

Week 6 Handout 1

Acceptance Meditation

You can practice this exercise whenever you feel distressed in your daily life. If you prefer to listen to the instructions, first record them on your smartphone.

To begin, find a place where you won't be disturbed for at least 15 minutes. Turn off the ringer on your smartphone. Find a comfortable position to relax, whether you're sitting or lying down. Then use Still Mind Meditation to help you breathe and focus for two or three minutes. Allow your belly to gently expand as you breathe in and effortlessly collapse as you breathe out. Find a slow, natural rhythm of breathing and allow your body and mind to relax. Establish your breath as the center of your awareness.

When you are ready, discover where the stress or difficult emotion manifests in your body. You might notice tension, pain, an itch, or just a strange sensation in your body. Just notice it without judging it, and place your attention there for a minute.

Next, *soften* toward that stress or difficult emotion in your body. Allow the muscles to release around it. Just notice the feeling or emotion without trying to control or push it away. Your body can be soft around the edges of the feeling, making room for it. Letting go...letting go...letting go of tension around the edges of the feeling.

As you're observing, if you experience too much discomfort from an emotion, just do your best to note your experience and return to the rising and falling of your breath; use your breath as your anchor. Do your best not to judge your emotion and not to get distracted by it.

Similarly, if a difficult thought arises, do your best to just notice it and let it go. Again, return to the rising and falling of your breath as your anchor. Do your best not to judge yourself or the thought.

Now *hold* the feeling or emotion kindly. Move your hand to cover and hold the spot. Breathe into that feeling; breathe in a kind regard for that stress or difficult emotion. Think of this place as yours to take care of, to hold as if it were precious and needing your love.

Finally, let this feeling or emotion be. *Let it be* there without resistance. Let it go or stay. Let it change or not change. Let it be where it is or move. Let it be what it is, making room for it, holding it, accepting its presence in your body and your life.

Soften...hold...let be. Soften...hold...let be. Soften...hold...let be. Repeat these words to yourself, holding any pain you may have kindly. Allowing it to stay or leave or change.

As you continue, allow difficult thoughts to arise—just noticing them and letting them go.

As you continue, you may find that the emotion moves in your body, or even changes into another emotion. Try staying with your experience, continuing to use the technique of Soften—Hold—Let Be.

Finally, return your attention to your breath, simply noticing the rising and falling of your breath: breathe in and breathe out. Then, when you are ready, slowly open your eyes when you're done.

Week 7 Handout 1

Compassion Meditation Phrases

Place your hand over your heart and notice the warmth and gentle pressure there. After noticing your breath for a little while, begin to repeat these phrases:

May you be peaceful.

May you be safe.

May you be healthy.

May you be happy and free from suffering.

May I be peaceful.

May I be safe.

May I be healthy.

May I be happy and free of suffering.

Week 7 Handout 2

Deep Knowledge Meditation—On the Go

Use this version of the Deep Knowledge Meditation any time, anywhere, especially in situations in which you are feeling painful emotions or facing difficult choices.

1. Take one deep breath.
2. Focus on or visualize the talisman.
3. Ask the question.
4. Listen for the answer.