

Staying present, simply aware, of sights, sounds,
breath, the environment of our daily life

Anchoring ourselves with the breath, movement,
walking, ever mindful of what pulls us away from the
present moment

Homework includes practice sheets, diary and
intentional focus on gratitude & generosity

WEEK 4 STAYING PRESENT



Homework - Week 4-9

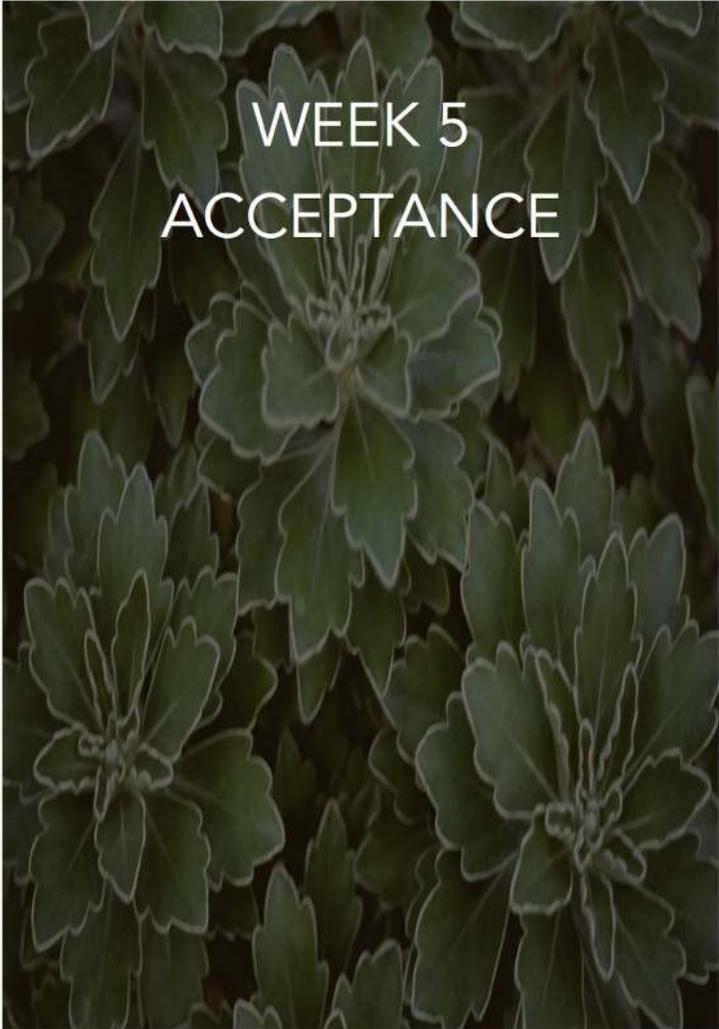
1. Review the website and download, watch and read.
2. On alternate days, continue to practice the guided body scan and introduce a practice of mindful movement. You may wish to use the Insight Meditation App for guided stretches or use the illustrations of the postures.
3. Continue with a period of sitting meditation each day – mindfulness of the breath, for 5-15 minutes once daily.
4. Introduce the three-minute breathing space and schedule this into your life at times, which you have planned for in advance.
5. Pay attention to your experience of unpleasant events

[Http://www.workmindfulness/week4-9](http://www.workmindfulness/week4-9)

Password: week4-9

Practice Attitude: Patience





WEEK 5
ACCEPTANCE

Acceptance, moving past, tagging and bagging what needs to be resolved, or put aside

Radical acceptance requires that we accept that which we may, or may not understand. We now look at difficulties and our responses

Homework includes practice sheets, diary, looking at our journey, stories, and stuff that "triggers" us – our focus for this week will be humor



Week 5 – Acceptance

Time	Time	Activity
Time (in minutes)	Cumulative Time	Activity
5	5	Welcome
5	10	Grounding/Body Scan (sitting down)
15	25	Pairs & Shares – Overcoming obstacles
10	35	Week 5 Acceptance – Video - Jon Kabat-Zinn - Acceptance
15	50	Radical Acceptance
5	55	Poem
5	60	Pleasant vs. Unpleasant
5	65	Equanimity of Feelings
5	70	Urge Surfing
10	85	Walking Meditation & Shares
5	90	Wrap up & Homework Discussions



Grounding Body Scan

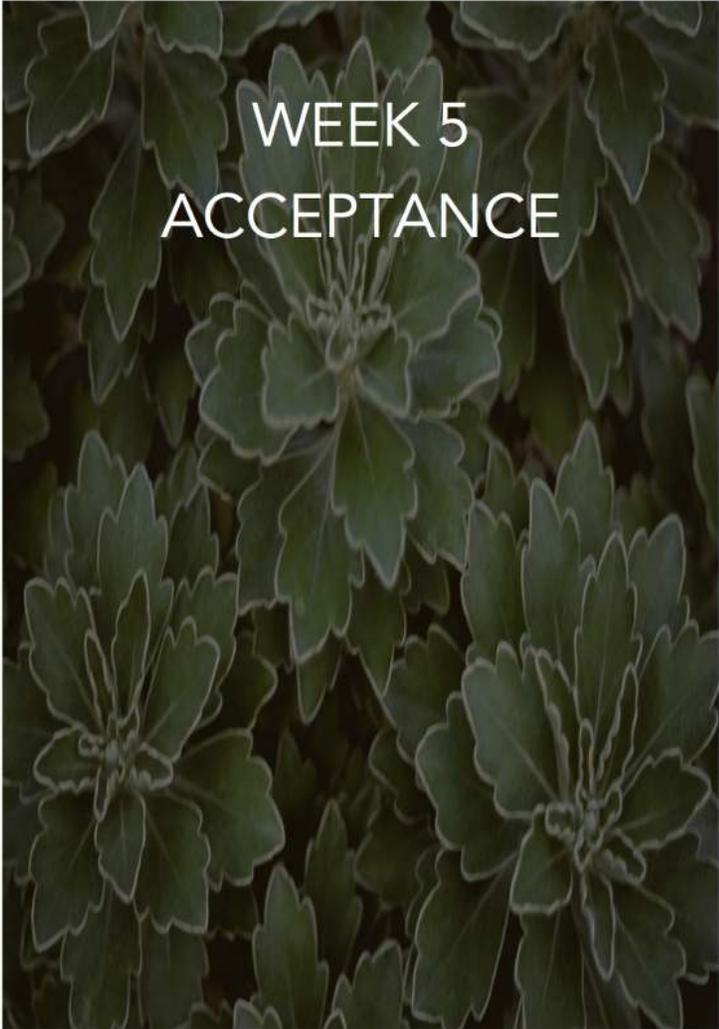


Pairs and Shares

What keeps me from being present?

What are my biggest challenge?





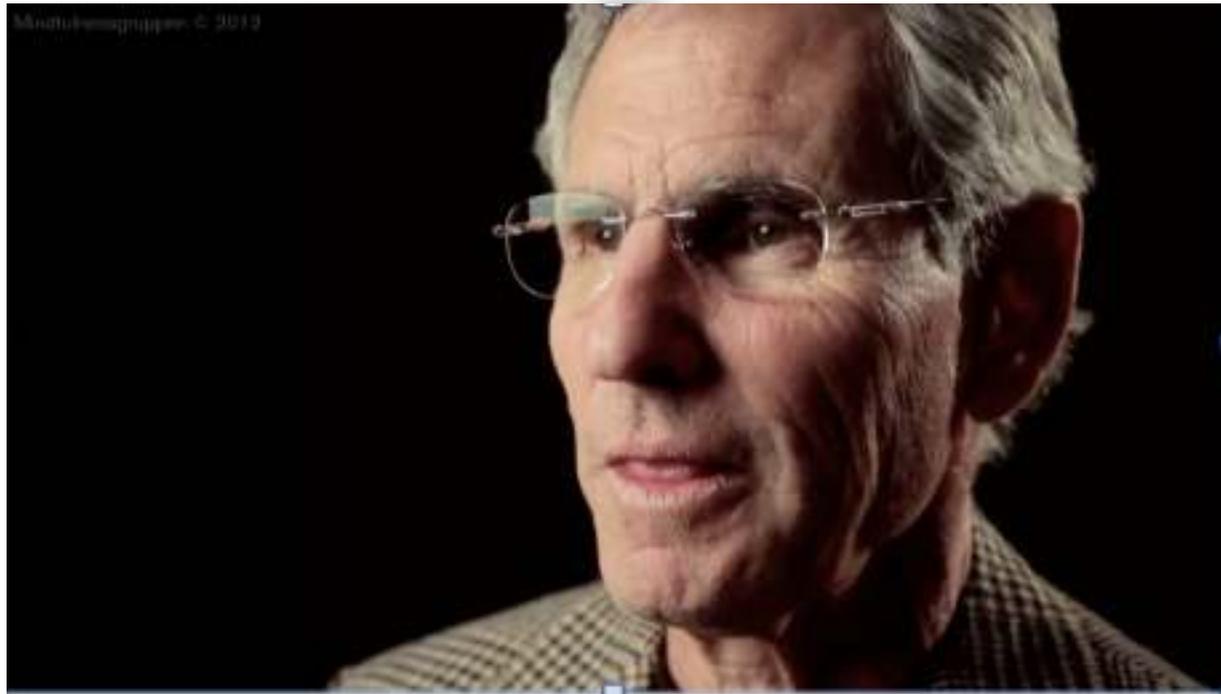
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Mindfulness = Attitude of Acceptance



Radical Acceptance

Radical Acceptance

Radical Acceptance is letting go of fighting reality. The term “radical” means to imply that the acceptance has to come from deep within and has to be complete. Acceptance is the only way out of hell. It is the way to turn suffering that cannot be tolerated into pain that can be tolerated.

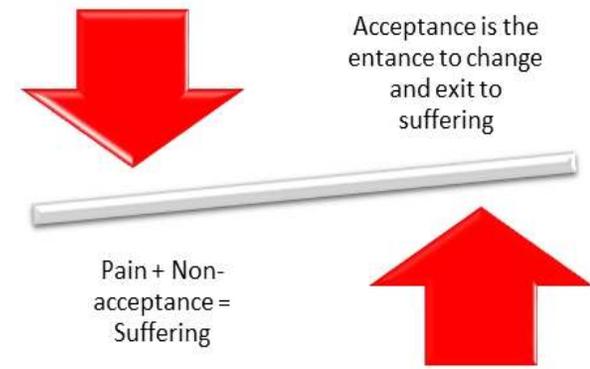
Pain is part of living; it can be emotional and it can be physical. Pain is nature’s way of signaling that something is wrong, or that something needs to be done.

If only I could accept that I can't accept being someone who finds it hard to accept acceptance from those who accept me for the person that I can't accept I really am.



Responding to Difficulties

1. Acknowledge that the difficulty is there.
2. Ask yourself how you feel about what you are experiencing.
3. Notice how the difficulty is being experienced in the body and any tensing, bracing or resisting around it.
4. Can you recognize any aspect of non-acceptance in your experience?
5. Can you recognize that this type of suffering is part of the human condition and part of life?
6. Can you accept that it is there – even just in this moment?
7. Bring a sense of open and warm curiosity to the current experience of the problem and come in close to it with your awareness, if it feels possible:
 1. What is my experience right now?
 2. What is it like?
 3. Let's see what is here!
8. *Breathe with it* and bring with this a sense of softening, opening and allowing.
9. If possible, *breathe into* it, exploring its textures, patterns and edges.
10. Gradually, broaden your awareness around the difficulty. Recognize that there is more to your current experience in this moment than this.
11. Use your breath, other body sensations or sound to anchor you to the present moment or shift your attention to another aspect of your experience.



Letter to a Young Poet

We have no reason to harbor any mistrust against our world, for it is not against us. If it has terrors, they are our terrors. If it has abysses, these abysses belong to us. If there are dangers, we must try to love them, and only if we could arrange our lives, in accordance with the principle that tells us that we must always trust in the difficult, then what now appears to us to be alien will become our most intimate and trusted experience.

How could we forget those ancient myths that stand at the beginning of all races – the myths of dragons that at the last moment are transformed into princesses? Perhaps all the dragons in our lives are only princesses waiting for us to act, just once, with beauty and courage. Perhaps everything that frightens us is, in its deepest essence, something helpless that wants our love.

So you must not be frightened if a sadness rises before you larger than any you've ever seen, if an anxiety like light and cloud shadows moves over your hands and everything that you do. Life has not forgotten you. It holds you in its hands and will not yet let you fall. Why do you want to shut out of your life any uneasiness, any miseries, or any depressions?

For after all, you do not know what work these conditions are doing inside you.

RAINER, MARIA RILKE From "Letters to a Young Poet", translated by Reginald Snell, in *Rilke Poems, Everyman's Library*, 1996 .

Pleasant vs. Unpleasant Events

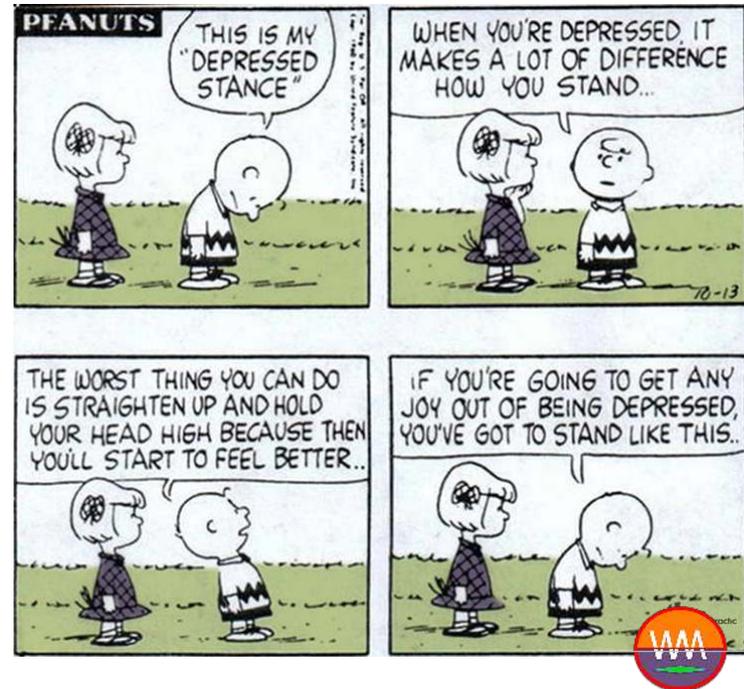
We like pleasant events and we want to grasp hold of them, cling to them, make them last for longer or come back.

We don't like unpleasant events, and we want them to end or go away, we try to get rid of them, push them away or numb ourselves so we don't feel them.

We can end up believing that we are entitled to pleasant events and that we should be able to avoid the unpleasant ones: especially if we are careful, if we are good, if we do the right things in life.

When things go wrong, we can get caught up in beliefs that it is not fair, that it shouldn't be. Why or why is this happening to me, am I being punished?

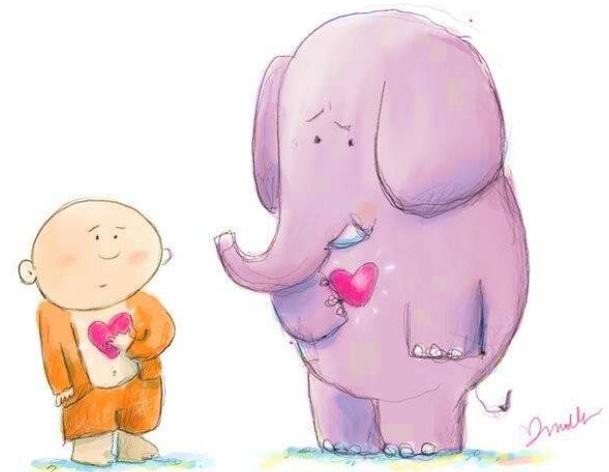
Pain is inevitable... Suffering is Optional



Equanimity of Feelings

Equanimity is a profound quality of mindfulness that cultivates the ability to let go. With equanimity, we can acknowledge that things are as they are, even though we may wish otherwise. It allows us to accept things that we have no control over, and it allows us to have the courageousness of heart to stay open in the face of adversity. Equanimity can be used as a practice, to help bring a mental ease to turbulent emotions, like anxiety, worry and fear, frustration and anger.

Of course, equanimity does not imply indifference of that we should simply accept everything as it is – injustice, unfairness, and suffering all call for action to make what changes we can. But even as we do so, an inner state of equanimity will make us more effective. And when it comes to those problems in life over which we have no control – and to our emotional reactions – equanimity offers a great inner resource: a sense of nonreactivity, of patience and acceptance. From *Emotional Alchemy: How your mind can heal your heart*, Rider Books, 2001

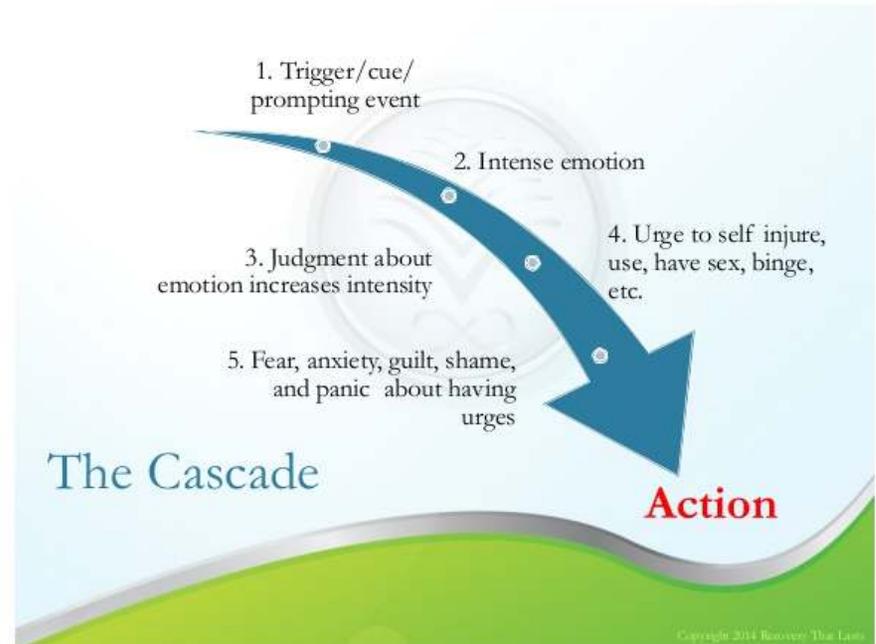


*"One of the great challenges in life is to not allow the presence of the difficult shut down your heart."
- Phillip Moffitt*

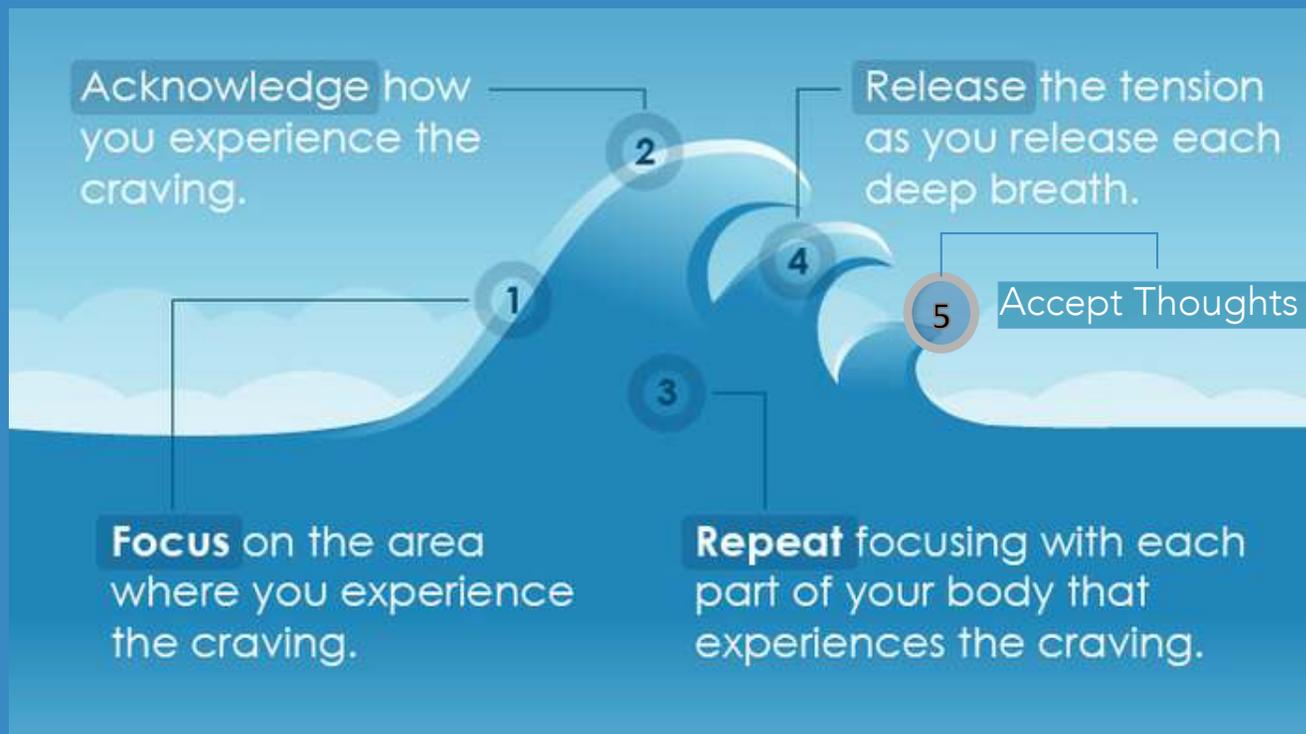


Urge Surfing

- You might get the urge to act compulsively, behaving or using substances, in certain ways, with people, places or things. When this occurs you can use the **STOP** technique and bring your awareness back to our breath for a few minutes, don't say or do anything, let the feeling of the breath breathe you and then drop into an awareness the body sensation; feeling the body as a whole resting. Bring to Mind a situation was you might feel triggered, where you might feel tempted to behave or act out. As we have said, try not to make it the situation the most difficult you could imagine but on scale of 1 -10 were 1 is the least difficult to 10 the most; somewhere in the region of 5.
- Stay with the sensation, you might imagine it like an ocean wave and you are able to ride that wave, using your breath as a surfboard to ride on top of the waves of intense sensations.



Urge Surfing



Finding Acceptance, in Four Chapters

Chapter 1: I walk down the street. There is a deep hole in the sidewalk. I fall in. I am lost ... I am hopeless. It isn't my fault. It takes forever to find a way out.

Chapter 2: I walk down the same street. There is a deep hole in the sidewalk. I pretend I don't see it. I fall in again. I can't believe I'm in the same place. But it isn't my fault. It still takes a long time to get out.

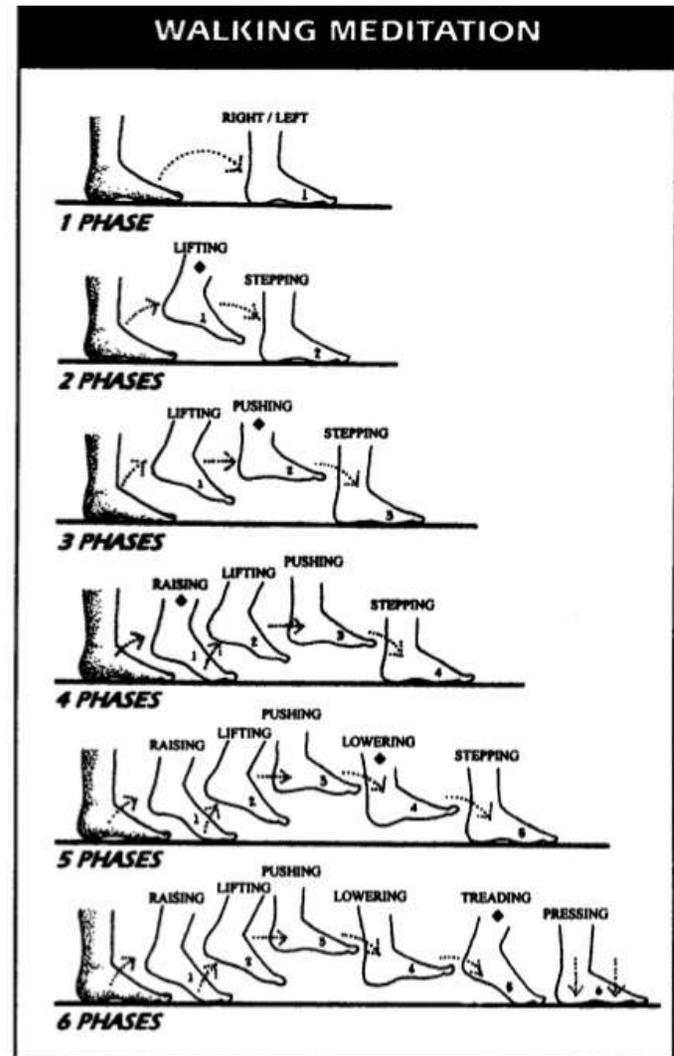
Chapter 3: I walk down the same street. There is a deep hole in the sidewalk. I see it is there. I still fall in ... it's habit. My eyes are open. I know where I am. It is my fault. I get out immediately.

Chapter 4: I walk down the same street. There is a deep hole in the sidewalk. I walk around it. I walk down another street.

PORTIA NELSON

Walking Meditation

- Feel the weight shift onto that foot as the body moves forward.
- Generally, you can **walk** at any speed, **but for our practice we will walk slowly** and involves taking small steps.
- Breathe in (lift, step forward),
Breathe out (land, step stop)
- Most important is that it feel natural, not exaggerated or stylized.



Homework Week 5-9

- On alternate days, continue to practice the guided body scan and the practice of mindful movement (one or two). Use the insight timer and develop a sequence of your choosing. Walking meditation can also be practiced as a form of mindful movement if this suits you better. Be aware of particularly difficult body sensations, emotions or thoughts that arise during this practice and keep a log of your experience. Remember to work within your limitations and to listen to what is right for your body.
- Continue with a period of sitting meditation each day – mindfulness of the breath, for 10-15 minutes. You may wish to follow the first section of the guided practice or you can practice without a tape. Again, record your reactions on the homework sheet.
- Bring particular awareness to any experiences of difficulty arising during the week, and use periods of your formal practice to work with this. Notice when you find yourself getting caught in reactivity of non-acceptance and see if you can practice bringing a willing acceptance to your experience.
- Continue to apply the three-minute breathing space in a scheduled manner or try to apply it at times when you are struggling with something and apply the practice as a coping space for these difficult moments as they arise.
- Complete the reflection on “Half-Way Through: What am I learning?”

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Practice Attitude: Acceptance

