



# The Amplifier

Plug into news that informs and encourages

August 2016

## Breathing Space

*“Breathing Space” is a new Amplifier column presenting some of the concepts and practices explored within the EJP Mindfulness Discussion Group. In this first installment, MDG member David Hensley introduces a short, accessible breathing meditation that may be practiced virtually anywhere and any time. Details about becoming a member of the Mindfulness Discussion Group will be announced during the Fall Convocation.*

Everything around you will inevitably cease to be. All you know, gone in an instant. Even you, yes you, in the duration of a breath, will perish. Years grow shorter. Life is fleeting. Impermanence is an undeniable quality of existence.

We scorn our days, comparing where we are to some fiction of another place, a better time. We cling to these narratives, these whens, thens and elsewheres . . . these anywhere-but-heres which exist in no place but the mind. We long for them compulsively, and throw our here-and-nows by the wayside. *Life* is here and now, but we so often disparage it. Waiting for tomorrow, we kill time, and in the process murder ourselves. This is mindlessness.

*Mindfulness*—calmly abiding in the present moment without judging or deprecating it, fully savoring every instance of this finite and fragile existence—this is our reclamation of life. This is why we meditate, to halt the waiting, the comparing, the judging, frustration and contempt, these mental whips we wield against ourselves. In mindfulness we learn to bask in life’s sublime immediacy regardless of where we happen to be. In mindfulness we become present again.

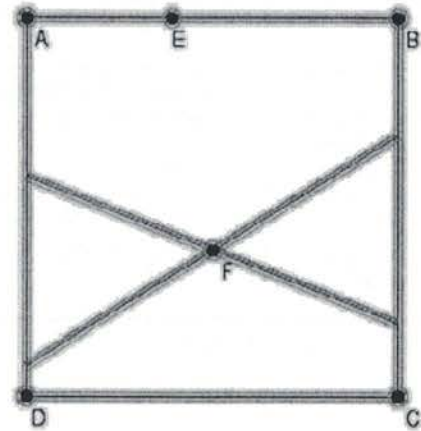
So . . .

Make for yourself a quiet place, a time free from interruption. Simply sit, taking a posture of alertness, and close your eyes. Breathe. Feel the sensation of your breath, the sensations of just sitting. Be wholly aware of every aspect of your present experience, of life unfolding in and around you, your breath at its center. You will get distracted. Thoughts, desires, anxieties, these things will arise. That’s fine. When they do, rec-

ognize them as the beautiful features of life they are. But don’t privilege them. Don’t allow them to dominate your attention. Return it instead to your breath. Again and again return your attention to your breath. Return to an all-encompassing awareness of the present moment. Do this for fifteen minutes, or as few as three, and open your eyes to life.

—David Hensley

### Eddie’s Enigmas—ORIGAMI FOLDS:



On the square piece of paper (ABCD) in the diagram, an arbitrary point on the edge between corners A and B has been designated as point E. Then Corner C was brought to Point E and the fold was created. Then Corner D was brought to Point E and that fold was created (the lines inside the square in the diagram are those creases). Then the intersection of the creases was designated as Point F. Your challenge is to explain why Corner C, Corner D, and Point E must all be equidistant from point F.

fold and tear along dotted line

fold and tear along dotted line

## Reader Poll

Let us know what you would like to see in future issues of *The Amplifier*. Please complete this form and drop it in the EJP suggestion box.

Rate your interest in each type of *Amplifier* content by circling a number from 1 (very high interest) to 5 (very low interest).

Feature stories	1 2 3 4 5	Newsnotes	1 2 3 4 5	Editorial/opinion	1 2 3 4 5	Fiction	1 2 3 4 5
Book reviews	1 2 3 4 5	Cartoons	1 2 3 4 5	Puzzles	1 2 3 4 5	Poetry	1 2 3 4 5
Interviews	1 2 3 4 5	Testimonials	1 2 3 4 5	Columns	1 2 3 4 5	Satire	1 2 3 4 5

Other suggestions/comments/story ideas:

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Updates to EJP calendar may  
be found in Public Documents  
August Calendar!

# AUGUST

Monday	Tuesday	Wednesday	Thursday	Friday
5p WRC  1	11:30a SRR 5p Computer Lab 5p Language Partners  2	5p <u>Reading Group:</u> <i>The Road to Reality</i>  3	5p Language Partners 5p Mindfulness  4	8:30a Newsletter Mtg. 9a CAVE  5
5p WRC  8	11:30a Convocation Committee 5p Language Partners 6p Academic Advising  9	10	11:30a <u>Reading Group:</u> <i>Latin American Conceptualism Generosity</i> 5p Mindfulness 5p Language Partners 11	8:30a Newsletter Mtg. 9a CAVE  12
9a <u>Lecture:</u> <i>Typography for news- papers &amp; newsletters.</i> 5p WRC  15	11:30a Convocation Committee 5p Language Partners  16	<i>You're Invited</i>	9a <u>EJP Fall Convocation</u> 5p Mindfulness 5p Language Partners  18	9a Newsletter Mtg. 9a CAVE  19
5p WRC  22	11:30 SRR  23	5p <u>Reading Group:</u> <i>The Road to Reality</i>  24	5p Mindfulness  25	8:30a Newsletter Mtg. 9a CAVE 5p <u>For-credit courses:</u> Finance II 199 Teaching & Learning 446 Ethical Theories 421 Environ Sustainability 370 New Student Reading Group  26
29	11:30a SRR  30	31		

ORIGAMI FOLDS  
Hint:  
Draw lines FF, DF,  
CF, ED, and EC.

Never seem more learned than the people you are with. Wear  
your learning like a pocket watch and keep it hidden. Do not pull  
it out to count the hours, but give the time when you are asked.  
Lord Chesterfield (1604~1773)



ILLINOIS  
**Education Justice Project**