

CLASS PRACTICE GUIDE – WEEK 4



This workbook is designed to help you focus your practice throughout the four-week course. After the course is over, it may continue to serve as a resource for your ongoing practice of mindfulness.

Week 4: Living Our Values

*Find a place inside where there's joy,
and the joy will burn out the pain.*

Joseph Campbell

*Joy is prayer; joy is strength; joy is love;
joy is a net of love by which you can catch souls.*

Mother Teresa

True happiness comes from the joy of deeds well done, the zest of creating things new.

Antoine de Saint-Exupery

Walking Our Talk, Taking a Stand

Each time we take our “seat” as a meditator, we are making well-being and peace a priority. Creating a routine around this practice can be life changing. It doesn’t matter if we meditate for three minutes or thirty, whether our mind wanders or whether we find calm. That relatively brief period of time sends a message to our nervous system that calmness, centeredness, ease and tranquility are valuable priorities. After a while, this perspective starts to become a way of life and influences choices we make, big and small. It doesn’t mean that we feel peaceful – or any particular way, all the time: we know these states are possible and accessible. Knowing this can change a life.

In Daily Life:

We all generally know someone, or of someone (or are someone), who has demonstrated great strength and integrity of spirit while experiencing hardship. Some people serve as role models and their example can be an inspiration, long after their passing. For example, Gandhi’s name is now synonymous with peacefully living one’s conviction.

- Actively consider role models, living or who have passed on, who are an inspiration to you. For example, someone who is a role model for resilience, enjoying life, being disciplined, or having fun.

Journal Prompt

- Considering the above suggestion for daily life practice, write down a few words about why your chosen person is an inspiration and how you would like to live in order to follow in their footsteps.
- What do you know now about joy, serenity or happiness that you didn't know previous to the last three weeks of class?
- *If you want to keep the last three week's practices going, you are welcome to do so.*

Serenity Practice: Mind-Body-Breath Serenity Meditation

- Use the class meditation recording – or the *Loving-Kindness Meditation* by Jon Kabat-Zinn that has been placed in the music player this week.

Suggested videos: (live links on class web page)

- *Life is Right Now* – Jon Kabat-Zinn
<https://www.youtube.com/watch?v=EU7vKitN4Ro>
- Thich Nhat Hanh on Compassionate Listening | SuperSoul Sunday | Oprah Winfrey Network <https://www.youtube.com/watch?v=lyUxYflkhzo>
- Thich Nhat Hanh's Tea Meditation | SuperSoul Sunday | Oprah Winfrey Network <https://www.youtube.com/watch?v=LNiwOI0u9AI>

*A leaf fluttered in through the window this morning, as if supported by the rays
of the sun, a bird settled on the fire escape, joy in the task of coffee, joy
accompanied me as I walked.*

Anais Nin