

## Beginning Mindfulness

### Quotes

- “Love anything. Hate anything. The effect you have on the external might be negligible, the effect on you, monumental.” .. Cheri Huber – The Key
- Caroline Cox –***Ever Wanted to Get Revenge? Try This Instead***
  - “The better option is to turn inward, finding the root of that feeling and either using it as a learning experience or warning flag as we move forward to something better.”

### Review

#### Week 1 - Why

- Catastrophizing Dramatizations
- Wearing Shoes
  - Can not make life perfect. Ability to find balance in spite of situations. Avoid self-defeating reactive behavior.

#### Week 2 - Meditation

- Cultivating Awareness Focus Objective observer.
- EXPERIENCE - The meditation effect -
  - Sense of well being by
  - Letting go of the story line.
  - Physiologically altering our body chemistry/

#### Week 3 – Compassion

- Cultivating better people skills
- Our mindfulness skills help us be really there when people need us.
- Everyone wants to be valued, appreciated and listened to.
- Meditation techniques that open our heart.
  - Just wishing others well inspires us.

### RAIN

- Recognize – Understand what has happened and the situation that you are in.
- Allow – allow and accept the feelings you are having.
- Investigate – kind attention - How does it manifest in your body? Be curious and detailed about the exploring the physical details of what is happening. Focus your attention on the body, but not the thoughts.
- Nurture – become a calming voice for yourself - You are not your anger.
- To play a guided meditation on RAIN with Tara Brach go to BeingMindful.com on the Week 4 link

### How do you define yourself? YouTube - Liz Valesquez

- Link to this video is on BeingMindful.com in the links section

### What are the things that Liz does to cope?

- Suffering = Pain X Resistance
- Letting Go Means letting go of:
  - Discernment Things you cannot change Liz – Could not erase her disease
  - Resistance to reality.
  - Limiting definitions of yourself.
  - Stories in our head.
  - Sense of helplessness.
  - Be aware that you are fighting reality and redirect your energy into positive actions.
  - Letting Go - Easy to talk about but difficult to do for big challenges.
- Support - Friends and family

## Beginning Mindfulness

- Proactive
  - Liz Defined herself in a positive way as: Motivational speaker, Author, Loved deeply by her parents, College graduate.
  - Stephen Covey – “Focus on your sphere of influence not your sphere of concern”
  - Hard work
- Reframing – “I’ll show them”
- Sense of humor
- Disposition – Optimism – Confident - Realistic
- Normalizing
  - Mustard Seed - You are not the only one.
  - It is part of life and everyone will face setbacks
  - Group therapy – knowing others are suffering like you is healing and really understand your suffering.
- Mindfulness
  - Cultivates Awareness which helps you recognize when you are not letting go
  - Sense of well-being in spite of the situation. Relaxation, confidence, optimism and peace of mind.
- Letting Go Many sources
  - A sense of wellbeing in spite of circumstances.
  - Christianity – “Serenity Prayer”
  - Stoicism – Marcus Aurelius

## What Next?

- Week 4 homework. - Formal practice
  - Day 1 – 10 min – Tara Brach – RAIN – Click Here
  - Day 2 – 20 min – Kristin Neff’s Web Page Click Here –
  - Find Loving Kindness Meditation
  - Day 3 – 20 min – Chris Germer – Web Page Click Here
  - Find ““Self-Compassion Break”
  - Day 4 – 15 min – Chris Germer – Web Page Click Here
  - Find ““Soften Soothe and Allow”
  - Day 5 – Choose the guided meditations that you prefer
  - Day 6 and 7 – Do a 15-minute meditation without being guided. Choose any combination of techniques.
- Informal Practice
  - Continue to practice the other informal practices from the first three weeks.
  - Every time you see someone say a phrase that opens up your heart. For example, you could say to yourself “Just like me, you want happiness” or “May you be happy” or “I love you”.
- BeingMindful.com – Groups to join
  - Insight Meditation Houston - Every Monday 7 pm to 8:30 pm
  - West U Seniors Center - 2nd and 4th Wednesdays 2 – 3:30 PM
- No one, no thing, can take your peace, your joy, your adequacy, away from you. You have to give it up voluntarily. And we give it up so easily, for just about anything: other people’s opinions, late meals, long lines, red lights. .. Cheri Huber

## Further Information

- Questions: Contact me – [Stan@StanleyMerrill.com](mailto:Stan@StanleyMerrill.com)

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### RAIN

RAIN guided meditation notes

- Long DEEP BREATH - SLOW DEEP BREATH
- difficult but not too situation - turned on yourself
- what is wrong.
- How are you feeling.

R - Recognizing this is a trance

A - Allowing this state of mind and how you are feeling.

I - Investigate with curiosity and gentleness

- What is it like to be in this trance
- What is the belief.
- What is the story
- What is the core belief?
- What is the feeling in your body - throat, body, chest?
- Connect with the embodied experience?
- Where do you feel the worst?
- What do you need.
- Do you need to be understood, held?
- Put hand on your heart - tenderly

N - Nurturing -

- What words of comfort do you want to offer.
- I am sorry. I love you.
- I care about the suffering.
- Nourish yourself with self-compassion
- Notice who am I if I am no longer believing anything is wrong.
- sensing tenderness when we are not conflicted.
- Break your heart no longer. See the goodness that you are.
- Breathe into the goodness that you are.