

# MINDFULNESS BASED EMOTIONAL BALANCE

Christ Episcopal Church  
Fall 2018

Website: <http://impeccablecompassion.com/MBEB>

Password: MBEB

1. WEEK ONE (SEPTEMBER 20): *Mindfulness, Emotion, Perception and Stress*

2. WEEK TWO (SEPTEMBER 27): *Feeling Tone*

3. WEEK THREE (OCTOBER 4): *Mindfulness of Thoughts*

4. WEEK FOUR (OCTOBER 11): *Forgiveness*

5. WEEK FIVE (OCTOBER 18): *Kindness and Compassion*

6. WEEK SIX (OCTOBER 25): *Anger*

SILENT RETREAT OCTOBER 27<sup>TH</sup> 10-4 Location TBA

7. WEEK SEVEN (NOVEMBER 8): *Fear and Anxiety*

8. Week Eight (NOVEMBER 15): *Integration and Moving Forward*

## WEEK ONE: *Mindfulness*

### **THEME: Settling the mind and becoming more aware**

#### *Guided Meditation Practice in Class and for Home Practice:*

- Mindfulness of Breathing (Deep cleansing breaths, followed by breath awareness and breath focus)
- Daily Intention Meditation

#### *Informal Daily Practices:*

- Start each day with a short mindfulness intention exercise
- Use the breath as a way to connect to present moment and find peace/focus
- Choose an activity to practice and enjoy mindfully
- Connect to the expansive quality of mind by spending time in nature/quiet
- Start and/or begin the day with several minutes of breathing meditation
- Throughout the day (5-6 times) do 1-2 minute breathing meditation sessions
- Reflect on any “resistance” you might encounter and investigate “what is behind this.”
- For several minutes a day remind yourself about your intentions for taking this course. As you breathe in, cultivate an awareness of these intentions. As you breathe out, cultivate an imagination that these intentions are being fulfilled.
- Reflect on the phrase “what to accept and what to reject.” Make a conscious effort to add something to your life this week and to take something away.
- Try to cultivate mindfulness during your workday, bringing awareness to interactions and what you bring to them.

## **Intentions for Mindfulness Based Emotional Balance**

*Use this page to reflect on your personal intentions for cultivating compassion.*

**Why have you chosen to participate in this program at this time in your life? What has brought you here, at this moment? Why are you interested in cultivating greater emotional balance? What are your intentions for your own participation in, and contribution to, this course?**

### Week 1 Meditation Practice

Meditation: Settling and Focusing the Mind through Breath Focus

*Use this and the following page to keep track of your meditation practice and any questions or observations about the practice.*

	Practice Time	Questions & Observations
Day 1 (F)		
Day 2 (Sat)		
Day 3 (Sun)		
Day 4 (Mon)		
Day 5 (Tues)		
Day 6 (Wed)		
Day 7 (Th)		

### **Week 1 Meditation Practice**

Meditation: Settling and Focusing the Mind through Breath Focus

**Overall reflections on this week's meditation practice:**

**Overall reflections on the process of supporting (and/or avoiding or resisting) your own meditation practice:**

**Week 1 Intentions**  
Daily Intentions

*Use this and the following page to keep track of your daily intentions and any questions or observations about the practice.*

	Practice Time	Questions & Observations
Day 1 (F)		
Day 2 (Sat)		
Day 3 (Sun)		
Day 4 (Mon)		
Day 5 (Tues)		
Day 6 (Wed)		
Day 7 (Th)		

## **Week 1 Informal Mindfulness Practice**

*Use this page to record any thoughts or observations about this week's suggestions, or your own strategies, for bringing mindfulness into everyday life.*



## Meditation Considerations

1. Approach meditation as an act of Self-Compassion
2. Focus on consistency not quantity
3. Be aware of the quality of the mind that “notices” when the practice is going “wrong”
4. Realize that there are a multiplicity of “correct” responses
5. Forgo immediate expectations
6. The process is the path
7. The beginning and end are important
8. Use and trust your own intuition
9. “Work round the edges” but stay safe and self-compassionate
10. Have trusted guides
11. Normalize, don’t pathologize, your experience
12. Recognize that struggling is normal, and come back to your basic motivation
13. In “cultivation” practices, realize that what we experience is often not what we are trying to cultivate (i.e. compassion, lovingkindness, equanimity)
  - a. Immersion
  - b. Expansion
  - c. Distraction
  - d. Numbness
  - e. Resistance
  - f. Avoidance
14. For instance, CCT is a *systematic* process that allows compassion to *unfold*
15. Any response is a valid response.