used to. But the breathing and the rhythm of the group made it easier. I don't feel that I'm struggling alone. And We helping each other to feel everything.

Another Yoga was lazy and more calm. That was like laughing yoga releasing and sharing the energy of happiness and laughter.



ELIZABETH TONINA:

I didn't have any experience in yoga until the project "Quiet mind in Busy World" in Bispingen, Germany. Although, there were moments in my life when I wanted to try it but never did it.

In the beginning it was very new to me and I wasn't sure what to expect.

However, when we started with the exercises I was interested in learning about how different it is from everything that I have experienced in my life before.

It was something new and interesting and of course there were a lot of benefits during the sessions. I was feeling how my body is burning in a good way. And the movements reminded me how important it is to move your body every day.

After the sessions I was feeling refreshed and full of energy. But I didn't expect that when we started. However, it was a good feeling after my body was moving slowly and burning inside. I haven't experienced something similar in a long time.

In conclusion, It reminded me that I must start to do exercises that bring me this satisfaction and joy.



ANNIJA:

I have experienced yoga for a while before so for me there were only some methods and poses from Ramon's session that were new for me.

While doing yoga I felt motivated to challenge myself and not quit when I am feeling shaking hands or something else. Also I enjoyed that it was easy for me to focus on my body and nothing else. Because sometimes doing yoga daily it's not that easy for me especially if it's not in my language.

After the session I felt calm and relaxed despite the fact that in some way it was a workout.

All day after that I felt energized and calm. It was a nice motivation and reminder to do yoga more often at home.





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QUIET MIND IN



PROJECT PARTNERS



**MIEJSKA
STREFA
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BUSY WORLD