# 

# *Session 7 Taking Care of Ourselves*

## Agenda

1. Welcome
2. Check in (Joe)
3. Review of Home Practice (Both)
   1. Extended Being with Feelings Meditation
   2. Sitting meditation for 20 minutes or 2 x 10 minutes daily
   3. Reflection
4. Dis-identification/The Observer
   1. Introduction
   2. Meditation
   3. Discussion
   4. Meditation
5. Loving Kindness
   1. Introduction
   2. Meditation
   3. **Break**
   4. Discussion
   5. Loving kindness meditation
6. Home Practice
   1. Alternate the loving kindness and dis-identification meditations, either on their own or as a lead in to your sitting meditation session.
   2. Meditate for at least 20 minutes or 2 x 10 minutes daily
   3. Think about your own future with mindfulness, responding to the questions on the sheet.
7. Check out

This took 1.5 hours so it is about 30 minutes short, so we could add the mountain and the lake meditation.