

Week Eight

Moving Mindfulness off Zoom into Daily Life.

OVERVIEW:

- Keeping up the momentum and discipline developed over the past 8 weeks in the meditation practice, both formal and informal.
- Cultivating and growing mindfulness in your life.
- Integrating the learning from this program over time using books, recordings, apps, videos, retreat centers and your personal resources.

FORMAL PRACTICE TO DO AT HOME:

(Remember, the 8th week of the course does not really have an end. It is the rest of your life!)

- Formal Meditation
 - The most important part of the work of mindfulness is to keep your practice alive.
 - Inviting a daily formal practice to become part of your day. If you feel you “have no time,” practice for one minute, or ten minutes.

INFORMAL PRACTICE:

- Every moment of your waking life is a moment when greater stillness and awareness is possible. You have what it takes to live more mindfully. Whenever you notice that your practice is not happening or is not strong, simply begin again, with this present moment.

A FEW SUGGESTIONS FOR ADDITIONAL RESOURCES

(not a comprehensive list in any category, but a variety to explore)

BOOKS TO ENJOY:

- Jon Kabat-Zinn, Wherever You Go, There You Are: Mindfulness Meditation in Everyday Life
- Jon Kabat-Zinn, Full Catastrophe Living: Using the Wisdom of Your Body and Mind to Face Stress, Pain and Illness, 2nd Edition
- Thich Nhat Hanh, The Miracle of Mindfulness: An Introduction to the Practice of Meditation
- Daniel Goleman & Richard Davidson, Altered Traits: Science Reveals How Meditation Changes Your Mind, Brain and Body
- Jack Kornfield, No Time Like the Present: Finding Freedom, Love and Joy Right Where You Are
- Vidyamala Burch & Danny Penman, You Are Not Your Pain: Using Mindfulness To Relieve Pain, Reduce Stress, and Restore Well-Being
- Bob Stahl & Elisha Goldstein, A Mindfulness-Based Stress Reduction Workbook
- Dan Harris, 10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works - A True Story

APPS:

- The Healthy Minds Program free app
- The Plum Village free app

PLACES TO GO ON RETREAT:

- Insight Meditation Society, Barre, MA, www.dharma.org .
- Omega Institute, Rhinebeck NH, www.eomega.org
- Kripalu Center, Stockbridge MA, www.kripalu.org

LOVING-KINDNESS

Practicing loving kindness meditation is to stop and cultivate the intention to offer the unlimited power of love to yourself and others. We stop, intentionally, without being carried away by our judgments, and we offer loving kindness to yourselves and to others. We hope you will find those moments of compassion towards yourself to be fulfilling.

The phases I like to use are:

- May you (I, We) be safe and protected and free from inner and outer harm.
- May you (I, We) be happy and contented.
- May you (I, We) be balanced and in harmony emotionally, physically and in whatever way it is possible at this moment.
- May you (I, We) enjoy the freedom of well being.
- May you (I, We) care for yourself with great joy.

OPTIONAL SUGGESTED VIDEOS:

- Judson Brewer, You're Already Awesome, Just Get Out of Your Own Way
<https://youtu.be/jE1j5Om7g0U>
- Sara Lazar, How Meditation Can Reshape Our Brains
<https://youtu.be/m8rRzTtP7Tc>
- Mindfulness is Not A Crystal Ball by Susan Kaiser Greenland [2 min] <https://www.youtube.com/watch?v=kRd19hFrR0c&list=PLbiVpU59JkVYwWcoOV-Bx6ieMKpMlbBb0&index=1>
- Mindfulness is Not a Crystal Ball, But Seeing Clearly Can be Magical
Susan Kaiser Greenland - <https://youtu.be/8dMiv5B7I0Y>

- Happiness by Tara Brach [20 min]
<https://www.youtube.com/watch?v=SSLssW4e-SM>
- Sanctuary video by Jack Kornfield
<https://www.youtube.com/watch?v=7Ec6WI8BhrU>
- Willoughby Britton - Why A Neuroscientist Would Study Meditation
<https://youtu.be/TR8TjCncvlw>
- Why a Neuroscientist Would Study Meditation - Willoughby Britton
https://www.youtube.com/watch?v=ioCY_HKBFOc
- Emotional Intelligence: Positive emotions & mindfulness by emotional intelligence coach Rachel Green
https://www.youtube.com/watch?feature=player_embedded&v=4Gcohaq8Uhs#!

MBSR COLLABORATIVE CONTINUATION PROPOSAL

- One hour per month of meditation session for graduates. Expect an email inviting you to the next one.
- Keep an eye on our website for future programs to reinforce and deepen your practice.

ONLINE PRACTICES:

- Deep River Sangha Community of Mindfulness
<https://www.deepriversangha.org/>

**KEEP GOING!
YOU ARE DOING GREAT!**

**“May we all grow in grace and peace, and not
neglect the silence that is printed in the
center of our being. It will not fail us.”**

Thomas Merton

Wishing you peace, joy, and success!

**Rossana Magalhaes, LCMHC
Irena Danys, MD**

The Guest House - Rumi

This being human is a guest house.
Every morning a new arrival.
A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.
Welcome and entertain them all!
Even if they're a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.
The dark thought, the shame, the malice,
meet them at the door laughing,
and invite them in.
Be grateful for whoever comes,
because each has been sent
as a guide from beyond.