

Dear Mindfulness Group Member:

Here is the summary for week four with the topic of Cultivating Kindness.

A mindfulness practice that includes only *bare attention* or simply noticing what is moment after moment can develop a cold and detached quality over time. It not only matters THAT we pay attention, it matters HOW we pay attention. We want to hold all of our experience with a frame of kindness.

In class four, we introduced the Loving Kindness practice for a loved other and oneself. We described how Loving Kindness can counteract any loneliness and distance that might be related from not feeling a sense of connection to others. It is a powerful practice that can change how we respond to difficult situations over time. We can also turn down the volume on the snide, internal dialogue of self-judgment to be kinder to ourselves. We also introduced RAIN or the Anchor Phrase technique.

Our mindfulness tip for the week is an ancient expression of how life holds “10,000 joys and 10,000 sorrows” for each and every one of us. It can be so easy to fall into the trap of believing that for some people life is easy and magical while for us it can feel like a constant struggle. All of us have moments of exquisite joy and intense suffering. There’s a name for this.... Life! Our lives can be simultaneously difficult and miraculous. When we hold ourselves and others with loving kindness, it makes the burden easier to bear. The cultivation of kindness can bring more ease into your life. And Loving Kindness practice is a great way to begin.

The homework is for a Loving Kindness for Loved other and Self each day or to alternate between Loving Kindness practice and Mindfulness of Breathing.

Keep practicing! We look forward to seeing you in the next class.

Warmly,