

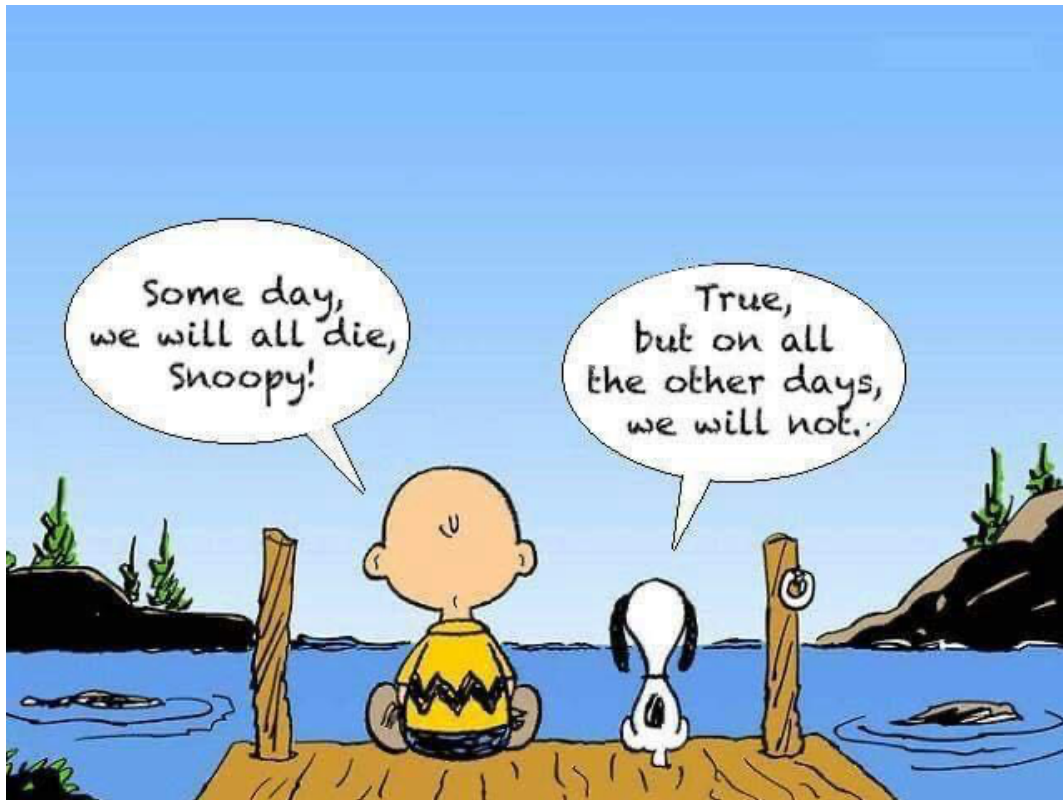


Mindfulness East Bay

Finding the space between stimulus and response

HANDOUT PACKET FOR MBCT WK 8 – PUTTING IT ALL TOGETHER

“Awakening happens. You don’t earn it. You don’t have to be good. You don’t have to be smart. Awakening just happens.” – The Reverend James Ishmael Ford



Shared on Facebook by Mindfulness Ireland (www.mindfulnessireland.org)

LOVINGKINDNESS PRACTICE

Lovingkindness ("metta") meditation is a practice designed to cultivate the experience of unconditional love for ourselves and others. It is said to have its roots in practices taught by the Buddha himself. Metta meditation is not a technique for repressing your awareness of life's pain, but rather a way of melting the artificial barriers between yourself and others. This practice is based on the understanding that all beings simply want to be happy, and that we all create our suffering out of ignorance.

TRADITIONAL PHRASES

1. May I/you/we be safe and free from harm
2. May I/you/we have good health, mentally and physically
3. May I/you/we feel happiness and joy
4. May I/you/we experience peace of mind and ease of well-being

Traditionally, metta meditation is comprised of six graduated steps:

1. Reflect on your own good qualities, generating feelings of love toward yourself
2. Direct those feelings toward a "benefactor": someone who has given you unconditional love/acceptance/support
3. Extend your metta toward a good friend
4. Send lovingkindness to a neutral person: someone you neither strongly like or dislike
5. Surround someone you find difficult - who may even have harmed you - with the same feelings of love
6. Extend your lovingkindness to all beings

You may choose to go through all six steps in a single meditation session, as we will do in class, or you may wish to take this practice even more slowly, by just starting with yourself and a benefactor, and doing that for several sessions (or weeks), then adding friends or family members, then a neutral person, and gradually working your way up to addressing your lovingkindness toward the difficult people in your life. Remember, the purpose of metta is to be compassionate toward yourself!

(The information in this handout comes from Sharon Salzberg, one of the founders of the Insight Meditation Society in Barre, Mass. Her CD set on LovingKindness is available at SoundsTrue.com.)

RESOURCES FOR MINDFULNESS PRACTICE
From Rebecca Stanwyck, LCSW
Mindfulness East Bay

Books

Buddha's Brain: The Practical Neuroscience of Happiness, Love and Wisdom, by Rick Hanson and Richard Mendius (New Harbinger, 2009)
Just One Thing, Rick Hanson (New Harbinger, 2011)
Mindful Parenting, Kristen Race (St. Martin's Press, 2013)
Mindfulness in Plain English, Bhante Gunaratana (Wisdom Publications, 1992)
Peace is Every Step, by Thich Nhat Hanh (Bantam Books, 1991)
Start Here Now, by Susan Piver (Shambala Publications, 2013)
The Mindful Path to Self-Compassion, by Christopher Germer (Guilford Press, 2009)
The Mindful Way Through Depression, by Mark Williams, John Teasdale, Zindel Segal and Jon Kabat-Zinn (Guilford Press, 2007)
The Mindfulness Solution, by Ronald Siegel (Guilford Press, 2010)
Wherever You Go, There You Are, by Jon Kabat-Zinn (Hyperion Books, 1994)

CDs (all available at www.SoundsTrue.com)

Meditation for Beginners, a 2-CD set by Jack Kornfield (Director of Spirit Rock)
Finding True Refuge: Meditations for Difficult Times, CD by Tara Brach (author of RAIN practice)
Opening the Heart and *How to Meditate* with Pema Chodron
LovingKindness Meditation, a 3-CD set by Sharon Salzberg

Videos (all on YouTube)

How can mindfulness change your life? Jon Kabat-Zinn, 8/20/13 (Overview of MBSR and its origins)
Mark Williams on Mindfulness, The School of Life, 1/30/13 (One of the authors of MBCT)
The practice of mindfulness, Diana Winston, TEDx@Sunset Park, 7/4/12 (Benefits of mindfulness)

Smartphone apps

Calm, Headspace, Insight Timer, and Mindfulness Coach are free, or have free introductory practices, and have been recommended by my colleagues and/or students

Meditation Centers

East Bay Meditation Center in Oakland
510-268-0696

www.eastbaymeditation.org

The Insight Meditation Center in Redwood City
650-599-3456

www.insightmeditationcenter.org

Spirit Rock Meditation Center in Woodacre (Marin County)
415-488-0164

www.spiritrock.org

Classes and small groups

Drop-in mindfulness meditation group

Rebecca Stanwyck, LCSW 510-881-2540
Now meeting online, 2nd Tuesday of month

www.mindfulness-eastbay.com

Mindful Eating

Jila Behnad, MFT in Pleasanton: 925-577-0671
Reba Connell, LCSW in Oakland: 510-594-8224

www.jilabehnad.com
www.centerforstressreduction.com

Mindful Self-Compassion

Lynne Henderson, PhD 650-814-9210
Small groups in Berkeley and Palo Alto

www.shyness.com

Mindfulness-Based Relapse Prevention (MBRP)

Rebecca Stanwyck, LCSW 510-881-2540
Available upon request

www.rebeccastanwyck.com

Mindfulness-Based Stress Reduction (MBSR)

Renee Burgard, LCSW 650-269-4807
Classes at Palo Alto Medical Foundation, Palo Alto

www.mindfulnesshealth.com

Reba Connell, LCSW 510-594-8224
Classes in Rockridge district of Oakland

www.centerforstressreduction.com

David Weinberg 510-540-8928
Classes in Berkeley, Orinda, Walnut Creek

www.stresscarentraining.org

Other resources around the web

Access MBCT (int'l directory)

<https://www.accessmbct.com/find-a-mbct-therapist.html>

Greater Good Science Center, UC Berkeley

<http://greatergood.berkeley.edu>

Mindful magazine/website

www.mindful.org

The Wise Brain Bulletin (Rick Hanson)

www.rickhanson.net/writings/wise-brain-bulletin/

UCLA Mindful Awareness Research Center

<http://marc.ucla.edu>

UCSD Center for Mindfulness - Resources

<https://medschool.ucsd.edu/som/fmph/research/mindfulness/mindfulness-resources/Pages/default.aspx>

**Inspirational quotes for Mindfulness practice
from Rebecca Stanwyck, LCSW
Mindfulness East Bay**

"If you are breathing, there's more right with you than wrong with you, no matter what the condition of your body or its history." - Jon Kabat-Zinn

"Mindfulness is not an evasion or an escape. It means being here present and totally alive. It is true freedom—and without this freedom there is no happiness." - Thich Nhat Hanh

"Your brain is like Velcro for negative experiences and Teflon for positive ones - even though most of your experiences are probably neutral or positive." - Rick Hanson, PhD

"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom." - Viktor Frankl

"Do you have the patience to wait, till your mud settles and the water is clear? Can you remain unmoving, till the right action arises by itself?" - Lao-Tzu

"Every thought is a mental event that contains a seed of reality surrounded by a shell of inference. Thoughts are not facts." - from MBCT course text

"We are what we think. All that we are arises with our thoughts. With our thoughts we make the world." - Siddhartha Guatama (The [Buddha](#))

"Awakening happens. You don't earn it. You don't have to be good. You don't have to be smart. Awakening just happens." - The Rev. James Ishmael Ford, Unitarian minister

"As human beings, our greatness lies not so much in being able to remake the world... as in being able to remake ourselves." - [Mahatma Gandhi](#)

"Don't believe everything you think." - Thubten Chodron

"Everything is perfect, but there is always room for improvement." - Suzuki Roshi

"Meditation teaches you how to disentangle yourself from the thought process. It is the mental art of stepping out of your own way, and that's a pretty useful skill in everyday life."
- Bhante Gunaratana

"All man's miseries derive from not being able to sit quietly in a room alone."
- Blaise Pascal

"Yesterday is history, tomorrow is a mystery, and today is a gift. That's why we call it the present."
- Alice Morse Earle (1851-1911) American historian and author