


Beginners Meditation Empathy / Compassion

By Stanley Merrill



Minute to arrive


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Recording...

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- May I become at all times, both now and forever
- A protector for those without protection
- A guide for those who have lost their way
- A ship for those with oceans to cross
- A bridge for those with rivers to cross
- A sanctuary for those in danger
- A lamp for those without light
- A place of refuge for those who lack shelter
- And a servant to all in need.
- ... Daily prayer of the Dalai Lama

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Marc Dailystoic.com

- There is a very thought provoking daily email called the Daily Stoic by Ryan Holiday
 - He wrote "Ego is the Enemy" and the "Obstacle is the Way."
 - Quotes from Marcus Aurelius, Seneca & Epictetus in his daily messages.

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Program

- Class 1 – Why
- Class 2 – How
- Class 3 – Relating to others
 - Compassion – Empathy
- Class 4 – Letting go of the drama
 - Solutions Oriented

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Review Homework

- One long slow breath a day
- Formal practices
- Mindfulness practices
- Insight timer
- Questions
- Comments

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Overview

- Validation / respect
- Loving Kindness
- Compassion
- Mindfulness
- Benefits

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People Skills Are the key to YOUR happiness



- Spiritually
- Professionally
- Personally

The Winner is you!

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Psychological – Insight What drives human behavior

Everyone wants to feel that they are:


- Being heard
- Valued
- Respected
- Needed
- Important
- Special



Never miss an opportunity to encourage or compliment

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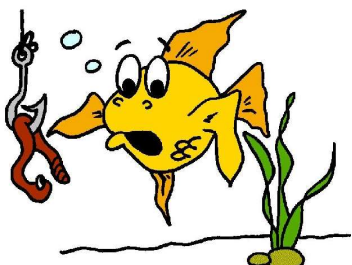
- Admit something: Everyone you see, you say to them, "Love me."
- Of course you do not do this out loud, otherwise someone would call the cops.
- Still though, think about this, this great pull in us to connect. Why not become the one who lives with a full moon in each eye that is always saying, with that sweet moon language, What every other eye in this world is dying to hear?

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Don't get hooked



The more that we strive for attention and praise the more it will allude us.

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Guided Meditation Loving Kindness

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Guided Meditation Loving Kindness


- Wishing well for others.
- Story of mother and estranged son.
 - Perception is reality.
 - People are not the history or stories we tell about them.
- For self, close friends, neutral people, everyone
 - May I have peace, contentment, happiness and joy
 - May you have peace, contentment, happiness and joy
 - May everyone have peace, contentment, happiness and joy
- Notice how you felt
- For difficult people - Just like me!

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Meditation

Focus - Mental discipline



Are you really present when people need your attention?
Mindfulness helps us wake up to the needs of others.

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Benefits

People Skills / Emotional Intelligence

- Book "Ageing well" - George Vaillant
 - Happiness correlates to quality and quantity of relationships.
- Phil Jackson – Basketball – Meditation – 11 NBA Championships with two different teams
- IBM Branch manager – Success through caring
- IBM Account executive – failure through insensitivity


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Combined Self-Compassion / Compassion

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Compassion

- Wish to end suffering.
 - Yourself and others.
- Unconditional compassion and love.
 - Like grandparents or spiritual masters.
- Cradle yourself or have your hand on your heart

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Difficult people

- If you hold onto anger it will hurt you more than it will hurt them.
- Causes and conditions – they may had difficult childhoods.
- “Just like me they want happiness”

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Discernment Compassion



- Find a balance
 - For Ourselves
 - For Others
- Do we?
 - Blame ourselves
 - Blame others

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Key Points

- Everyone needs to feel valued!
 - Practiced embodied listening: listen to others with empathy.
 - Encourage people when you can.
 - Don't try to be the center of attention, it can chase others away.



Key Points


- Loving Kindness – wish others well.
- Self-compassion
 - We need unconditional love.
- Compassion
 - Causes and conditions
- Discernment – balance between compassion and self compassion



Q&A

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Optional Homework or fun things to try

Week 3 Assignments

Decide what you think that you can do in this list and do it.


- Everyday – One Long Slow Breath

BeingMindful.com on Week 3 tab

- Day 1 - 5 min – Loving Kindness
- Day 2 - 5 min – Compassion
- Day 3 - 10 min - Loving kindness and then compassion.
- Day 4 - 15 min –Self-compassion break
- Day 5 – 15 min - Soften soothe and allow
- Day 6 - 15 min – Qigong 10 min
- Day 7 – Choose the guided meditations that you prefer

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Optional Informal Practices

- Every time you see someone say a phrase that opens up your heart. For example, you could say to yourself “Just like me they want happiness” or “May you be happy” or “I love you”.
- Every hour on the hour picture someone you care for and wish them love, happiness, peace and joy. Just 10 seconds.
- Every time that you speak to someone think to yourself “Just like me this person wants happiness”
- Once a day find someone that you feel deserves a compliment and give it to them

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Insight Timer

- BeingMindful.com
 - Link Tab
 - Bottom of page
- All instructions assume you are on the iPhone when clicking on the links.
- Must load the Insight Timer App first

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Guided Meditation

- Training Wheels
 - Counting the breath.
 - Auto suggestion – relax the body.
- Focused awareness.
- Open awareness.

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Meditation Tips

- Goal – Aware of thoughts not stopping them
- Curiosity and interest
- Takes time and practice
- Difficulties strengthen you – bored, distracted
- Choose the meditation that works best for you
- Be kind to yourself
- Smile

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Old slides

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Being Right
Most of us are pretty attached to it.
Because of the way we are conditioned as children, only one person can be right.
If someone close to me disagrees
 with how I see something
 with what I feel,
 with what I think,
 one of us has to be wrong.

If one of us is wrong,
One of us is not good,
if one of us is not good,
one of us is not lovable,

The belief:
to be right is to be good.
to be good is to be lovable

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A common belief
If I can just explain my position clearly enough to you, you will agree with me.

The reason you don't agree is that you don't understand what I'm saying. You don't understand because:

- I haven't been clear, or
- You aren't listening.

It is difficult for us to imagine that someone can understand what we are saying, not agree with us, have another opinion and still love us.

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The Progression

Over time we wake up earlier

- After we are reactive
- While we are reactive
- Before we are reactive but do it anyway
- Before we are reactive and stop
- When we notice our anger
- When we realize we are in a situation that triggers emotions

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Diplomacy



Embodied listening

- **No one cares how much you know until they know how much you care.**
- Listen with as much passion as you have when you are speaking.
- Give the person your full attention
 - Empathize
 - Reflect back what you heard
- Body language is important
- Listening Without
 - Interrupting, Giving advice unless it is asked for or Judging

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Embodied listening


- Seek first to understand and then to be understood...
Steven Covey
- "Non Violent Communications" Marshall Rosenberg
 - Start out listening, not attacking.
 - Understand the other's concerns first.
 - Express how you feel and what you need. Example:
 - "You don't listen to me"
 - I don't feel that you care about me when you text while I am talking.

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Mindfulness and Empathy

Meditation
Focus - Mental discipline



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Difficult people




Discernment
Don't be a doormat


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People skills


Meditation
Focus - Mental discipline




Insight
Psychological understanding



Emotional Intelligence
Empathy - Experiential



Diplomacy –
Forethought and Techniques
Non Violent Communications



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Difficult people No easy answer

- Get professional to help you deal with them.
- Has Communication broken down?
 - They won't listen?
 - You are afraid to tell them?
- If possible, you can limit contact or avoid them.
- Can you set Boundaries?
- For your sake – try to feel compassion for them instead of anger at them.
- Always consider the possibility that you are the difficult person
- Google "Difficult People"

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Optional Homework or fun things to try



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10 second exercise

- Wish someone to be happy
- Wish the whole world was happy

- How did that make you feel?

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Empathy – Definition Carl Rogers

- An accurate understanding of another person's world as seen from inside them.
- To sense another person's world as if it were your own

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Empathy

- Psychologist experience – listening was more helpful than advice.
- Who are the best therapists – The ones with the most empathy
- Advice sometimes is not seen as empathetic
- Empathy is an experience
 - You genuinely feel it
 - You can not fake it
 - Meditation can help generate empathy

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The Problem – Reactivity Cycle The Techniques

	Technique
Emotional Response	Meditation
Heart Rate – Blood Pressure	Long Slow Breath
Label and Judge	Objective Observer
Blame ourselves – guilt and shame	Self Compassion
Blame others – hatred and shame	Loving Kindness – Compassion
Dramatizations	Objective Observer. Letting go
Diminished reasoning	Sense of well being

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Listening practice

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- Notes from class
- Ran out of time
- Make the beginning meditation shorter
- Hold off questions until the end.
- Moved some topics to the end