

# Beginning Meditation Letting Go

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By Stanley Merrill



## Moment to Arrive

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- Recording....

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## Cheri Huber

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- Love anything. Hate anything. The effect you have on the external might be negligible, the effect on you, monumental. .. Cheri Huber – The Key

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## Program

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- 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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## 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.
- Intellectual – Logic and Psychological Understanding.

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## Week 2 Meditation / Mindfulness

- 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/

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## 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.

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## Week 4 Letting Go

- We need to work constructively to improve our lives.
- BUT.. We need to let go of debilitating narratives.
- Suffering = Pain X Resistance
  - The more we wish reality were different the more we suffer.
- Ted Talk

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## Review Homework

- Week 3 Homework
- Informal practices
  - Just like me?
  - Smile at strangers and notice what happens.
  - Experiences with mindfulness?

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## Caroline Cox Ever Wanted to Get Revenge? Try This Instead

Patti de Groot

- You know that “letting go” is probably the healthiest move, but wanting revenge is often much more appealing. But why?
- What it comes down to is this: We can’t control when toxic emotions flood our minds, but we can control what we do in response to them
- **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.**

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## Rain

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- Recognize
- Allow
- Investigate – kind attention
- Nurture
  - You are not your anger.
- To play
  - BeingMindful.com on Week 4 link OR
  - Google: Meditation: The RAIN of Self-Compassion (10:42 min)

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## How do you define yourself? Liz Velasquez

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- Google “Lizzie Velasquez how do you find yourself YouTube” OR
- Link to this video is on BeingMindful.com in the links section

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

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## Letting Go

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- Suffering = Pain x Resistance
- Liz – Could not erase her disease
- She let go of:
  - Resistance to reality.
  - Limiting definitions of herself.
  - Stories in her head.
  - Sense of helplessness.
- Easy to talk about but difficult to do for big challenges.
  - Work on small things first

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## Support from Friends and Family



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## Proactive Liz Defined herself



- Motivational speaker
- Author
- College graduate.
- Stephen Covey – “Focus on your sphere of influence not your sphere of concern”

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## Reframing –

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- Used others negativity to inspire her.
- “I’ll show them”



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## Humor

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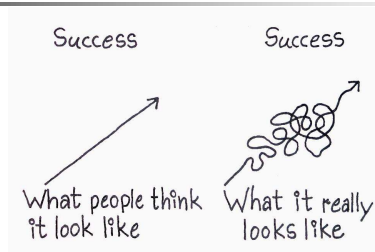
## Normalizing

- Did listening to Liz change your perspective on your problems?
- 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.

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## Disposition



- Not Pessimistic
  - Realistic
  - Optimistic
- Confident

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## Meditation Mindfulness



- Awareness
  - Concentration.
- Sense of well being
  - Relaxation
  - Confidence
  - Optimism
  - Peace of mind

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## Week 4 homework.

- 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.

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## Week 4 homework

### Informal Practice

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- 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”.

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## What Next

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More details on [BeingMindful.com](http://BeingMindful.com)

- Insight Meditation Houston.
  - Every Monday 7 pm to 8:30 pm
  - Ginger Clarkson
- West U Seniors Center
  - 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays 2 – 3:30 PM
  - Currently reading Jack Kornfield “Wise Heart”
  - Stan Merrill
- Four Meditation Program

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## Guided Meditation

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

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## Cheri Huber

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- 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

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# Additional Slides

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# Guided Meditation

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## Body Scan

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## Letting Go

### Many sources

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A sense of well being in spite of circumstances.

- Christianity – “Serenity Prayer”
- Stoicism – Marcus Aurelius



## Helping others

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- Don't give advice until asked.
  - They may think you are marginalizing their problems
- Give empathy

# Guided Meditation

## Loving Kindness

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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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## Key Points

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- How do you define yourself?
- Resistance
  - Persistence
  - Increases suffering
- Be Pro Active
  - Focus on constructive things that you can do.
- Meditation cultivates the mental discipline to change habitual reactions

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## Meditation workshop

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- Alzheimer's Mantra
  - Kirtan Kriya yoga
- Affirmations
- Working with pain
- Variety of breathing techniques
- Body Scan
- Qigong
- Walking meditation
- Prayers
- Developing your own customized daily meditation practice

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## Embodied listening

- Listen with as much passion as you have when you are speaking.
- Give the person your full attention.
- Let the person know you care
  - Empathy
  - Reflect back what you heard
- Body language is important

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## Embodied listening

- Genuine listening requires that you willingly bear witness to what someone else needs to say while simultaneously **sparing them of**
  - your own solution,
  - defense,
  - dismissal,
  - alternative reality,
  - rebuttal,
  - counterpoint,
  - comparable story
  - or more extreme example. Gil Hedley
- Listening Without
  - Interrupting
  - Giving advice unless it is asked for
  - Judging

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## Embodied listening

### When there is conflict

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- “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” instead say: “I don’t feel that you care about me when you text while I am talking.”

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## Listening practice

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