# Session 8 – Notes

1. ***Check in***
2. ***Home Practice Review***
   1. *Alternate the loving kindness and dis-identification meditations, either on their own or as a lead in to your sitting meditation session.*

Just as when we learned to keep our attention on our breath, we may have to remind ourselves time and again of our intention to hold ourselves with this sense of kindness and compassion, whatever we find. Will be doing extended LK

How often did you manage it?

One easier than the other?

Anything unexpected?

Preference between the two?

How did you cope/react?

* 1. *Meditate for at least 20 minutes or 2 x 10 minutes daily if possible.*

Should be doing at least this several times a week by now….choices in meditation…sit and see what feels right…LK, allowing, disidentifaction, just sitting with the breath etc

Any preferences?

Is it changing? Getting easier or harder?

Established times of day?

Established pattern? Share your routine?

1. **Extended Loving Kindness**
   1. Intro

In the Loving Kindness mediation we generate a feeling of loving kindness by remembering or imagining how it feels, or has felt, to be loved unconditionally, whether we feel we deserve that love or not. Holding this feeling in awareness we can wish for ourselves peace, love, safety….whatever we need for our well being in that moment.

We can become the source of that love towards ourselves as well as the recipient, holding ourselves with a sense of cherishing and complete acceptance.

* 1. Meditation (Joe)
  2. Discussion

This does not always come easily and may take much practice before it comes naturally. When we find ourselves resisting a feeling of loving ourselves, maybe feeling undeserving of our own love, see if we can look at this as a thought, and accept it as just that while holding ourselves with acceptance and kindness.

1. **Mountain Meditation**
   1. Intro

Earth and water are elemental forces in the world and can be used in meditation to promote a sense of stillness and peace. Mountains are firmly rooted in the earth, and exist almost timelessly. Whatever may be happening on its surface, whatever weather, whatever seasons, whoever walks on it, the mountain maintains its essential being. This image can help us to remember why we sit in meditation, to stay connected to our stillness within.

* 1. Meditation (MP3)
  2. Discussion

1. **What next**
   1. Responses to questions
   2. Next meetings – Rachel’s location
   3. Role of Website and mailing group
2. **Home Practice** 
   1. What Joe and Rachel do

Sit, check in…see what feels right…lk, allowing, being with feelings, dis-identification, just sitting with a question.

* 1. Ideas for Daily Mindfulness – on handout
  2. Case example – on handout

1. **Chocolate Meditation**
2. **Check out**