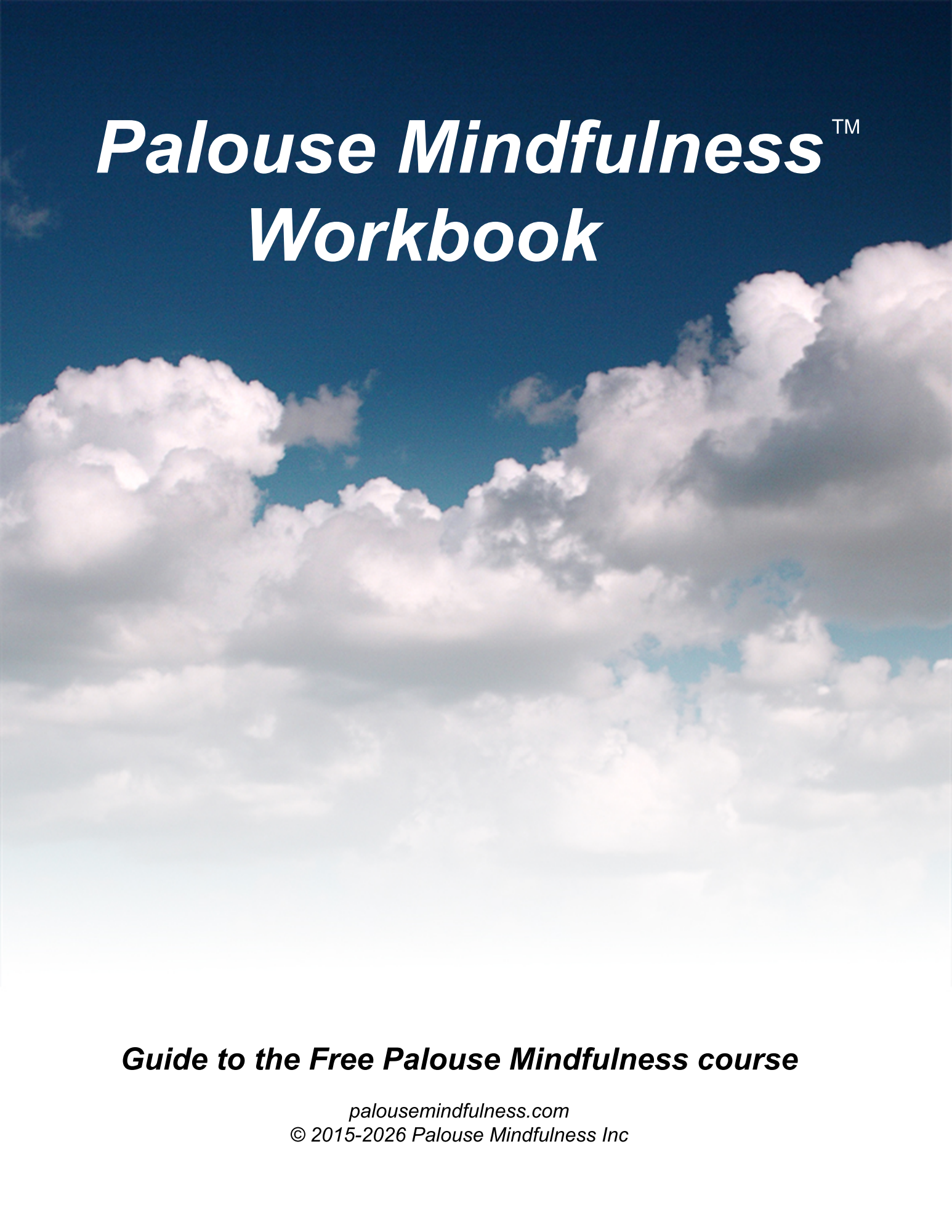




Palouse Mindfulness™ Workbook

Guide to the Free Palouse Mindfulness course

palousemindfulness.com

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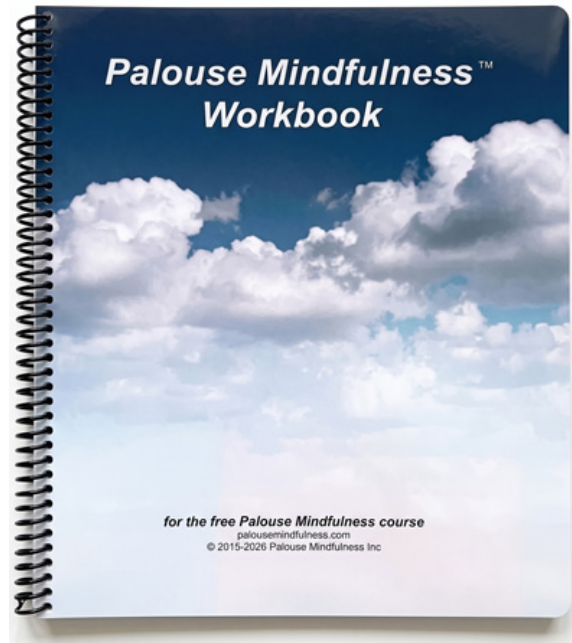
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How to use this Workbook



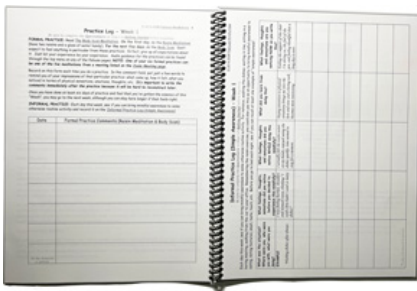
Welcome! This workbook is designed as a companion to the free Palouse Mindfulness course found at palousemindfulness.com. With this workbook, you can record your progress through the course as you use your computer or phone for meditations, videos, and reading materials.



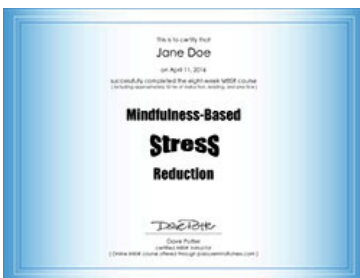
As you progress through the course, you can check the boxes alongside the links for videos, reading material, and practice sheets to indicate you've completed that item.



On each week's "Materials" page, there is a QR code that will take you to the corresponding page of the website where you will be able to access the meditation recordings, videos, and readings associated with that week. Just scan the QR code with your camera.



Weeks 1-7 have a formal and informal practice sheet which can be filled out in the printed workbook, or can be completed as a WORD document by clicking on the corresponding link on that week's page. Completing these practices each week is the central part of the course. By doing these practices each "week" you will learn mindfulness in an embodied way, which will naturally flow into your daily life.



To receive a Certificate of Completion, you will need to complete all eight weeks of the Palouse Mindfulness Course, all five steps of Getting Started, and each week's reading, videos, and practices. After you send the materials indicated in the "Requesting a Certificate" section, we will send you a personal note of congratulations along with your certificate."

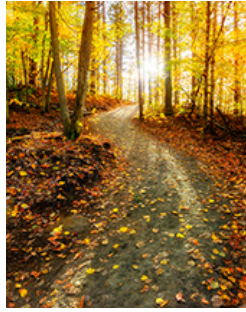
Palouse Mindfulness™ Workbook

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Introduction



In my walks, I would fain return to my senses.
What business have I in the woods
if I am thinking of something out of the woods?
- Henry David Thoreau -

"Mindfulness is about being fully awake in our lives. It is about perceiving the exquisite vividness of each moment." - Jon Kabat-Zinn

For most of us, when this happens, it's unexpected, maybe while walking on a mountain trail on a crisp autumn day, or being so focused in work or play that you are not thinking about past or future, or connecting with someone in a way that makes it seem like time is standing still. This state of being alive and whole in the present moment is always available, but it typically eludes us, especially in times of difficulty and external pressures.

"Mindfulness" is used in many contexts nowadays and there are many different understandings of the term. Diana Winston of UCLA's Mindful Awareness Research Center gives my favorite definition: ***Paying attention to present moment experience with open curiosity and a willingness to be with what is.***

*The **Palouse Mindfulness course** is a blend of meditation, body awareness, and mindful movement: learning through practice and study how your body handles (and can resolve) stress neurologically.*

What will taking the Palouse Mindfulness course do for me?

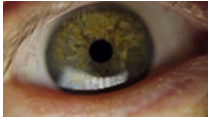
Through this course, you will learn skills that can increase your ability to:

- Cope with stress, pain, and the challenges of everyday life
- Deal with disturbing events with grace and composure
- Be fully present and alive in this moment

While the Palouse Mindfulness course is not a "cure" for serious medical conditions and should not be used as a substitute for medical treatment, research indicates that mindfulness training can have a significant therapeutic effect for those experiencing stress, anxiety, high blood pressure, depression, chronic pain, migraines, heart conditions, diabetes and other ailments. In addition, participants typically report feeling more alive, more "in-tune" with themselves and others.

Introduction

Introductory videos



[Mindfulness: Being Fully Awake in Our Own Lives](#) [10 min]

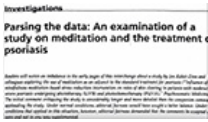
A good introduction to what we mean by mindfulness in the context of this course. It is narrated by Saki Santorelli, the former director of the Center for Mindfulness at the **University of Massachusetts Medical School**, where Mindfulness-Based Stress Reduction began.



[Introduction to Mindfulness-Based Stress Reduction \(MBSR\)](#) [7 min]

Describes how the MBSR course began over 40 years ago, narrated by Jon Kabat-Zinn and others who were instrumental in bringing MBSR to the world. Also see the two-page article, [Mindfulness-Based Stress Reduction: An Overview](#), a short but engaging article about the

essence of MBSR.



[The Beginnings of Mindfulness Research](#) [3 min]

A brief description of the commitment to research that began in the early days of MBSR. There is now a solid base of peer-reviewed research validating the benefits of mindfulness meditation for people coping with heart disease, high blood pressure, diabetes, cancer, chronic pain, depression, anxiety and other medical and psychological conditions. For recent research, including specific journal citations, see [Scientific Research](#).

If you want to know even more...

You don't really need to know more about mindfulness to get started with this course. However, if you are interested in digging deeper, you can watch an information-packed video of [Jon Kabat-Zinn speaking at Google](#) which explores the research validating mindfulness for physical and psychological well-being. For the full origin story of how Kabat-Zinn, an MIT PhD in molecular biology, came to create MBSR, read [The Power of Paying Attention](#).

The importance of practice

This course is highly experiential and the daily practice is perhaps the most important component. You wouldn't expect to learn to surf by reading a book about surfboards and waves, and learning a mindfulness practice is no different than any other skill that involves both mind and body. You know from your own experience in learning to play an instrument, or a sport, or any complex skill whatsoever, that practice is important. ***Your body/mind is the most complex instrument in the universe. It takes time and practice to use it effectively and harmoniously.***

For this reason, we recommend that you set aside time every day for practice. ***This may be the most difficult hurdle you face in getting started because one of the issues you are facing may be not having enough time for all that needs to get done in a day - how are you going to find extra time?*** Previous participants have said that after a few weeks of practice, although their time to "do things" is technically less, there can be a feeling of having more space and time, even in the middle of a very busy day.

If you are ready to continue now, please go to [Getting Started](#) before going on to Week 1.

Getting Started



You should sit in meditation for twenty minutes every day
– unless you're too busy -
then you should sit for an hour.
- *Old Zen adage* -

When you sit,
sit in such a way that you feel you have already arrived.
To sit doesn't mean to struggle.
When you sit,
sit so that sitting becomes an arrival into the present moment.
Enjoy your arrival.
How wonderful to have arrived.
- *Thich Nhat Hanh* -

After experiencing the [Introduction](#), if you've decided to continue with the course, here's what you need to do next:

Step 1: Let Us Know You are Beginning

Step 2: Complete the Goals & Commitment Worksheet

Step 3: Familiarize Yourself with "Frequently Asked Questions"

Step 4: Create a Manual for Your Journey (Optional)

Step 5: Take Care of Your Own Physical and Mental Health

Getting Started

☐ Step 1: Let Us Know You are Beginning

We're glad you've decided to start the program!

If you'd like to receive a [Certificate of Completion](#) – for school, work, or personal motivation – **you need to fill out the [Getting Started Questionnaire](#) before starting with Week 1.** The Questionnaire asks for your name and email so we can send you our **Welcome Letter**. Your information is never shared. The Questionnaire also asks if there is a date by which you need to receive your certificate. **It takes a minimum of 10 weeks from the day you send in this questionnaire to complete the course and receive a certificate, so if you need the certificate by a certain date, take this into account.**

Completing the questionnaire shows that you have begun the course and makes you a member of the [Palouse Mindfulness Community](#). As a member, you have the option to join our Facebook or Zoom groups where Palouse students and graduates meditate together and discuss mindfulness topics.

You can still take the course without completing the Getting Started Questionnaire – you just won't be able to connect with other students online, nor would you be eligible to receive a certificate. Please choose the option that feels best for you.

*If you have any difficulties with the questionnaire, or **if you don't receive your Welcome Letter within 10 minutes of completing the questionnaire**, email us at team@palousemindfulness.com with the subject line "Questionnaire help," and we'll be happy to assist you.*

☐ Step 2: Complete the Goals & Commitment Worksheet

It's important to consider what it is that you hope will happen as a result of doing this program. For example, you may hope for some effective ways of dealing with stress or worry, ways to cope with illness or difficult life situations, better concentration, an increase in the ability to be present and fully engaged in life, or to accept yourself more fully and others just as they are.

What is it that you hope will happen as a result of following this program?

The **Goals & Commitment Worksheet** will help you answer this question and will create the foundation for your practice over the next eight weeks. ***This worksheet is for your own use, there is no need to send it to us.***

Please complete the worksheet on the next page now.

Take your time completing it. This is especially important because it is difficult to begin a meditation practice on your own, and you will greatly increase your odds of staying with it if you are clear about your goals and when and where you will do the practices.

A Note About the Time Commitment

This course takes about **50 hours over eight or more weeks**. Each "week" includes:

- About **2 hours** of videos and reading. You can watch/read all at once or spread it out—whatever works for you.
- About **30–35 minutes of formal practice per day**.
- Informal practices to integrate mindfulness into everyday life.

Goals & Commitment Worksheet

This worksheet begins your MBSR journey. Actually writing your responses to these questions and those on the practice logs will help ground your practice and learnings in a way that would not be possible if you simply answered these questions in your head. In a way, this is the first mindfulness practice: being mindful of your intentions and commitment to the process you are about to begin. **NOTE: As you go through the course, you may take longer than a week for any given "week", and that's fine. Knowing how much time you need is, in itself, mindfulness.**

So, first, there is probably something that drew you to this program that made it seem like a good idea. For example, you may wake up in the middle of the night with worries and concerns that keep you from getting a good night's sleep, or you may be dealing with difficult health issues, or you may have trouble concentrating, or you may simply want to increase your ability to be present and fully engaged in life, to accept more fully yourself/others, just as you/they are.

By the end of the course, I am hoping that:

While there are things you hope that will get better, it is important to recognize positive aspects of yourself, because it is these things that form the basis for any self-improvement. We tend to take for granted our own core strengths, so give yourself a few minutes to reflect on this. For instance, what would a good friend or close family member say that they appreciate about you?

Some of my strengths are:

Finding a specific time and place for your half-hour of daily practice is likely to be one of the most difficult hurdles and writing down now when and where you'll be doing your daily practice will help you to keep your promise to yourself to practice each day. People often choose to practice first thing in the morning, before roommates or family members are up and about, and others like the evening shortly before bedtime, or just after arriving home from work. Precisely when you practice is less important than having a set time and place, a time that you know you can practice without having to attend to the telephone or be responsive to others, and a place that is quiet and separate from others.

When will I practice? (Try to be concrete, e.g., 6:30am M-F, 7:30am Sat/Sun):

Where I am planning to practice (e.g., corner of the bedroom, basement, etc.):

The readings and videos for each "week" take about 2 hours. You are more likely to do the assigned readings and videos if you choose a particular day of the week and time to do this. If you don't do these all at once, it's fine to spread out the videos and reading over a period of several days.

The times and day(s) of the week I will do the videos and readings:

PERSONAL RESPONSIBILITY: By continuing with this course, I am confirming that if things come up which are too difficult to handle, I will take a break from the course and/or seek the help of a good counselor or therapist (see *If You React Strongly* at palousemindfulness.com/strongfeelings). If I need immediate help, I will call one of the crisis lines given in palousemindfulness.com/911. I agree to assume full responsibility for any risks, injuries, or damage which I might incur as a result of participating in this course and waive any claim I may have against Palouse Mindfulness or its representatives.

Getting Started (cont'd)

The “weeks” follow the traditional MBSR format, but you can go at your own pace. Just **avoid rushing – don’t complete a “week” in less than seven days**. Once you’ve completed at least six days of formal practice for the “week” (these don’t have to be consecutive) and feel you’ve absorbed the key ideas, you’re ready to move on. If life interrupts and you miss a few days, no worries. You can pick up right where you left off – or review earlier material if that’s helpful.

☐ Step 3: Familiarize Yourself with "Frequently Asked Questions"

You don't have to study the [FAQ page](#), but do take a look at it so you can see what's there. This is where the most common questions and concerns about the course and the practices are addressed. For instance, one of the most common questions is: [If I have experience, can I go faster and finish in less than eight weeks?](#)

☐ Step 4: Create a Manual for Your Journey (Optional)

We suggest keeping a binder with course materials for reference and review. If you print the instructions and readings for each week, you'll have created your own MBSR manual by the end

Visit the [MBSR Manual page](#) for directions about how to do this

☐ Step 5: Take Care of Your Own Physical and Mental Health

Feel free to modify any of the practices, especially yoga, to suit your physical needs. *Being aware of your own limits, and modifying the practices when necessary is, in itself, mindfulness in action.*

Difficult feelings or memories may arise during the course. If you have a counselor or doctor, let them know you're doing this program and update them on your progress so they can support you if needed.

PERSONAL RESPONSIBILITY: *By continuing with this course, you are confirming that if things come up which are too difficult to handle, you will take a break from the course and seek the help of a good counselor or therapist (see [If You React Strongly](#) for guidance about whether to take a break or not). If you should need immediate help, call one of the crisis lines given in [Crisis Hotlines](#). You agree to assume full responsibility for any risks, injuries, or damages which might occur as a result of participating in this course and waive any claim you may have against Palouse Mindfulness or its representatives.*

One last note:

Although this is a self-paced course, **you don’t have to do it alone**. As you go through the course, there are two ways to interact with other students and graduates, both optional:

- [Weekly Zoom Meditation & Discussion Meetings](#)

After a short introduction, there is a live group meditation followed by time to share in real-time with others. One of your six weekly practices can include participation in these live meditations.

- [Palouse Mindfulness Facebook Group](#)

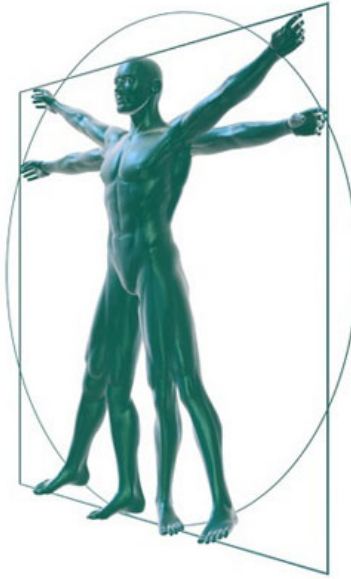
You can ask questions and interact with other students and graduates. Most questions are answered within an hour or two. Joining is optional, and you’re welcome to just observe without posting.

You're ready to start!

Go to [Week 1](#) to begin your journey!

Week 1 - Simple Awareness

Introduction to the Body Scan



If you think of your body as a musical instrument, the body scan is a way of tuning it.

If you think of it as a universe, the body scan is a way to come to know it.

If you think of your body as a house, the body scan is a way to throw open all the windows and doors and let the fresh air of awareness sweep it clean.

- Jon Kabat-Zinn -

Training your mind and body...

Always remember that in training a puppy we want to end up with the puppy as our friend. In the same way, we must practice seeing our mind and body as "friend." Even its wanderings can be included in our meditation with a friendly interest and curiosity. Right away we can notice how it moves. The mind produces waves. Our breath is a wave, the sensations of our body are a wave. We don't have to fight the waves. We can simply acknowledge, "Surf's up."

...The attitude or spirit with which we do our meditation helps us perhaps more than any other aspect. What is called for is a sense of perseverance and dedication combined with a basic friendliness. We need a willingness to directly relate again and again to what is actually here, with a lightness of heart and sense of humor. We do not want the training of our puppy to become too serious a matter.

- Jack Kornfield, from [A Path With Heart](#) -

Week 1 - Simple Awareness

Introduction to the Body Scan

Now that you've experienced the [Introduction](#) and completed the [Questionnaire](#) in Step 1 of [Getting Started](#), you are ready to begin. **Welcome!**

Although there are five videos to watch this week, once you start one, the others will automatically follow. Some of the videos have ads at the beginning. Revenue from these ads go to the original creators of the videos, not to Palouse Mindfulness. The links to all the materials described below are given in the colored section at the bottom of the page (Video List, Reading List, Practice Sheets).

Videos

The videos for this week begin with **The Power of Mindfulness**, in which Shauna Shapiro emphasizes the importance, not of just paying attention to our inner experience, but **paying attention with kindness**. In **Don't Try to be Mindful**, Daron Larson addresses a common misunderstanding about mindfulness practice, that if our meditation is not peaceful and free of thoughts, then we must be doing something wrong. The last video, **All Bodies are Beautiful** is an amazing 4-minute video which chronicles what Amy Pence-Brown, a self-described "body-image activist", did in a busy public market.

Readings

Each week, there are readings which are an important part of the program. This week, the main reading is about the **Body Scan Meditation** which will be your primary practice this week. **10 Myths of Meditation** addresses common misunderstandings, including the idea that one must have a quiet mind to meditate successfully. **Mouthfuls of Mindfulness** describes a way of eating that is "not directed by charts, tables, pyramids, or scales".

Daily Practices

This week begins your daily **Formal Practice**. On the first day, you'll do a **Raisin Meditation**, for which you'll need two raisins and a glass of water. On the following days you'll do the **Body Scan Meditation**. The guidance for these is available through the menu above under "Practices" (on a smartphone, click on the menu icon just below the top banner). Below, you can see the link to the **Formal Practice sheet**, where you will be making brief notes about your practice. **NOTE:** If you will be completing this by hand, print the **PDF file**, but if you'd like to complete it on your computer, download the **WORD file**.

For the **Informal Practice** this week, it is suggested that you bring mindful awareness to some otherwise routine activity such as washing the dishes and/or eating a meal. At the end of each day, using the **Informal Practice sheet** you will be printing or downloading for this week (see below), take just five minutes or so to see if you can recall a daily activity which you brought awareness to that day.

Supplementary reading

In addition, each week will indicate some supplementary reading or viewing materials. These are not required. For this "week", if weight-loss and healthy eating are of interest, see **Introduction to Mindful Eating** by Michelle DuVal, and **The Mindfulness-Based Eating Solution** by Lynn Rossy. **Managing Anxiety with Mindfulness** by Rachel Green specifically addresses test anxiety.

Week 1 Materials



Video List *[with most browsers, once you start the first video, the others will follow automatically]*

- ☐ [The Power of Mindfulness](#) - Shauna Shapiro [13 min]
- ☐ [Don't Try to be Mindful](#) - Daron Larson [12 min]
- ☐ [Mindfulness and the Body](#) - Michelle Maldonado [10 min]
- ☐ [Befriending Our Bodies](#) - Jon Kabat-Zinn [4 min]
- ☐ [All Bodies are Beautiful](#) - Amy Pence-Brown [4 min]

Reading List *[print these for your manual or read them online]*

- ☐ [The Body Scan Meditation](#) - Jon Kabat-Zinn
- ☐ [10 Myths of Meditation](#) - Melissa Eisler
- ☐ [Mouthfuls of Mindfulness](#) - Jan Chozen Bays

Practice Sheets *[print PDF file or download WORD file to record your daily practices]*

- ☐ [Formal Practice PDF](#) or [WORD format](#) - **Raisin Meditation & Body Scan**
- ☐ [Informal Practice PDF](#) or [WORD format](#) - **Simple Awareness and/or Mindful Eating**

All of the guided practices can be found through the top menu

Supplementary materials related to this week's topic *[totally optional]*

- [Introduction to Mindful Eating](#) - video by Michelle DuVal [10 min]
- [Well-Nourished: Mindful Practices to Heal Your Relationship with Food](#) - book by Andrea Lieberstein
- [The Mindfulness-Based Eating Solution](#) - book by Lynn Rossy
- [What Would It Take for You to Be Still?](#) - article by Catherine Price
- [An Apple as Past, Present and Future](#) - video by Susan Kaiser Greenland [2 min]
- [Managing Anxiety with Mindfulness](#) - video by Rachel Green [15 min]

Once you have done at least six days of practice (over a span of a week or more) and feel that you've gotten the essence of this "Week" through the videos and reading, you are ready to go to [Week 2](#). It's not necessary to read/view any of the Supplementary materials - these are totally optional.

Practice Log - Week 1

*Be sure to complete the **Questionnaire** in Step 1 of [Getting Started](#) before beginning*

FORMAL PRACTICE: Read [The Body Scan Meditation](#). On the first day, do the [Raisin Meditation](#) (have two raisins and a glass of water handy). For the next five days, do the [Body Scan](#). Don't expect to feel anything in particular from these practices. In fact, give up all expectations about it. Just let your experience be your experience. Audio guidance for the practices can be found through the top menu on any of the Palouse pages. **NOTE: One of your six formal practices can be one of the live meditations from a meeting listed on the [Zoom Meeting page](#).**

Record on this form each time you do a practice. In the comment field, put just a few words to remind you of your impressions of that particular practice: what came up, how it felt, what you noticed in terms of physical sensations, emotions, thoughts, etc. **It's important to write the comments immediately after the practice because it will be hard to reconstruct later.**

Once you have done at least six days of practice and feel that you've gotten the essence of this "Week", you may go to the next week, although you can stay here longer if that feels right.

INFORMAL PRACTICE: Each day this week, see if you can bring mindful awareness to some otherwise routine activity and record it on the [Informal Practice Log \(Simple Awareness\)](#).

Date	Formal Practice Comments (Raisin Meditation & Body Scan)
7th day & beyond is optional	

Informal Practice Log (Simple Awareness) – Week 1

*Be sure to complete the **Questionnaire** in **Step 1 of Getting Started** before beginning*

Each day this week, see if you can bring mindful awareness to some otherwise routine activity. For instance, washing the dishes, waiting in line, sitting in a boring meeting, walking from the car to your office. Remembering the raisin exercise, you could also use this as an opportunity to bring mindful awareness to eating, noting textures, smell, taste, touch, etc. Before you go to bed each night, see if you can recall at least one example of “simple awareness”.

What was the situation? Where were you, who were you with, what were you doing?	What feelings, thoughts, sensations did you notice before you decided to experience this mindfully?	What feelings, thoughts and sensations did you notice WHILE doing this mindfully?	What did you learn from doing this?	What feelings, thoughts and sensations are you noticing NOW as you write this?
EXAMPLE <i>Washing dishes after dinner.</i>	<i>I was feeling hurried, shoulders and stomach tense, thinking “I wish Chris hadn’t used so many dishes!”</i>	<i>I actually felt the warm water on my hands, enjoyed seeing the dishes sparkle, time seemed to stop for a moment.</i>	<i>Paying attention to physical sensations brings me into the here and now and a boring task becomes more interesting.</i>	<i>Feeling the support of the chair I’m sitting on, the feel of the pen, and feeling thankful that a long day is over.</i>
7th day and beyond is optional				

[This page intentionally left blank for notes or journaling]

Week 2 - Attention and The Brain

Introduction to Sitting Meditation



The range of what we think and do
Is limited by what we fail to notice
And because we fail to notice
There is little we can do
To change
Until we notice
How failing to notice
Shapes our thoughts and deeds.
- R.D. Laing -

Joshua Bell Plays a \$3,000,000 Violin ...and almost nobody notices

In a Washington, DC Metro Station, Joshua Bell, one of the world's greatest violinists, played a beautiful, intricate, moving piece on a violin worth over 3 million dollars. During the 43 minutes he played, **1,097 people walked by. Only seven stopped to listen**, and even those seven paused for only a few minutes. Three days before, Joshua Bell had played the same music to a sold-out audience in Boston where the seats averaged \$100 each. His minimum fee for playing a public concert was \$75,000. *How could so many people have walked by?*

The fact that so few people stopped was not a demonstration of the cluelessness of these commuters, but how the busyness of our daily life can sometimes prevent us from noticing the beautiful and miraculous world all around us. **How many amazingly beautiful things do we miss in a day, simply because of the pace of our lives and the intense focus on getting to the next thing?**

Week 2 - Attention and The Brain

Introduction to Sitting Meditation

Videos

This week's videos include **The Monkey Business Illusion** by Daniel Simons which illustrates both the incredible power of attention **and** the inherent limitations in our ability to perceive fully what is going on around us. Michelle Maldonado, in **Mindfulness Practice**, gives a beautiful definition of mindfulness: *"To be fully present in the moment to the mind, body, and surroundings, with curiosity and kindness"*. **Mindful Meditation and the Brain** and **How Meditation Can Reshape Our Brains** give a compelling account of how meditation creates physical changes in the brain. Finally, there is **Coming to Our Senses** by Jon Kabat-Zinn, followed by an entertaining **All it takes is 10 Mindful Minutes** that includes juggling and a provocative challenge to do "nothing" for 10 minutes.

Readings

Sitting Meditation describes the practice we are introducing this week. **Joshua Bell Plays a \$3,000,000 Violin (and almost nobody notices)** is a more detailed account of the "concert" described above. The next two readings, **How the Brain Rewires Itself** and **How Meditation Affects the Gray Matter of the Brain** discuss the growing body of research that demonstrates how meditative practice, even when done for a relatively short period of time (weeks not years), can physically alter the brain in positive and adaptive ways.

Daily Practices

This week, for the **formal practice**, we introduce the [Sitting Meditation](#), using breath as the primary object of awareness, alternating this with the Body Scan (Sitting one day, Body Scan the next, etc.). It can seem that the goal of the Body Scan or a Sitting Meditation is to stay focused on exactly one thing at a time (ankle, wrist, breath) and that when you notice your awareness has moved (to a memory, internal narrative, sound and wonderings about the sound), that you are somehow failing. These practices will increase your ability to focus and concentrate, but they will also expand your ability to be with whatever comes into your field of experience, non-judgmentally. **Simply noticing that your attention has moved to another object is, in itself, mindfulness in action.** Mindfulness includes both a concentrative attention (think laser beam) AND a capacity to perceive a larger picture (think floodlight). Both are important. Focusing on only one thing leaves the larger picture unseen, and maintaining only a broad focus does not allow exploration of the parts.

The **informal practice** this week is about becoming aware of how we experience and process pleasant events. They don't need to be major events, they can be something as simple as feeling the sun on your face or someone smiling at you. Just as we did last week, allow a few minutes before going to sleep to complete the informal practice log.

Week 2 Materials



Video List *[with most browsers, once you start the first video, the others will follow automatically]*

- ☐ [The Monkey Business Illusion](#) by Daniel Simons [2 min]
- ☐ [Mindfulness Practice](#) - Michelle Maldonado [17 min]
- ☐ [Mindful Meditation and the Brain](#) - Shauna Shapiro [6 min]
- ☐ [How Meditation Can Reshape Our Brains](#) - Sara Lazar [8 min]
- ☐ [Coming to Our Senses](#) - Jon Kabat-Zinn [9 min]
- ☐ [All it takes is 10 Mindful Minutes](#) - Andy Puddicombe [10 min]

Reading List *[print these for your manual or read them online]*

- ☐ [Sitting Meditation](#) - Jon Kabat-Zinn [excerpted from Full Catastrophe Living]
- ☐ [Joshua Bell plays a \\$3,000,000 violin \(and almost nobody notices\)](#)
- ☐ [How the Brain Rewires Itself](#) - Sharon Begley
- ☐ [How Meditation Affects the Gray Matter of the Brain](#) - David R. Hamilton, Ph.D.

Practice Sheets *[print PDF file or download WORD file to record your daily practices]*

- ☐ [Formal Practice PDF](#) or [WORD format](#) - [Body Scan](#) & [Sitting Meditation](#)
- ☐ [Informal Practice PDF](#) or [WORD format](#) - [Pleasant Events Calendar](#)

All of the guided practices can be found through the top menu

Supplementary materials related to this week's topic *[optional]*

- [Life is Right Now](#) - video by Jon Kabat-Zinn [7 min]
- [Why a Neuroscientist Would Study Meditation](#) - video by Willoughby Britton [10 min]
- [Measuring Mindfulness](#) - video by Judson Brewer [7 min]
- [Whodunnit](#) - video by Shamash Alidina [4 min]
- [Neuroscientist Richard Davidson's Wake-Up Call](#) - video by Huffington Post [5 min]
- [Altered Traits](#) - book by Daniel Goldman and Richard Davidson
- [Mastering Your Own Mind](#) - article by Katherine Ellison

Once you have done at least six days of practice (over a span of a week or more) and feel that you've gotten the essence of this "Week" through the videos and reading, you are ready to go to [Week 3](#). It's not necessary to read/view any of the Supplementary materials - these are totally optional.

Practice Log - Week 2

FORMAL PRACTICE: Read the [description of the Sitting Meditation](#). Between now and next week, practice at least six times, alternating the [Sitting Meditation](#) with the [Body Scan](#). As before, don't expect anything in particular from either of these exercises. See if you can give up all expectations about it and just let your experience be your experience. **NOTE: One of your six formal practices can be one of the live meditations from a meeting on the [Zoom Meeting page](#).**

Record on this form each time you practice. In the comment field, put just a few words to remind you of your impressions: what came up, how it felt, what you noticed in terms of physical sensations, emotions, thoughts, etc. ***It's important to write the comments immediately because it will be hard to reconstruct later.***

Once you have done at least six days of practice and feel that you've gotten the essence of this "Week", you may go to the next week, although you can stay here longer if that feels right.

INFORMAL PRACTICE: At the end of the day before you go to bed, recall one specific pleasant event and record it on the [Pleasant Events Calendar](#).

Date	Formal Practice Comments (include whether Body Scan or Sitting)
7th day & beyond is optional	

Informal Practice Log (Pleasant Events Calendar) – Week 2

What was the experience?	Were you aware of the pleasant feelings while the event was happening?	How did your body feel, in detail, during this experience?	What moods, feelings, and thoughts accompanied this event?	What thoughts, sensations, emotions do you notice now as you write this down?
EXAMPLE <i>Heading home after work – stopping, hearing a bird sing.</i>	<i>Yes.</i>	<i>Lightheadedness across the face, aware of shoulders dropping, uplift of corners of mouth.</i>	<i>Relief, pleasure, "That's good", "Pretty song", "it's so nice to be outside".</i>	<i>It's such a small thing but I'm glad I noticed it. I get a warm feeling and a tingling in my body..</i>
<i>7th day & beyond is optional</i>				

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Week 3 - Dealing with Thoughts

Introduction to Yoga



Leave your front door and your back door open.
Let thoughts come and go.
Just don't serve them tea.
- Shunryu Suzuki -

Your River of Thoughts...

One scientist declared that we have an average of about 67,000 thoughts a day... The river of thoughts is not under your control [and] much of the river is composed of reruns.

...With mindfulness, you can stop taking them so seriously. You can come to know that your thoughts make a good servant but not a good master. ...It's true that you still need some thoughts to plan for the future and to problem-solve, but you could eliminate 90 percent of your thoughts and still have plenty to do the job.

...And then you can begin to realize that just because you have a thought doesn't mean you have to believe it — much less act on it — and certainly not get caught up in the whole stream of them. You can release the mind of some of its more dangerous patterns. Observing the mind with mindfulness brings liberation.

- Jack Kornfield, from [Your Mind: Friend or Foe?](#) -

Week 3 - Dealing with Thoughts

Introduction to Yoga

At this point in your practice, you may be noticing just how busy the mind is, with replays of past events, expectations/fears about the future, or evaluations of present experience (I like this, don't like that, when will this be over, etc.).

It can seem that the object of meditation is to get rid of all thoughts and distractions, and when that isn't happening, you may feel like you are failing at meditation and/or the meditation can turn into a struggle, wanting your experience to be different than it is. In fact, the kind of meditation you are learning is more about working skillfully with **any** internal or external experience, and isn't really about "getting rid" of thoughts and distractions. In fact, it can be said that wandering thoughts are the weights that train the muscles of the mind.

Videos

It's common for there to be a sense of pushing oneself in meditation, and the first video, **Non-Striving**, addresses the possibility of taking the striving out of meditation (and life!). The second video, **Attention, Intention, Attitude**, explores the attitude we take toward ourselves in meditation, which is often harsh, and the possibility of being gentler with ourselves. In the next two videos, **Your Thoughts are Bubbles** and **Dealing with Thoughts (in life and meditation)**, Jon Kabat-Zinn and Tara Brach each talk about the idea that meditation is not about getting rid of thoughts, but about changing our relationship with them. Finally, **The Samurai and the Fly** is a vivid dramatization illustrating how trying to stop thoughts or push away distractions not only doesn't work, it actually makes things worse.

Reading

The reading list this week begins with **Mindful Yoga** by Jon Kabat-Zinn. *Even if you are an experienced yoga practitioner, it's important to read this before beginning the Yoga practice that begins this week.* In **Meditation: It's Not What You Think**, Jon Kabat-Zinn points out that while meditation can often be accompanied by peace and relaxation, "*meditation is not relaxation spelled differently*", and as Erik Wikstrom says in the quote above, "*The moments of stillness are one of meditation's byproducts, not the practice itself.*" The last three brief articles, by Wes Nisker and Jack Kornfield, explore more deeply the relationship between meditation and thoughts.

Daily Practices

For the **formal practice** this week, we introduce **Mindful Yoga** ([Yoga 1](#)) into your 30 minute practice, alternating with the Sitting Meditation and choosing one day to do a Body Scan. This is all outlined in your Week 3 Practice Log, below. *Even if you are an experienced yoga practitioner, be sure to read "Mindful Yoga" in the reading below, before beginning the yoga practice. Mindful Yoga is different than many traditional yoga practices in that there is less of a focus on the exact posture achieved and more focus on body/mind awareness.*

The **informal practice** is about becoming aware of how we experience and process unpleasant events. Just as in previous weeks, allow a few minutes before going to sleep to complete the informal practices log.

Week 3 Materials



Video List

- ☐ [Non-Striving](#) - Jon Kabat-Zinn (3 min)
- ☐ [Attention, Intention, Attitude](#) - Shauna Shapiro (16 min)
- ☐ [Your Thoughts are Bubbles](#) - Jon Kabat-Zinn (5 min)
- ☐ [Dealing with Thoughts \(in life and in meditation\)](#) - Tara Brach (20 min)
- ☐ [The Samurai and the Fly](#) - Hanjin Song (3 min)

Reading List

- ☐ [Mindful Yoga](#) - Jon Kabat-Zinn
- ☐ [Meditation - It's Not What You Think](#) - Jon Kabat-Zinn
- ☐ [I Hadn't Thought of That](#) - Wes Nisker
- ☐ [Your Mind: Friend or Foe?](#) - Jack Kornfield
- ☐ [The Reality Below Thoughts](#) - Jack Kornfield

Practice Sheets

- ☐ [Formal Practice \[PDF\]](#) [or [WORD format](#)] - **Mindful Yoga (Yoga 1), Body Scan, Sitting Meditation**
- ☐ [Informal Practice \[PDF\]](#) [or [WORD format](#)] - **Unpleasant Events Calendar**

All of the guided practices can be found through the top menu

Supplementary materials related to this week's topic [optional]

- [Thoughts: "Real, but not True"](#) - video by Tara Brach (26 min)
- [Surrender to the Monkeys](#) - video by Tara Brach (4 min)
- [Hands off the Controls](#) - video by Tara Brach (14 min)
- [Freedom from Repetitive Thoughts](#) - article by Jack Kornfield
- ["Letting Go" in Meditation](#) - video by Peter Russell and Shauna Shapiro (15 min)
- [Autobiography in Five Short Chapters](#) - one-page "autobiography" by Portia Nelson
- [Transform Your Mind, Change Your Brain](#) - video by Richard Davidson [65 min]
- [Mindfulness, the Mind, and Addictive Behavior](#) - video by Judson Brewer [20 min]
- [You're Not Meditating Right If Your Mind Is Calm \(You're not meditating wrong either\)](#) - article by Mindfulness and Health Institute

Once you have done at least six days of practice (over a span of a week or more) and feel that you've gotten the essence of this "Week" through the videos and reading, you are ready to go to [Week 4](#). It's not necessary to read/view any of the Supplementary materials - these are totally optional.

Practice Log - Week 3

FORMAL PRACTICE: Read the [description of Mindful Yoga](#) (*this is very important, even for experienced yoga practitioners*). Practice at least six times this week, alternating [Mindful Yoga 1](#) with the [Sitting Meditation](#) (e.g., three of each). At least one of the days, do a [Body Scan](#) (this means that your six practices for the week would be 3 yogas, 2 sitting meditations, and 1 body scan). As before, don't expect anything in particular from the practice. In fact, give up all expectations about it. Just let your experience be your experience. **NOTE:** *One of your six formal practices can be one of the live meditations from a meeting listed on the [Zoom Meeting page](#).*

Record each time you practice. In the comment field, put just a few words to remind you of your impressions of that particular session: what came up, how it felt, etc. *Once you have done at least six days of practice and feel that you've gotten the essence of this "Week", you may go to the next week.*

INFORMAL PRACTICE: At the end of the day before you go to bed, recall one specific unpleasant event and record it on the [Unpleasant Events Calendar](#). The unpleasant event doesn't have to be major. It could be, for instance, impatience waiting in line or being mildly annoyed by some minor event.

NOTE: *If, at the end of the day, you honestly can't find an even minor annoyance or discomfort, you can take this time to celebrate that fact. We often don't take time to experience gratitude, so this could be an opportunity to do that. On the informal practice, sheet answer the questions with your current feeling in mind.*

Date	Comments (include whether Body Scan, Yoga or Sitting)
7th day & beyond is optional	

Informal Practice Log (Unpleasant Events Calendar) – Week 3

What was the experience?	Were you aware of the unpleasant feelings while the event was happening?	How did your body feel, in detail, during this experience?	What moods, feelings, and thoughts accompanied this event?	What thoughts, sensations, emotions do you notice now as you write this down?
EXAMPLE <i>Waiting for the cable company to come fix our line. Realize that I am missing an important meeting.</i>	<i>Yes.</i>	<i>Temples throbbing, tightness in my neck and shoulders, pacing back and forth.</i>	<i>Angry, helpless, frustrated. "Is this what they mean by service?" "Those #@!\$#! – I can't afford to miss this meeting!"</i>	<i>I hope I don't have to go through this again soon. Mild anxiousness, tightness in stomach.</i>
<i>7th day & beyond is optional</i>				

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Week 4 - Stress: Responding vs. Reacting

STOP: The One-minute Breathing Space



Between stimulus and response there is a space.
In that space is our power to choose our response.
In our response lies our growth and our freedom.

- Victor Frankl -

The basic difference between an ordinary man and a Warrior
is that a Warrior takes everything as a challenge,
while an ordinary man takes everything either as a blessing or as a curse.

- Carlos Castaneda -

I am an old man
and have known a great many troubles,
most of which never happened
- anonymous (sometimes attributed to Mark Twain) -

Stress: Good or Bad?

In modern life, our stress response, designed evolutionarily to protect us from danger, can be deadly when it is activated continually and without resolution. This is the bad news.

The good news is that stress is an evolutionary survival response and is not actually an enemy to health and well-being but is a response which can be protective and even life-giving.

This week we introduce videos, readings, and practices that illustrate the difference between being at the mercy of the stress response and utilizing it as an ally to respond effectively to difficult situations.

Week 4 - Stress: Responding vs. Reacting

STOP: The One-minute Breathing Space

Videos

We begin with **Stress - Portrait of a Killer**, featuring Robert Sapolsky, a neuroscientist at Stanford University and possibly the world's greatest authority on the causes and effects of stress. This video describes the physiology of stress and how the same evolutionary mechanism that helped us survive as a species can be deadly when constantly triggered by traffic jams and work demands.

How To Make Stress Your Friend, features Kelly McGonigal, a psychologist specializing in health medicine. She perhaps goes a little too far in saying that health-endangering stress simply comes from a "belief that stress is bad", but her video provides a good counterbalance to the idea that stress is always bad. **How Stress Affects Your Brain** is an animated video that includes both the "good" and "bad" aspects of stress. In **STOP: A Short Mindfulness Practice**, Susan Bauer-Wu describes how mindfulness can counteract a disproportionate stress reaction and introduces you to **STOP**, which you can use literally anywhere, anytime, to ground you and help you to be more resilient and effective in the face of difficult situations. The last video is **Using STOP**, from a podcast interview of Dave Potter with Yurika Vu,

Reading

What Is Stress? distinguishes between acute stress, which is short-term and adaptive, and chronic stress, which is the primary cause of stress-related health problems. **Harnessing the Upsides of Stress** provides specific situations in which it is true that simply believing that the stress response is healthy can make it so, without making the claim that this is true in every situation. **STOP: One-minute Breathing Space** is a one-page description of the process you will be using for this week's informal practice, and **The Magic Quarter Second** is a short article by Tara Brach that weaves in some science to validate "STOP".

Daily Practices

"Yoga 2" is introduced this week. For the **formal practice**, we alternate "Yoga 2" with the Sitting Meditation, doing either yoga or a sitting meditation for each of the six days of practice.

For the **informal practice**, you will look for opportunities to practice **STOP** during the course of the day. Don't expect to remember the precise steps of "STOP" during the most trying parts of the day - it's enough just to remember to stop and take a breath. The best way to make it second nature is to practice it when you aren't stressed, such as during the "in between" times, like waiting in line, walking from one office to another, getting in/out of your car, etc.

Mid-way Self-Assessment

By the end of this week, you will be at precisely the half-way point of the course, and that would be a good time to reflect on what's been happening so far as a result of doing this course. On the last day of your practice, instead of recording your informal practice of "STOP", please take the time to complete the **Midway Self-Assessment Worksheet** below, included with your practice sheets.

This short 3-question worksheet shouldn't take any more time than what you normally spend recording your informal practice and will help you reflect on your personal learnings as well as the things you may still be struggling with. *A likely outcome of this awareness and active appreciation will be a strengthening and reinforcement that can naturally carry forward to the end²⁶ of this course and beyond.*

Week 4 Materials



Video List

- ☐ [Stress - Portrait of a Killer](#) - Excerpt from the Robert Sapolsky National Geographic Special [7 min]
- ☐ [How Stress Affects Your Brain](#) - Madhumita Murgia [4 min]
- ☐ [How To Make Stress Your Friend](#) - Kelly McGonigal [14 min]
- ☐ [STOP: A Short Mindfulness Practice](#) - Susan Bauer-Wu [4 min]
- ☐ [Using STOP](#) - Interview of Dave Potter with Yurika Vu [21 min]

Reading List

- ☐ [What Is Stress?](#)
- ☐ [The Anatomy of Anxiety](#) *Time Magazine graphic*
- ☐ [Understanding the Stress Response](#) - Harvard Health Publications
- ☐ [Harnessing the Upsides of Stress](#) - Harvard Health Publications
- ☐ [STOP: One-Minute Breathing Space](#)
- ☐ [The Magic Quarter Second](#) - Tara Brach

Practice Sheets

- ☐ [Formal Practice \[PDF\]](#) [or [WORD format](#)] - **Mindful Yoga (Yoga 2)** and [Sitting Meditation](#)
- ☐ [Informal Practice \[PDF\]](#) [or [WORD format](#)] - **STOP: The One Minute Breathing Space**
- ☐ [Midway Self-Assessment \[PDF\]](#) [or [WORD format](#)] - Complete during last day of practice

All of the guided practices can be found through the top menu

Supplementary materials related to this week's topic *[optional]*

- [The Science of Anxiety](#) *Time Magazine article*
- [The Anatomy of Fear](#) *Discovery Magazine graphic*
- [When Is Stress Good for You](#) *article by Bruce McEwen*
- [The Psychology of Stress](#) *short video "teaser" by Robert Sapolsky [3 min]*
- [Stress - Portrait of a Killer](#) *Longer version of the Robert Sapolsky National Geographic Special [27 min]*
- [Why Zebras Don't Get Ulcers](#) *book by Robert Sapolsky*
- [Leaves Falling Gently](#) *book by Susan Bauer-Wu*
- [The Mindful Approach to Butterflies in Your Stomach](#) *article by Jennifer Wolkin*
- [The Other Brain Also Deals with Many Woes](#) *article by Harriet Brown*
- [How Does the Vagus Nerve Convey Gut Instincts to the Brain?](#) *Psychology Today*

Once you have done at least six days of practice (over a span of a week or more) and feel that you've gotten the essence of this "Week" through the videos and reading, you are ready to go to [Week 5](#). It's not necessary to read/view any of the Supplementary materials - these are totally optional.

Practice Log - Week 4

FORMAL PRACTICE: Practice at least six times this week, alternating [Mindful Yoga 2](#) with the [Sitting Meditation](#). As before, don't expect anything in particular from doing these. In fact, give up all expectations about it. Just let your experience be your experience. ***As with all the weeks, one of your six formal practices can be one of the live group meditations listed in the [Zoom Meeting page](#).*** Once you have done at least six days of practice and feel that you've gotten the essence of this "Week", you may go to the next week, although you can stay here longer if that feels right.

INFORMAL PRACTICE: Read the description of [STOP: One-Minute Breathing Space](#). Carry the [Informal Practice Log](#) with you during the day, and at least once during the day (waiting in line, just before getting in or out of your car...), practice using "STOP", and record it on the Informal Practice Log when you can.

NOTE: On the last day of your practice, instead of recording your informal practice of "STOP", please take the time to complete the [Midway Self-Assessment Worksheet](#) which was included with your practice sheets (see Week 4, under "Practice Sheets").

Date	Formal Practice Comments (Yoga or Sitting)
7th day & beyond is optional	

Informal Practice Log (STOP: One-Minute Breathing Space) – Week 4

What was the situation?	What was going on with you when you thought to take a Breathing Space? (body, mind, emotion)	What did you notice WHILE you were doing the Breathing Space? (body, mind, emotion)	What did you notice AFTER you did the Breathing Space? (body, mind, emotion, action)	What did you learn?
EXAMPLE <i>I was in a meeting where someone was saying something I knew to be untrue.</i>	<i>My heart was pounding, my stomach was tight, I felt angry and I thought "He KNOWS that's not true!"</i>	<i>Noticed my shoulders were tight, too, but when I paid attention to breath, I felt things start to loosen a bit.</i>	<i>My stomach and shoulders were a little looser. I did say something, but it came from a much calmer place.</i>	<i>Without the break, I would have reacted automatically and said something I'd regret. I can use getting aroused as a signal to use a Breathing Space.</i>
7th day & beyond is optional	NOTE: On the last day of informal practice, instead of (or in addition to) recording your experience with "STOP" that day, complete the Midway Self-Assessment Worksheet that was included with your practice sheets (see Week 4, under "Practice Sheets").			

Midway Self-Assessment

Over the past weeks, you have experienced a variety of formal practices (body scan, sitting meditation, yoga) and a number of informal practices (simple awareness, mindful eating, awareness of pleasant/unpleasant experiences, STOP/one minute breathing space). If you were to go back to your "Getting Started" worksheet, you'd see what your hopes and expectations were for this course, and although up until now, we've discouraged you from evaluating your progress against these hopes and expectations, now is a good time to assess what you've noticed since you began this course.

Even though you won't be sharing this with anyone else, it can be helpful to actually write down your thoughts at this point. Taking time for reflection will help you to notice and appreciate any positive changes that may have resulted from the practices and/or reflect on those areas where you may still be struggling, allowing the possibility of mid-course corrections.

What do you notice already starting to happen? What are you encouraged by?

What is not happening yet - what are you still struggling with?

Take a moment to see if you can recall a specific incident in your life that stands out that somehow relates to the work you have done so far in this course. What was the situation? What happened differently in this case than might have happened before you started the course?

Week 5 - Dealing with Difficult Emotions or Physical Pain

The "Turning Toward..." Meditations



You can have compassion for yourself - which is not self-pity.
You're simply recognizing that 'this is tough, this hurts,'
and bringing the same warmhearted wish for suffering to lessen or end
that you would bring to any dear friend
grappling with the same pain, upset, or challenges as you.
- Rick Hanson -

What do you do?

So what do you do when you have a jittery feeling or a tightness or a choking sensation in your throat? If you're like most of us, you try to get rid of it. Maybe you curse it a little: "Why does this stupid feeling have to come now, just when I need to be my best?" Or maybe you put yourself down: "If I were a better person, I wouldn't freeze up this way." Maybe you do deep breathing exercises, or have a drink or a cigarette.

What doesn't occur to you, ... is to listen to the feeling, to let it speak to you.

And yet, when you let the feeling speak to you, you are allowing yourself to be open to the depth and richness of your whole self. Furthermore, when you listen to the feeling, it is much more likely to relax, release, and let you go on with what you're doing in a clear and centered way. You might even move forward in this area of your life in ways that surprise and delight you...

- Ann Weiser Cornell, from [The Power of Focusing](#) -

Week 5 - Dealing with Difficult Emotions or Physical Pain

The "Turning Toward..." Meditations

So far in this course, when some difficulty presents itself during meditation in the form of a thought, emotion, or physical sensation, we have been simply acknowledging it and then “firmly but gently” returning to the object of awareness (for instance, breath in the sitting meditation). This week, we introduce a new way to deal with difficult emotions or physical pain, called **"Turning Toward"** that involves intentionally exploring the difficulty rather than moving away from it. This is a powerful method, but it is deeply counter-intuitive, because the last thing we think we want to do is to move closer to what's been troubling us.

When used as an informal practice, **"Turning Toward"** can be thought of as a more nuanced form of STOP ("One-Minute Breathing Space") that allows for a fuller exploration of what's happening. Although such an exploration might sound scary and uncomfortable, this is a gentle process, and is done in a special way, one that draws on the skills of awareness and non-judgment that you've been building so far in this course.

The "Turning Toward" practices described here were inspired by [Vidyamala Burch](#) and her "Five-Step" model. For more about her work, see "Supplementary materials by Vidyamala Burch" below.

Videos

In **Turning Toward Difficulty** and **One Moment at a Time**, Vidyamala Burch describes this surprising and counter-intuitive way of dealing with issues, whether physical or emotional. In **The Gift and Power of Emotional Courage**, Susan David describes a gentle but effective way of "turning toward" difficult emotional issues. Also included is a short, but powerful video called **Holding Your Feelings Like a Baby** by Thupten Jinpa, the Dalai Lama's interpreter, and **The Three Components of Self-Compassion** by Kristin Neff.

NOTE: *If you are dealing with significant physical pain, be sure to also watch Tara Brach's **Working Skillfully with Pain** and **Guided Reflection on Inhabiting this Body** in the supplementary section.*

Readings

Responding to Emotional or Physical Pain describes how "Turning Toward" differs from more typical ways of dealing with difficulty. **"Turning Toward" Difficult Emotions** and **"Turning Toward" Physical Pain** are one-page descriptions that will be used for the informal practice this week. Tara Brach's **Radical Acceptance** comes from her book by the same name and talks about the two "wings" of Radical Acceptance, clear seeing and self-compassion, both very important for "Turning Toward". *If you or a loved one is dealing with back pain, **The Strange Case of Chronic Back Pain**, in the Supplementary section, is a must-read.*

Daily Practices

For the **formal practice**, we introduce the **"Turning Toward" Meditation**. You will do this the first two days of this week, and on the following days you can choose from any of the practices you've learned so far. The "Turning Toward" meditation prepares you for doing the "Turning Toward" informal practice.

The **informal practice** will be to practice "Turning Toward" an unwanted emotion or physical pain that may have come up during the day. *Be sure to print and review **"Turning Toward" Difficult Emotions** and **"Turning Toward" Physical Pain** to use as guides for these informal practices.*

Week 5 Materials



Video List

- ☐ [Turning Toward Difficulty](#) [and] [One Moment at a Time](#) - Vidyamala Burch [12 min]
- ☐ [The Gift and Power of Emotional Courage](#) - Susan David [16 min]
- ☐ [Pain x Resistance = Suffering](#) - Tara Brach [8 min]
- ☐ [Holding Your Feelings "Like a Baby"](#) - Thupten Jinpa [2 min]
- ☐ [The Three Components of Self-Compassion](#) - Kristin Neff [6 min]

Reading List

- ☐ [The Four Ways of Responding to Emotional or Physical Pain](#) - Dave Potter
- ☐ ["Turning Toward" Difficult Emotions](#) - option 1 for Informal Practice
- ☐ ["Turning Toward" Physical Pain](#) - option 2 for Informal Practice
- ☐ [Radical Acceptance](#) - Tara Brach
- ☐ [The "Felt Sense" Prayer](#) - as shared by Tara Brach

Practice Sheets

- ☐ [Formal Practice](#) [PDF] [or [WORD format](#)] - "Turning Toward" Meditation
- ☐ [Informal Practice](#) [PDF] [or [WORD format](#)] - "Turning Toward" informal practices

Be sure to read the two "Turning Toward" guidelines for informal practice in the Reading section.

All of the guided practices can be found through the top menu

Supplementary materials related to this week's topic [optional]

- ["Inner Listening" - An Introduction to Focusing](#) article and videos by Ann Weiser-Cornell
- [Working Skillfully with Pain](#) video by Tara Brach [4 min]
- [Guided Reflection on Inhabiting this Body](#) video by Tara Brach [13 min]
- [Mindfulness and Painful Emotions](#) video by Steven Hayes [2 min]
- [The "PACE" of Pain](#) video by Amberly Lago (14 min)
- [Lower Back Ache?](#) New York Times article
- [The Strange Case of Chronic Back Pain](#) article by Ron Siegel
- [Back Sense: Halting the Cycle of Chronic Back Pain](#) book by Ron Siegel
- [Working with Pain - Mindfulness Strategies](#) articles, talks, and meditations by Tara Brach
- [How To Be Sick](#) book by Toni Bernhard
- [Dealing with Panic Attacks](#) video by Steven Hayes (3 min)
- ... [For the rest of the "Supplementary Materials" list, see <https://palousemindfulness.com/MBSR/week5.html>] ...

Once you have done at least six days of practice (over a span of a week or more) and feel that you've gotten the essence of this "Week" through the videos and reading, you are ready to go to [Week 6](#). It's not necessary to read/view any of the Supplementary materials - these are totally optional.

Practice Log - Week 5

FORMAL PRACTICE: Practice at least six times this week, doing the ["Turning Toward" Meditation](#) *the first two days of this week* and the other four days you can choose any of the practices you've done so far, including Turning Toward (Sitting, Body Scan, Yoga, Turning Toward).

INFORMAL PRACTICE: Practice with either *"Turning Toward Difficult Emotions"* or *"Turning Toward Physical Pain"*, focusing on an unwanted emotion or physical pain that may have come up during the day. The unwanted emotion or physical pain doesn't have to be severe, for instance, being mildly annoyed by someone/something that day, or a sore back or tense neck/shoulders.

NOTE about the Informal Practice: *If, at the end of the day, no unwanted emotion or physical discomfort comes to mind, ignore the "Turning Toward" format, and take the time to feel gratitude for something that happened that day (or even simply for the fact that you have no significant unwanted feelings!). We often don't take time to experience gratitude, so you might see if you can stay with the feeling of gratitude for a moment or two, and maybe even feel it in your body (e.g., warmth in chest, softness in belly, full heart, relaxed neck and shoulders...). You can make a short note about what happened when you did that somewhere on that day's row of the Informal Practice sheet.*

Date	Practice Comments (include which type of practice)
7th day & beyond is optional	

Informal Practice Log (“Turning Toward”) – Week 5

What was the situation? What were you noticing? (something that caused physical or emotional distress: “I don’t like this!”)	What was the strongest emotion you were feeling? (e.g. anger, sadness, grief, impatience, confusion, fear, shame, longing, despair?)	How would you describe this physically? (e.g. tightness in chest, queasiness in stomach, ache in heart, headache)	Where did you find something pleasant? (image, memory, past event, something grateful for, or part of body without pain)	What did you notice immediately AFTER having done this process (or what do you notice now)? (body-mind-emotion-action)
EXAMPLE (emotional) My boss harshly reprimanded me in an email. I went through all the things I could say in my defense. My shoulders were tense, my jaw clenched, stomach tight.	I felt vulnerable and angry, but mostly I felt hurt about how unfair he had been. At first, I was shocked, then felt like I had been kicked in the stomach.	There was a sinking feeling in my stomach, and a tightness because I really thought I had done a good job in the document he wrote to me about.	I remembered how much I love my work and how grateful I am for being able to do something that makes a difference in other peoples’ lives.	I softened around my stomach, noticed I could relax my shoulders. I was able to respond non-defensively to my boss.
EXAMPLE (physical) I was working at my desk and my back was killing me, but I had two hours more to go – I couldn’t leave.	Anger, impatience, wishing it would just go away. “How am I going to get through the day like this? I have so much to do!”	Compressed area in small of back, tight, binding, pinching. It’s oblong and about 1” thick in middle, tapers off at edge. Texture like granite.	My legs don’t hurt, they actually feel relaxed, pleasant... sensing warmth and ease there. Recalling nice interaction with a friend this afternoon...	I felt much bigger, that there is much more to me than this area in my back. The back pain didn’t go away, but I felt it as only part of me, not all, not so troubling.
7th day & beyond is optional				

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Week 6 - Mindfulness and Communication

Mountain & Lake Meditations



Listening is the art of entering the skin of the other
and wearing it for a time as if it were your own.

- David Spangler -

Listening & Dealing with Conflict

Most of us don't really listen very deeply when we are in conversation. As Tara Brach says in **The Sacred Art of Listening**: *"We spend most of our moments when someone is speaking, planning what we're going to say, evaluating it, trying to come up with our presentation of our self, or controlling the situation. Pure listening is a letting go of control. It's not easy and takes training... The bottom line is when we are listened to, we feel connected. When we're not listened to, we feel separate."*

Effective communication with those who we disagree with is extraordinarily difficult. If you are like most people, you have a fall-back strategy to deal with conflict that was learned early in life, one that is habitual and embedded in interactions with others. The three most common strategies are: **accommodate** ("be nice"), **demand** ("me first"), or **withdraw** ("I don't care"). There is a fourth way, one that involves investigating both your world and the other's world, that can sometimes yield a surprising and creative solution that honors both worlds. In the martial art, Aikido, this would be called **blending**, a move that harms neither party and turns conflict into more of a dance than a fight. This is complex and an art form in itself, and forms the basis of Marshall Rosenberg's **Non-Violent Communication (NVC)**, something that is briefly introduced this week.

Week 6 - Mindfulness and Communication

Mountain & Lake Meditations

If you were to consider all the truly stressful situations in your life, you'd probably find that many, if not most, involve other people. This week, we focus on communication and what it means to be mindful in our interactions with others, whether it be family members, co-workers or neighbors. Our focus up until now has been on our internal world (thoughts, feelings and sensations); now we move from the intra-personal to the inter-personal, taking into account another's world, and the place where their world and ours meet. This means recognizing that "the other" (person or persons) have their own perceptions, feelings and needs, which are almost certainly different than ours.

Videos

In the short but powerful video, **Deep Listening**, Frank Ostaseski suggests listening not just from our head and ears, but also from our heart and body, and in **The Power of Empathy in Communication**, Ann Weiser Cornell tells a wonderful story about how a little girl's melt-down in a day-care is transformed by a single expression of empathy, a lesson that is applicable even in the boardroom or politics. In **The Art of Being Heard**, Susan Piver describes three principles of mindful communication (timing, listening, agenda-less-ness). In the next two videos, Tara Brach talks about **The Sacred Art of Listening**, and in **Awakening Through Conflict**, she begins to answer the question of how one deals with conflict in communication. When dealing with others, blame is easy and empathy difficult, so it's perfect that the videos end with two short but powerful animations, **Blame** and **Empathy**, both narrated by Brené Brown.

Reading

Included in the reading is a written companion to the video above by Tara Brach, also called **The Sacred Art of Listening**. Anger is sometimes confused with hatred and identified as an emotion that a "spiritual" person would not have. Sylvia Boorstein clarifies this misunderstanding with **The Most Frequently Asked Question**. Our typical way of dealing with anger is to either externalize it or stuff it, and in **The Answer to Anger** Pema Chodron describes a powerful middle way, neither exploding nor imploding. **Conflict Management Styles** describes the four ways of dealing with conflict outlined above (accommodate, demand, withdraw, blend), and **The Heart of Non-Violent Communication (NVC)** by Marshall Rosenberg, is an introduction to NVC, a skillful way of communicating in difficult situations. For those wishing to know more about NVC, see the Supplementary Materials.

Daily Practices

This week, we introduce the **Mountain Meditation** and the **Lake Meditation**, one of which we suggest you try at least once this week, in place of one of your normal 30 minute practices. These are both shorter practices (20 min), so on the day you do one of these meditations, you will have a shorter practice session (if you'd like a full 30 minutes, you can add 10 minutes of silent meditation on your own that day).

For the **formal practice** this week, we are now at a point where you can freely choose between any of the three main practices you've experienced so far: Body Scan, Sitting Meditation, Yoga (and the Mountain Meditation or Lake Meditation at least one day).

The **informal practices** up until now have been focusing on the intra-personal (what's happening inside you) and now we begin paying attention to the inter-personal, using the **Communication Calendar**, noticing what happens when we bring mindfulness to relationships.

Week 6 Materials



Video List

- ☐ [Deep Listening](#) - video by Frank Ostaseski [3 min]
- ☐ [The Power of Empathy in Communication](#) - Ann Weiser Cornell [2 min]
- ☐ [The Art of Being Heard](#) - Susan Piver [4 min]
- ☐ [The Sacred Art of Listening](#) - Tara Brach [19 min]
- ☐ [Awakening Through Conflict](#) - Tara Brach [9 min]
- ☐ [Blame](#) - narrated by Brené Brown [3 min]
- ☐ [Empathy](#) - narrated by Brené Brown [3 min]

Reading List

- ☐ [The Sacred Art of Listening](#) - Tara Brach
- ☐ [The Most Frequently Asked Question](#) - Sylvia Boorstein
- ☐ [The Answer to Anger](#) - Pema Chodron
- ☐ [Conflict Management Styles](#) - summary of communication styles
- ☐ [The Heart of Nonviolent Communication \(NVC\)](#) - Marshall Rosenberg

Practice Sheets

- ☐ [Formal Practice \[PDF\]](#) [or [WORD format](#)] - [Body Scan](#), [Sitting Med.](#), [Yoga](#) (and [Mountain](#) or [Lake Med.](#))
- ☐ [Informal Practice \[PDF\]](#) [or [WORD format](#)] - [Communication Calendar](#)

All of the guided practices can be found through the top menu

Supplementary materials related to this week's topic [optional]

- [Empathy in Communication](#) - video by Ann Weiser Cornell [7 min]
- [AH, FOWL - Transforming Anger](#) - adapted from Barbara De Angelis' "Love Letters"
- [Listening with Ears of the Heart](#) - video by Tara Brach [12 min]
- [What Really Makes Us Happy](#) - video of Robert Waldinger [13 min]
- [Non-Violent Communication](#) - video narrated by Marshall Rosenberg [6 min]
- [Non-Violent Communication interview](#) - interview of Marshall Rosenberg [21 min]
- [Non-Violent Communication: A Language of Life](#) - book by Marshall Rosenberg
- [Intimate Relationship as a Spiritual Crucible](#) - article by John Welwood
- [Tuning In: Tips on how to be a good listener](#) - article by David Rome
- [E-Mail Is Easy to Write \(and to Misread\)](#) - article by Daniel Goleman
- [A 4-Step Guide to Ranting Productively](#) - New York Times article by Carl Richards

Once you have done at least six days of practice (over a span of a week or more) and feel that you've gotten the essence of this "Week" through the videos and reading, you are ready to go to [Week 7](#). It's not necessary to read/view any of the Supplementary materials - these are totally optional.

Practice Log - Week 6

FORMAL PRACTICE: Practice at least six times this week, doing either a **Body Scan**, **Yoga** (either Yoga 1 or Yoga 2), or **Sitting Meditation** (guided or unguided). Also, do either the [Mountain Meditation](#) or the [Lake Meditation](#) at least once. As before, don't expect anything in particular. Just let your experience be your experience.

INFORMAL PRACTICE: Each day, at the end of the day before you go to bed, recall and record one communication experience on the [Communication Calendar](#). It doesn't need to be a particularly difficult communication, simply one in which you can recollect wanting something in particular to come out of the conversation (even if it was simply wanting a smile or a particular kind of response).

NOTE: For the first time, in this informal practice, we are expanding our mindfulness to include another person's world, and there is a space (4th column) to consider what **they** wanted out of the communication and what **they** actually got. To really do this, you'd have to, at least for the moment, put yourself in the other party's shoes. A complete exploration of this would, of course, include asking them about this, which would be critical in an important communication. There is a very powerful process that includes a methodology for really understanding another's feelings-wants-needs-perceptions, [Non-Violent Communication](#), which is well worth exploring, but is beyond the scope of this week's practice.

Date	Practice Comments (include whether yoga, body scan, or sitting)
7th day & beyond is optional	

Informal Practice Log (Communication Calendar) – Week 6

Describe this communication. With whom? Subject?	What did you want from them and/or how did you want to be treated?	What did you actually get (in terms of outcome and treatment)?	What do you think the other person wanted? What did they actually get (outcome/treatment)?	How did you feel (physically & emotionally) during and after?	What do you notice NOW (physical/emotional/mental) as you recall this communication?
EXAMPLE Called phone company about changing my phone plan, this was the 3 rd time I was transferred.	I wanted her to change my plan, to take responsibility, to be sympathetic and understanding.	I was told I had to talk to someone else and I was transferred a 4 th time. She was unsympathetic, even rude.	To have me talk to someone else, for me not to be upset. She got me to agree to talk to someone else, but I remained irritated and upset.	Tight stomach, shoulders, angry at her and all the time it was taking. Better, once I got to right person.	At first, tightness, but then uneasiness in stomach – feel a little sheepish for being so angry at someone only trying to do their job.
7th day & beyond is optional					

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Week 7 - Mindfulness and Compassion

Lovingkindness Meditation & Walking Meditation



If we could read the secret history of our enemies,
we should find in each man's life sorrow and suffering
enough to disarm all hostility.

- Henry W. Longfellow -

Tenderness and kindness are not signs of weakness and despair,
but manifestations of strength and resolution.

- Kahlil Gibran -

Survival of the Kindest

*In 1871, eleven years before his death, Charles Darwin published what has been called his “greatest unread book,” *The Descent of Man and Selection in Relation to Sex*. His little-known discussion of sympathy in this book reveals a facet of Darwin’s thinking that is contrary to the competitive, ruthless, and selfish view of human nature that has been mistakenly attributed to the Darwinian perspective...*

...Darwin’s thinking about compassion, altruism, and morality certainly reveals a different picture of this great thinker’s concerns than the one portrayed by those who focus on the catchphrase “the survival of the fittest” (in fact a quote from Spencer, not Darwin). Those unacquainted with his writings, and even some scientists, are unaware of Darwin’s commitment to the unity of mankind, his abolitionist convictions, and his intense interest in moral principles and human and animal welfare.

- Paul Ekman, from [Survival of the Kindest](#) -

Week 7 - Mindfulness and Compassion

Lovingkindness Meditation & Walking Meditation

Up to this point in the course, compassion has played a subtle, but important role in our meditation practice. In fact, compassion, and especially self-compassion, may be the most important component of MBSR - it's the oil that makes the gears of mindfulness work. Without it, the practices are at best, dry, and at worst, harsh and counter-productive. At the heart of our lack of compassion for ourselves is the lie that many of us grew up with: in order to be successful, we must not only work hard, but we must be hard on ourselves.

In some mindfulness courses, the linkage between mindfulness and compassion is not very explicit, focusing almost exclusively on strengthening concentration and the ability to stay with present-moment experience. This has made the mindfulness movement vulnerable to the argument that, for instance, there could be such a thing as a "mindful" terrorist or a "mindful" bank robber.

Of course, something seems very wrong with this, since kindness and compassion are at the core of almost every meditative tradition. This week, we explore our natural tendency to connect and care about others, and consider the value and potential of being compassionate even beyond our closest relationships.

Videos and Reading

The first video, **We Are Built To Be Kind**, by Dacher Keltner of U.C., Berkeley, provides evidence for the idea that we, as humans, have a deep-seated inclination to care for others. The article, **Survival of the Kindest**, indicates that even Darwin believed this. As natural as the capacity for compassion is, Matthieu Ricard, a Buddhist monk who has logged 50,000 hours of meditation practice and who also has a PhD in cellular genetics, makes the case for consciously supporting this capacity in the video, **Cultivating Altruism**.

We also explore the natural linkages there are with mindfulness and compassion in Shauna Shapiro's video, **How Mindfulness Cultivates Compassion**, and her article, **Does Mindfulness Make You Compassionate?**

In our culture, it can be argued that the person we are least kind to is ourselves. In the video, **Overcoming Objections to Self-Compassion**, and in the article, **The Five Myths of Self-Compassion**, Kristin Neff explores misconceptions about self-compassion, including the belief that motivation requires self-criticism, and the idea that being kinder to ourselves makes us complacent and less effective.

Daily Practices

This week, we introduce two new meditations, the [Lovingkindness Meditation](#) and the [Walking Meditation](#). Choose one day to do the Lovingkindness Meditation and another to do the Walking Meditation, and on the remaining days you can choose any of the practices you've learned so far, including these two. The recorded guidance for the Walking Meditation is short, only 6 minutes, so on the day that you do this practice, continue on your own for the remaining 24 minutes of your 30 minutes of practice for that day. **NOTE:** *If you are unable to walk without pain, it's fine to do one of the other practices that you've learned so far in place of the walking meditation.*

For the **informal practice**, on any given day, you may choose any of the practices you've experienced so far (e.g., simple awareness, mindful eating, STOP, "Turning Toward"), including the Walking Meditation that you are learning this week. As before, enter each day's informal meditation on the practice sheet.

Week 7 Materials



Video List

- ☐ [We Are Built To Be Kind](#) - Dacher Keltner [4 min]
- ☐ [Cultivating Altruism](#) - Matthieu Ricard [18 min]
- ☐ [How Mindfulness Cultivates Compassion](#) - Shauna Shapiro [13 min]
- ☐ [Overcoming Objections to Self-Compassion](#) - Kristin Neff [12 min]
- ☐ [Radical Acceptance is a Prerequisite for change](#) - Tara Brach [2 min]

Reading List

- ☐ [Survival of the Kindest](#) - Paul Ekman
- ☐ [Does Mindfulness Make You More Compassionate?](#) - Shauna Shapiro
- ☐ [The Five Myths of Self-Compassion](#) - Kristin Neff
- ☐ [Walking Meditation Instructions](#) - Tara Brach

Practice Sheets

- ☐ [Formal Practice \[PDF\]](#) [or [WORD format](#)] - adding [Lovingkindness](#) & [Walking meditation](#)
- ☐ [Informal Practice \[PDF\]](#) [or [WORD format](#)] - **Walking, Simple Awareness, Mindful Eating, STOP**, etc.

All of the guided practices can be found through the top menu

Supplementary materials related to this week's topic [optional]

- ["I'm On Your Side"](#) - video by Michael Franti [4 min]
- ["Self-Love" interview of Dave Potter](#) - video by Yurika Vu [46 min]
- [Be Kind. Always.](#) - video by Jamie Derrick [9 min]
- [Humankindness: A Hopeful History](#) - book by Rutger Bregman
- [Fierce Self-Compassion](#) - book by Kristin Neff
- [6 Amazing Ways Animals Show Compassion](#) - article by Chris Mooney
- [Self-Compassion](#) - Emma Seppala
- [Widening the Circles of Compassion](#) - video by Tara Brach [3 min]
- [Disarming Our Hearts](#) - video by Tara Brach [6 min]
- [Compassionate Ethics in Difficult Times](#) - video by the Dalai Lama [11 min]
- [Compassion and Mindfulness](#) - video by Jon Kabat-Zinn [5 min]
- [The Mindful Path to Self-Compassion](#) - book by Christopher Germer
- [First, Forgive Yourself](#) - interview of Tara Brach by Tej Rae
- [The Practice of Forgiveness](#) - article by Jack Kornfield
- [Universal Compassion](#) - video by Sylvia Boorstein and Sharon Salzberg [10 min]
- [Unconditional Love](#) - video by Tara Brach [29 min]
- [Mindfulness and Self-Compassion](#) - video by Kristin Neff [21 min]
- [Making Friends with Yourself](#) - article based on Pema Chodron's "4 Keys to Waking Up"
- [Lovingkindness - should we extend it to the jerks of our world?](#) - article by A. Olendzki

Once you have done at least six days of practice (over a span of a week or more) and feel that you've gotten the essence of this "Week" through the videos and reading, you are ready to go to [Week 8](#). It's not necessary to read/view any of the Supplementary materials - these are totally optional.

Practice Log - Week 7

FORMAL PRACTICE: Choose one day to do the [Lovingkindness Meditation](#) and another to do the [Walking Meditation](#), and on the remaining days you can choose any of the practices you've learned so far, including these two. The recorded guidance for the Walking Meditation is short, only 6 minutes, so on the day that you do this practice, continue on your own for the remaining 24 minutes of your 30 minutes of practice for that day. As before, don't expect anything in particular. Just let your experience be your experience. **NOTE: If you are unable to walk without pain, it's fine to do one of the other practices that you've learned so far in place of the walking meditation.**

INFORMAL PRACTICE: At least once a day, consciously use one of the informal practices (Simple Awareness, Mindful Eating, STOP, "Turning Toward", or the Walking Meditation introduced this week), and make note of it on the **Informal Practice Log**.

Date	Practice Comments (include which practice)
7th day & beyond is optional	

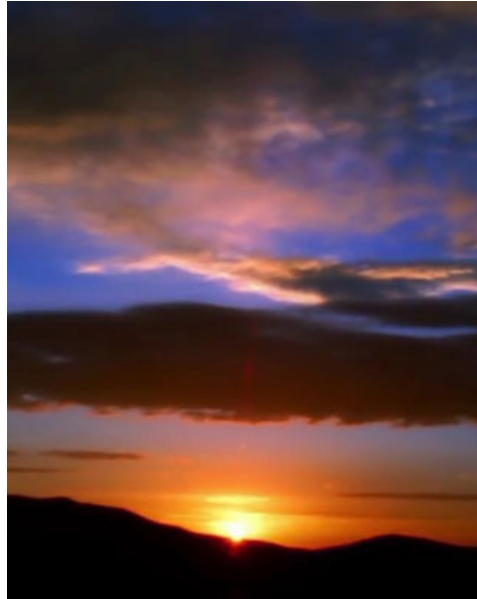
Informal Practice Log – Week 7

What was the situation? What process did you use? (Simple Awareness, Mindful Eating, STOP, "Turning Toward", Walking)	What was going on with you when you thought to do the process? (body, mind, emotion)	What did you notice WHILE you were doing the process? (body, mind, emotion)	What did you notice AFTER you did the process? (body, mind, emotion, action)	What did you learn?
EXAMPLE <i>I was cleaning the garage and getting frustrated with how long it was taking and decided to use Simple Awareness.</i>	<i>I felt frustrated at how long it was taking, hurrying just to get through, thinking "I HATE doing this – I have so many other things to do!"</i>	<i>I started to pay attention to the one part I was working on: the pile of tools in the corner, colors, shapes, how it felt to be holding the saw handle.</i>	<i>I actually continued with the process for a while. I was much calmer, only focused on what I was doing at THAT moment.</i>	<i>It wasn't the job itself which was frustrating, but my thinking about all the other things I had to get done.</i>
<i>7th day & beyond is optional</i>				

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Week 8 - Conclusion

Developing a Practice of Your Own



You are whole and also part of larger and larger circles of wholeness
you may not even know about.

You are never alone.

And you already belong.

You belong to humanity.

You belong to life.

You belong to this moment, this breath.

- Jon Kabat-Zinn -

You are not a drop in the ocean,

You are the entire ocean in a drop.

- Rumi -

Gratefulness is the key to a happy life that we hold in our hands,

because if we are not grateful,

then no matter how much we have we will not be happy

because we will always want to have something else or something more.

- David Steindl-Rast -

The three factors that seem to have the greatest influence on increasing our happiness are

our ability to reframe our situation more positively,

our ability to experience gratitude,

and our choice to be kind and generous.

- Dalai Lama -

Week 8 - Conclusion

Developing a Practice of Your Own

Time to reflect...

This brings us to the final week of the course, and if you have been watching the videos, reading the recommended material, and doing the practices, you have accomplished a lot! As a result of your dedicated learning and practice, it's likely that there have been some changes in you since you began, so now might be a good time to ask: ***What changes have you noticed since you began the course?*** The changes may be different than you expected and they might not be monumental. They could include subtle shifts, such as discovering that you are sometimes able to find space in the middle of a busy day, or that you are a little more resilient in encounters with others, or you're just a little kinder to yourself in difficult situations. It's often the subtle changes that are actually most profound, because they indicate learning that has been integrated, that they come from the inside-out rather than top-down.

Developing a practice of your own

Although there are videos and readings for this week, there are no practice sheets. Sometimes, we say that the eighth week of an MBSR class starts now but does not really have an end. If this course has been useful for you so far, you may want to consider the question: ***How will you continue practicing mindfulness in your daily life, on your own?*** You may decide that you would like to continue the practice in a formal way, incorporating in your schedule a sitting meditation or yoga, for instance, or you may already have an idea of how you would incorporate into your life one or more of the many informal practices (e.g., simple awareness, STOP, "Turning Toward", mindful walking).

Of the people who take the MBSR course and have found ways to incorporate mindfulness into their lives, every one of them does it in a unique way, a way that suits their temperament and needs. One person might continue with a 30-minute per day meditation practice, another might take a regular yoga class, another may have made their daily walk into a meditation using present-moment awareness of their inner and outer worlds as they walk, and yet another may intentionally use one or more of the many informal practices throughout their day. The important thing is not the specific practices you choose, but that you make them yours, and that they resonate with you in a way that they help you to be more alive, engaged and joyful in your daily life.

Videos

There is much evidence that gratitude is key to a happy and fulfilled life so it seems fitting to include **Gratitude**, **Love Letters**, and **The 365 Grateful Project** in the last set of videos for the course. **How My Son Ruined My Life**, by James Baraz's mother is funny but poignant and continues on that theme. Finally, **Listening as an Act of Love** and **Grand Central Station** reinforce the key role that compassion and self-compassion play in this course.

Readings

The readings include two one-page documents by Jon Kabat-Zinn having to do with developing a daily mindfulness practice, an article by Rachel Naomi Remen about serving vs. helping, and **The Rabbi's Gift**, a beautiful story by M. Scott Peck illustrating the transformative power of seeing the goodness in others (and ourselves).

Week 8 Materials



Video List

- ☐ [Gratitude](#) - David Steindl-Rast) [5 min]
- ☐ [Love Letters](#) - Kaira Jewel Lingo [11 min]
- ☐ [The 365 Grateful Project](#) - Hailey Bartholomew [12 min]
- ☐ [How My Son Ruined My Life](#) - Selma & James Baraz [7 min]
- ☐ [Listening as an Act of Love](#) - Jon Kabat-Zinn [7 min]
- ☐ [Grand Central Station](#) - Sharon Salzberg [2 min]

Reading List

- ☐ [Deepening a Personal Meditation Practice](#) - Jon Kabat-Zinn
- ☐ [Suggestions for Daily Practice](#) - Jon Kabat-Zinn
- ☐ [In the Service of Life](#) - Rachel Naomi Remen
- ☐ [The Rabbi's Gift](#) - M. Scott Peck (you can also listen to a beautiful [6 min. audio narration by the author](#))

Supplementary materials related to this week's topic [optional]

- [Sanctuary](#) - video by Jack Kornfield [19 min]
- [The Habits of Happiness](#) - video by Matthieu Ricard [20 min]
- [Thanks - How Practicing Gratitude Can Make You Happier](#) - book by Robert Emmons
- [The Happy Secret to Better Work](#) - video by Shawn Achor [12 min]
- [Happiness](#) - video by Tara Brach [20 min]
- [Mindfulness is Not A Crystal Ball](#) - video by Susan Kaiser Greenland [2 min]
- [Blowing Bubbles](#) - video by Sharon Salzberg [2 min]
- [Layers of Awareness](#) - diagram by Dave Potter

Certificate of completion

If you have completed the practices each week and absorbed the videos and readings, **Congratulations!** Completing this course is not a minor accomplishment - it takes significant commitment to do the required practice and study on your own. If you would like a certificate documenting your completion of this online course, see [Requesting a Certificate of Completion](#).



Thanks to the generosity of [Mindful Leader](#), and through a special collaboration with Palouse Mindfulness, in your congratulations letter will be a coupon for a **live one-day online retreat, led by a certified MBSR instructor**. These retreats are provided to new graduates of Palouse Mindfulness **free of charge** and include participants from Mindful Leader's live MBSR courses as well as other Palouse Mindfulness graduates.

Even if you choose not to get a certificate, it might be fun to look at the [Graduate Map](#) which has pins in every city for which there is a Palouse Mindfulness graduate.

There's more!

At this point, you may want to take a well-justified rest from videos and readings about mindfulness, but if you find yourself wishing there was more, you're in luck! There are 25 modules in [Going Deeper: Graduate Explorations](#) which came from in-person meetings of local graduates with Dave Potter, in which we explored topics in more depth than is possible in the standard 8-week course. Each one of the modules include videos and readings organized similarly to Weeks 1-8 of the Palouse course, and most of them include a video-recording of Dave Potter introducing the topic and guiding a meditation. You can do them in any order, or just choose one or two that look interesting.

Being part of a regular meditation group is a wonderful way to maintain or deepen your practice. Graduates who are not already part of the [Palouse Mindfulness Community](#) automatically become members of this vibrant and active community of fellow students and graduates. Members have the option to choose among 15 different weekly zoom meetings.

If you are interested in deepening your learning through an instructor-training program, there are many good training centers, some of which are listed on the [Mindfulness Training Centers](#) page. Still another way to keep learning is to look at the [Gallery of Learning](#). There you will find current letters of some of the other graduates (published with their permission) - skimming through those can be like a mini-refresher.

We hope this course has been useful and wish you the best on your journey from here!

If you'd like to help expand the reach of the Palouse Mindfulness course:

*If you found the course valuable, you are invited to make a small donation to help make the course even more accessible to people around the world, but this is not expected nor required. **Please donate only if you feel inspired to do this and are comfortable enough financially to do so.** See [About Contributions](#).*

Requesting a Certificate of Completion for the Palouse Mindfulness Course



To receive a Certificate of Completion, you need to have completed all eight weeks of the [Palouse Mindfulness Course](#), all five steps of [Getting Started](#), and each week's reading, videos, and practices. After you send the materials indicated below, we will send you a personal note of congratulations along with your certificate.

NOTE: *We respond to each request personally, so depending on the volume of requests, it could take up to two weeks for you to receive your certificate after we receive all of your materials. If you need the certificate by a specific date, please plan accordingly.*

Thanks to the generosity of [Mindful Leader](#), and through a special collaboration with Palouse Mindfulness, with your congratulations letter and certificate will be a coupon for a **live one-day online retreat, led by a qualified MBSR instructor**. These retreats are provided to new graduates of Palouse Mindfulness **free of charge** and include participants from Mindful Leader's live MBSR courses as well as other Palouse Mindfulness graduates.

What to include in your request

1. Information about you:

- Your name
- Email address
- Where you live (city, state/province, country). *This is required for our records. Also, your location is used for the [Map of Graduates](#), but only your first name and last initial will be shown on the map. NOTE: You can opt not to have your initials on the map, or to have your initials attached only to your state/province or country, but you do need to let us know your city, state/province, and country for you to be issued a certificate.*

2. A one-page description of what you've learned ("letter of learning") and how you will be incorporating what you've learned into your life. Write in English, drawing from your own personal practice. Be honest and submit only your own work, not copied or AI-generated. This helps ensure the certificate remains meaningful for everyone (see "**Note about Integrity and Privacy**", below).

3. Practice sheets for Weeks 1-7

- Formal and Informal practice sheets for each of the seven weeks (**14 practice sheets**)
- We will not accept your own version of the practice sheets.** You must use the provided practice sheets.
- For each of the 14 practice sheets, you need to show at least **six practices on each sheet**.
- If you are not comfortable writing in English, it's fine for the practice sheets to be in your native language.

A Note about Integrity and Privacy

INTEGRITY: This course is based on personal practice. We ask that you reflect honestly and submit work based on your own experience—not copied from others or generated by AI. This protects the value of the certificate for everyone. We reserve the right to compare your submission with those of others submitting certificate requests.

PRIVACY: All of the materials you send are kept totally confidential. The "letter of learning" is kept for our private records, but the practice sheets are deleted once the certificate is issued. No one's letter is shown in the Testimonial section except those graduates who have given us explicit written permission to publicly share their letter.

How to send the request and materials

Sending everything electronically is best. The letter can be included as text in the email or attached as a WORD document. The practice sheets can be scanned, photographed with a smartphone, or you may already have recorded your practices using the provided WORD files (please do not send practice sheets in Apple's "pages" format). (*Hint: If you photograph the practice sheets with a camera or smartphone, you can do two sheets per photo, so all 14 practice sheets will only need 7 photos instead of 14*).

If it's too difficult to put the materials in electronic form, you may send them via physical mail, but be sure to keep copies and to include your email address since the certificate will be sent to you electronically. In most cases, you will receive your certificate in a week or two.

*Send the request and documentation with **"Mindfulness Certificate"** as the subject to:*

team@palousemindfulness.com

*If the material needs to be sent physically, send it to
Dave Potter, 1009 Tolo Trail, Moscow, Idaho 83843, USA*

If you'd like to help keep the Palouse Mindfulness freely available to all:

If you found the course valuable, you are invited to make a donation to keep the site alive and to help make the course even more accessible to people around the world. This is not expected or required. Please donate only if you are able and feel moved to do so. See [About Contributions](#).

Graduate Offerings

Once you receive the certificate of completion, you may consider yourself a graduate of MBSR. As a graduate, you will receive the monthly Palouse Mindfulness Newsletter via email. This is the same monthly email you have been getting if you have already joined the [Palouse Mindfulness Community](#). If you'd rather not get the monthly newsletters, just let us know at any time and we'll take you off our list.

After you've completed the course, you may want to take a well-justified rest from videos and readings about mindfulness, but if you find yourself wishing there was more, you're in luck! There are 25 modules in [Going Deeper: Graduate Explorations](#) which came from Dave Potter's meetings with graduates and students, in which we explored topics in more depth than is possible in the standard 8-week course. Each one of the modules include videos and readings organized similarly to Weeks 1-8 of the Palouse course, and most of them include a video-recording of Dave Potter introducing the topic and guiding a meditation. You can do them in any order, or just choose one or two that look interesting.

A note for those who teach, or wish to teach mindfulness skills:

The Palouse Mindfulness **Certificate of completion** documents that you have successfully completed this particular 8-week online MBSR course. It does not make you a "certified mindfulness instructor" nor is it certification to teach the MBSR course. This doesn't mean that you can't use what you've learned in your work and/or teaching, it just means you cannot call yourself "MBSR certified" or a "certified MBSR instructor" on the basis of this one 8-week online course alone.

If you are interested in building on what you have learned to earn formal certification in teaching mindfulness, see the training programs listed on the [Teacher-Training](#) page. Some, but not all, of these training programs allow the Palouse Mindfulness course to serve as a prerequisite for further training.

That being said, there are many talented people who effectively incorporate mindfulness into their teaching or work who are not certified in a formal way from one of these training centers. They are typically omnivores, finding training from varied sources, from videos, articles, books, or whatever in-person workshops they can find in their area, building on the skills they already have in their own areas of expertise. Whether or not you pursue a certificate specific to teaching mindfulness, if you plan to use any of the materials from the Palouse Mindfulness course, please see "[Can I use the Palouse Mindfulness course in my own work or teaching?](#)".