

Happier, Healthier, Kinder

How to Meditate & Why

Tuesdays, 10:00 a.m. – 11:30 a.m.

September 8 - October 13, 2020

frederickuu.org/fcc

Covenant

(“Right Relationship”)

- “I” statements
- “Take the lesson, leave the details”
- “Make/Take Space”
- Consent
- Identifying in/out [3:1]

Questions?

Tuesdays @ 10am

- “Happier, Healthier, & Kinder: How to Meditate” (September 8 - October 13, 2020)
- “Happier, Healthier, Kinder: How to Meditate & Why - **Continuing the Journey**” (October 20 - November 24, 2020) (through FCC ILR):
https://frederick.augusoft.net/index.cfm?method=ClassInfo.ClassInformation&int_class_id=20742&int_category_id=0&int_sub_category_id=0&int_catalog_id=0

Tuesdays @ 7pm

**“Mindfulness, Heartfulness, & More:
Weekly Meditation Class with Rev. Carl”
(September 8 - November 24, 2020)
through frederickuu.org**

I. Practice Check-in

II. Practicing Together

III. Check-out / AMA



Meditation: 2 minutes

Check-in

(up to 2 minutes each)

- Name
- Why did you sign-up for this class?
- Previous experience with mindfulness/meditation. (and/or “practice check-in”) [*Future weeks: “practice check-in”*]

[Attendance]

Background

- Asheville Zen Center
- Centering Prayer
- 8-Day Meditation Retreats
- Mini-Retreats: frederickuu.org/retreats
- buddhistgeeks.org

What is your (*deepest*) intention for
this six-week course?
(*& what is underneath that?*)

- "Collective awakening"
- "Inner freedom"
- "Waking up to interdependence and to all that emerging in each present moment"
- "To meet this mysterious arising with love & compassion. And when I can't do that, to meet that with love and compassion." [1/2]

What is your (*deepest*) intention for
this six-week course?
(*& what is underneath that?*)

- “To build my heartfulness & equanimity.
To engage more joy & create it for others.”
- “To open my heart & live in a way that is more fully embodied.”
- “To see where this all leads.”

Course Description/Intention

Beginning (or strengthening) a meditation practice can be much easier with the support of an

- an **instructor** and
- **classmates**

[*sangha*]

Course Description

Learn about meditation from a

- pragmatic,
- westernized,
- twenty-first century perspective.

Course Description

Gain experience with at least six techniques:

- concentration,
- mindfulness,
- inquiry,
- heartfulness,
- awareness
- embodiment.

- Session 1: **concentration**—Pragmatic Buddhism, Westernized Dharma, 21st-century Sangha; "How to be 10% Happier"
- Session 2: **mindfulness**—Beyond "McMindfulness": How Not To Get Stuck in the Early Stages of Buddhist Meditation; Becoming a Buddha, not a Buddhist
- Session 3: **awareness**—"The Fourth Turning of Buddhism"; From Baby Boomer Buddhism to Millennial Hipster Buddhism
- Session 4: **embodiment**—The Sound of Silence; Contemplative-Curious: What Happens on an 8-Day Meditation Retreat?
- Session 5: **heartfulness**—"Hardwiring Happiness"; Savoring; Self-Compassion
- Session 6: **inquiry**—"After Buddhism"; Chögyam Trungpa, Freedom, & Meditation

Six Ways to Meditate

Concentration

Mindfulness

Inquiry

Heartfulness

Awareness

Embodiment

Six Ways to Meditate

- **Concentration:** bringing attention to a *single point*
- **Mindfulness:** *noticing* what we are sensing in real-time [6 “*sense gates*”]
- **Inquiry:** using a *question* as a prompt for discovery.
 - Not problems to be solved with one simple answer.
 - “Don’t know” mind.
 - “Beginner’s mind”
 - Koans

Six Ways to Meditate

Heartfulness: inclining the mind toward opening the heart

brahmavihārās:

- loving-kindness (*metta*)
- compassion (*karuna*)
- empathetic joy (*mudita*)
- equanimity (*upekkha*)

Six Ways to Meditate

- **Awareness:** simply being
 - Nothing to do, nowhere to go
 - Just this
 - Don't just do something, sit there
 - Just sitting
- **Embodiment:** inhabiting the body
dharmaocean.org



Questions?

“Breathing is home base”
[concentration]

“Noting is our go-to move”
[mindfulness]

Samādhi
concentration



Sati
mindfulness



Śamatha + Vipassanā → Awakening
tranquility insight

"Some time in your day today, try to turn off all the noises you can around you, and give yourself some 'quiet time.' In the silence, let yourself think about something. Or if possible... think about nothing."

[Video \(1 min\)](#)

(Fred Rogers)



Let me check on my mental health real quick



I'm just gonna give it a few more minutes

EMPTY
WHEN
FULL

#132

E&M

The mind and heart can be **trained**. Modern neuroscience is discovering that even short periods of **practice** start to rewire or decondition our habitual **responses** so that we're not so caught in them.

JACK KORNFIELD



Ethan Nichtern @ethannichtern · 19h ▼

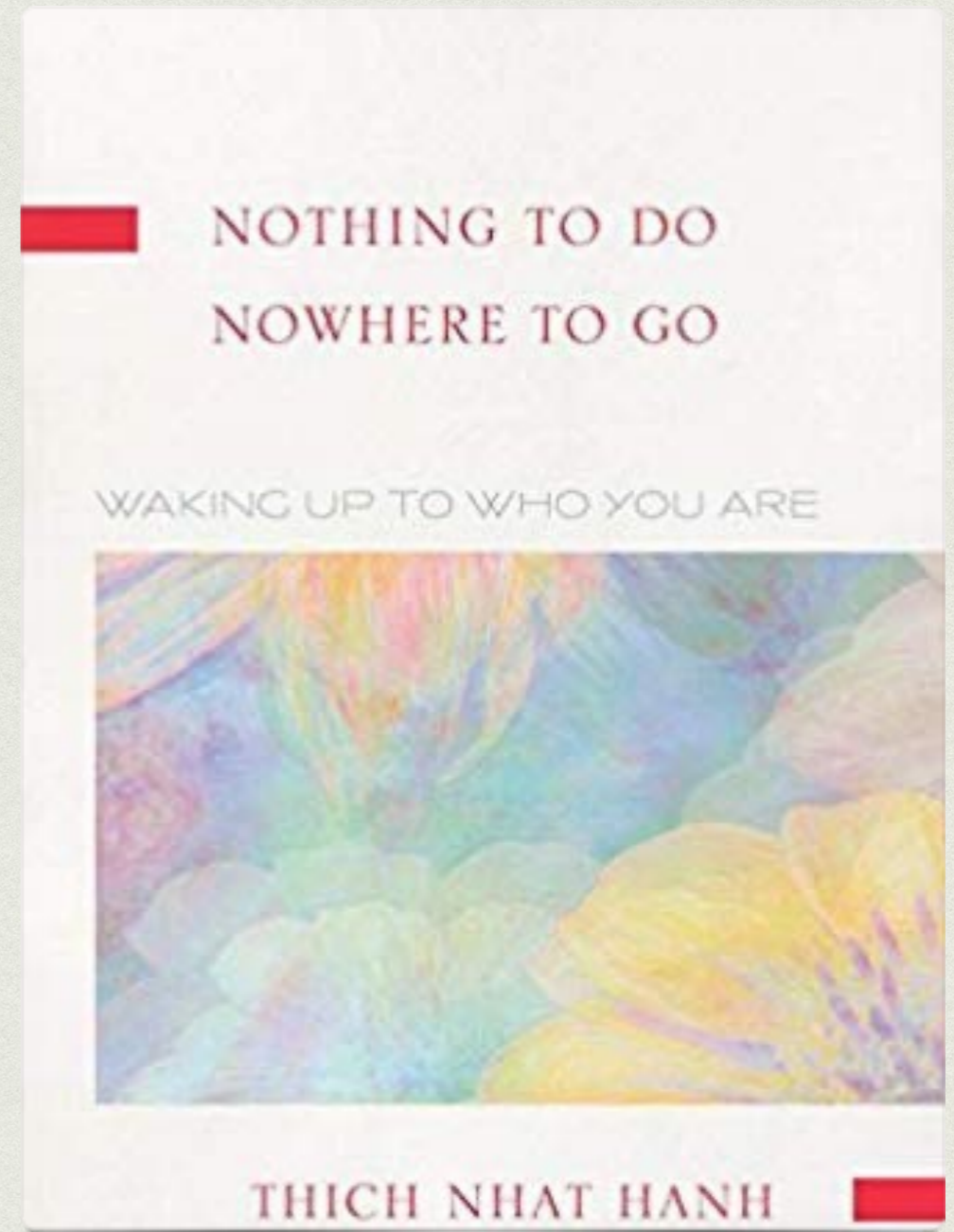
In case you were wondering what spiritual bypassing looks like...THIS 🙌🙌

 **Rachel Heine** ✓ @Rachel... · 20h

a real mood



“Businessless
person”
(vs. “busy”)





“Breathing is home base.”

LET THE BREATH BE YOUR REFUGE.

Finding Your Seat

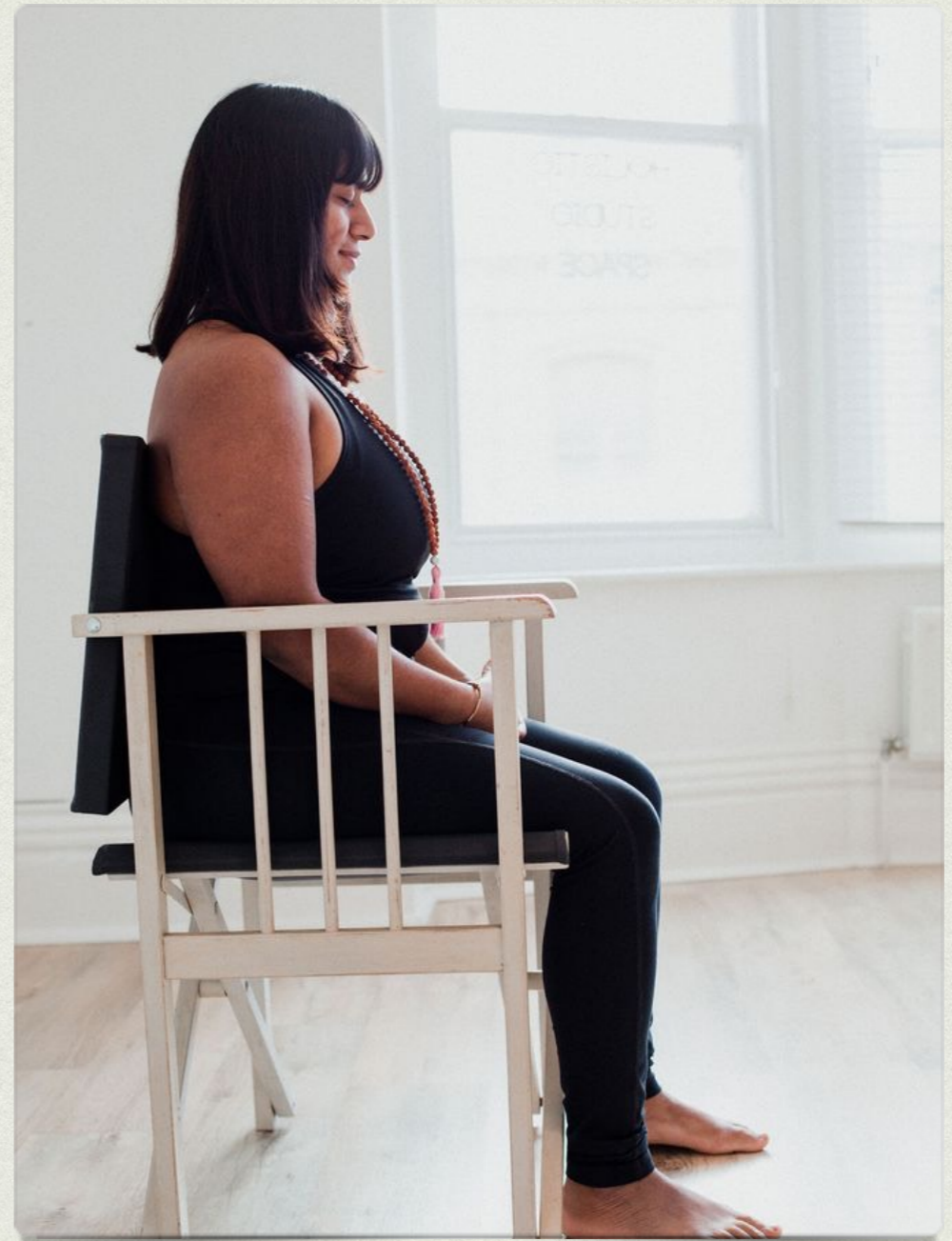
- Chair or cushion?
(hips higher than knees)

- Relaxed, but alert

If sleepy?

"contemplative head banging"

- Arms/hands
- Eyes
- Balance: sides, front/back,
grounded/upright



10k Distractions [feather, self-compassion]

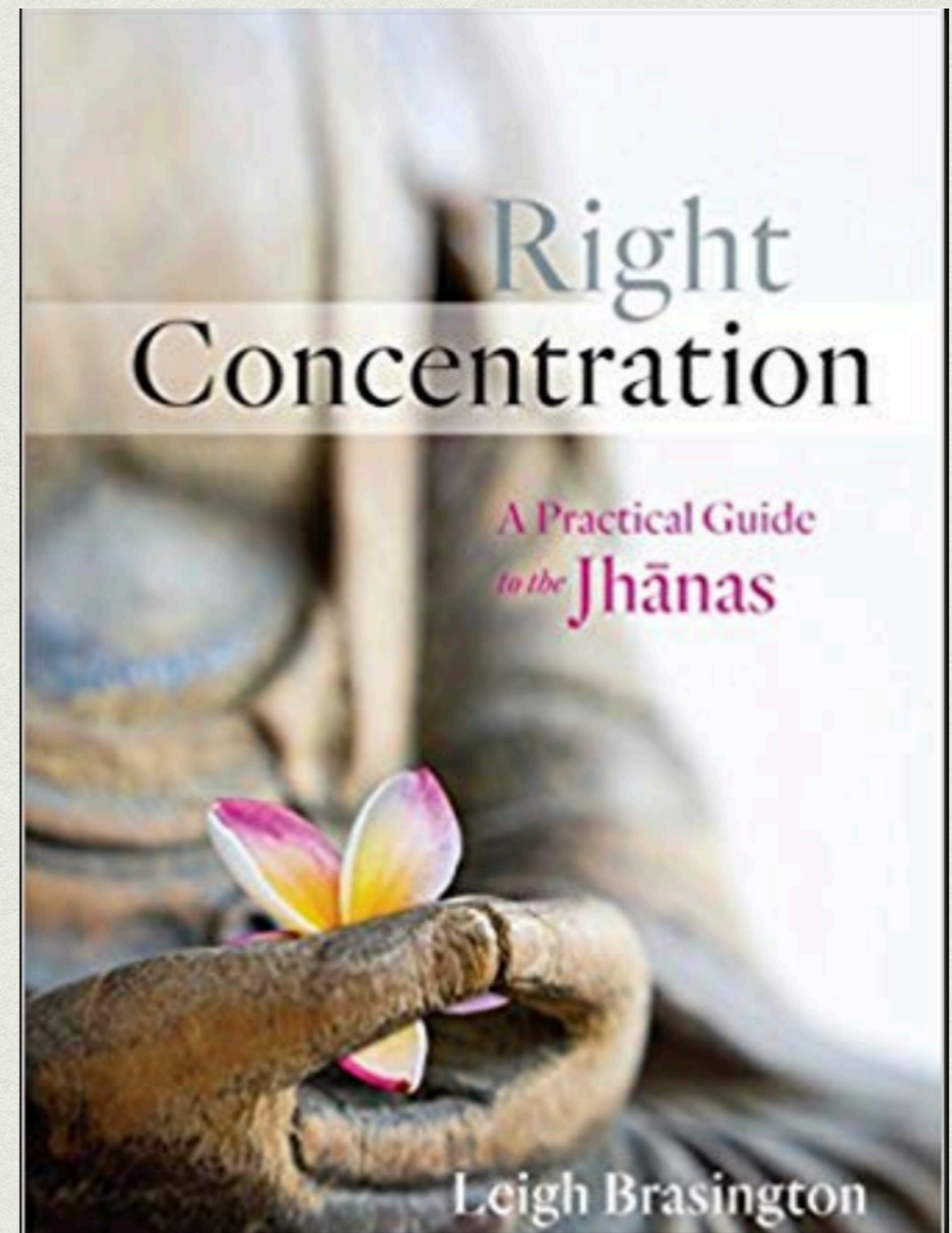
- Myth: permanent bliss
[“spiritual bypassing”]
- “Deep meditation brings us into a center of the hurricane of our lives.”
- In the center we are alert and calm, but everything is still spinning around.”



“Monkey Mind”

Distractions

- Concentration perhaps better translated as “**in-distractibility**”
- Not about no thoughts.
- Rather: staying with focal object even as sensations/ thoughts in periphery of your attention

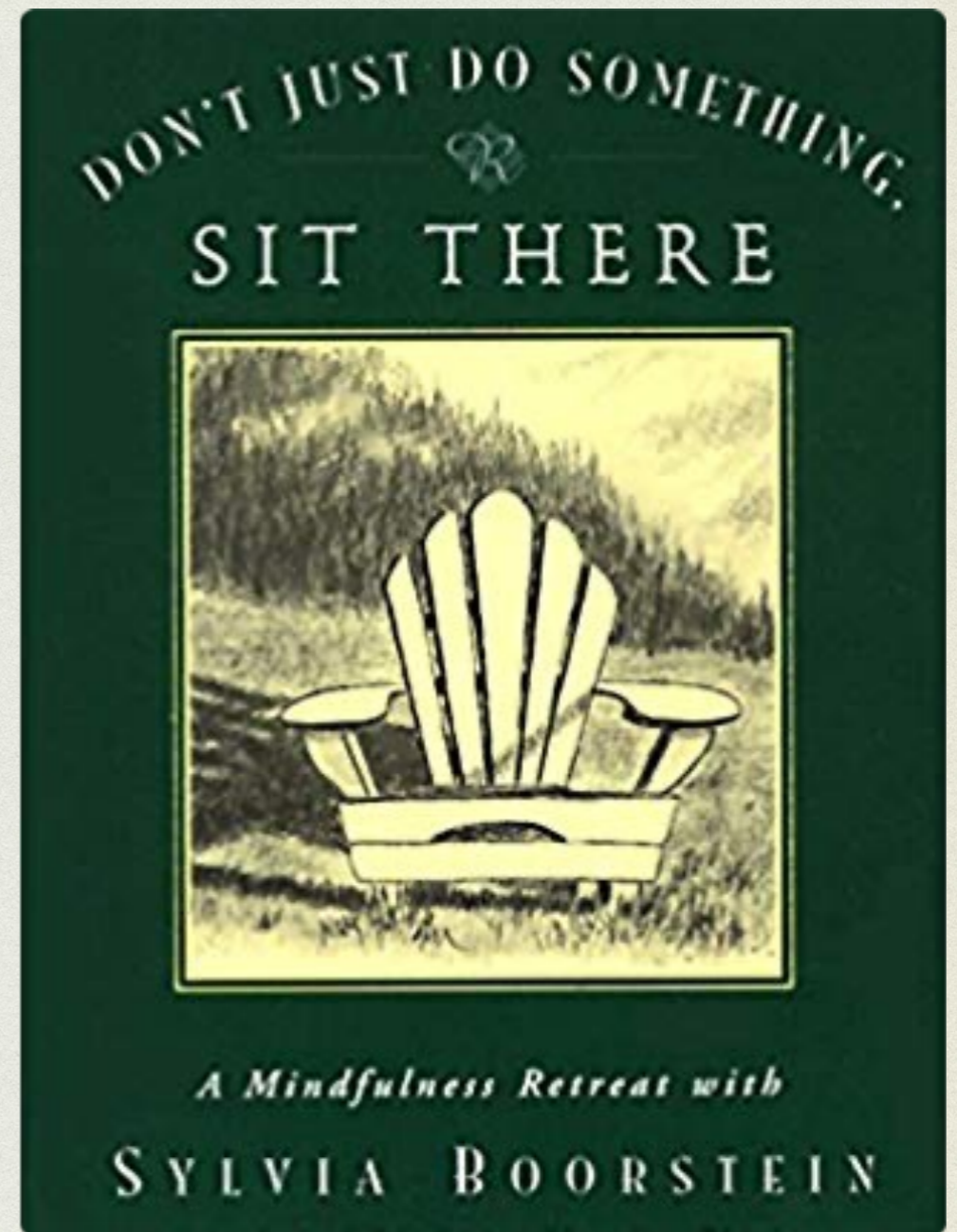


Just this

Notice that sensations arise & pass away
#impermanence

- *Sitting* is like this...
- *Breathing* is like this...
- *Feeling* is like this...
- *Experience* is like this,
- *Thinking* is like this —

Waterfall within your
field of experience





Suffering = Pain x Resistance

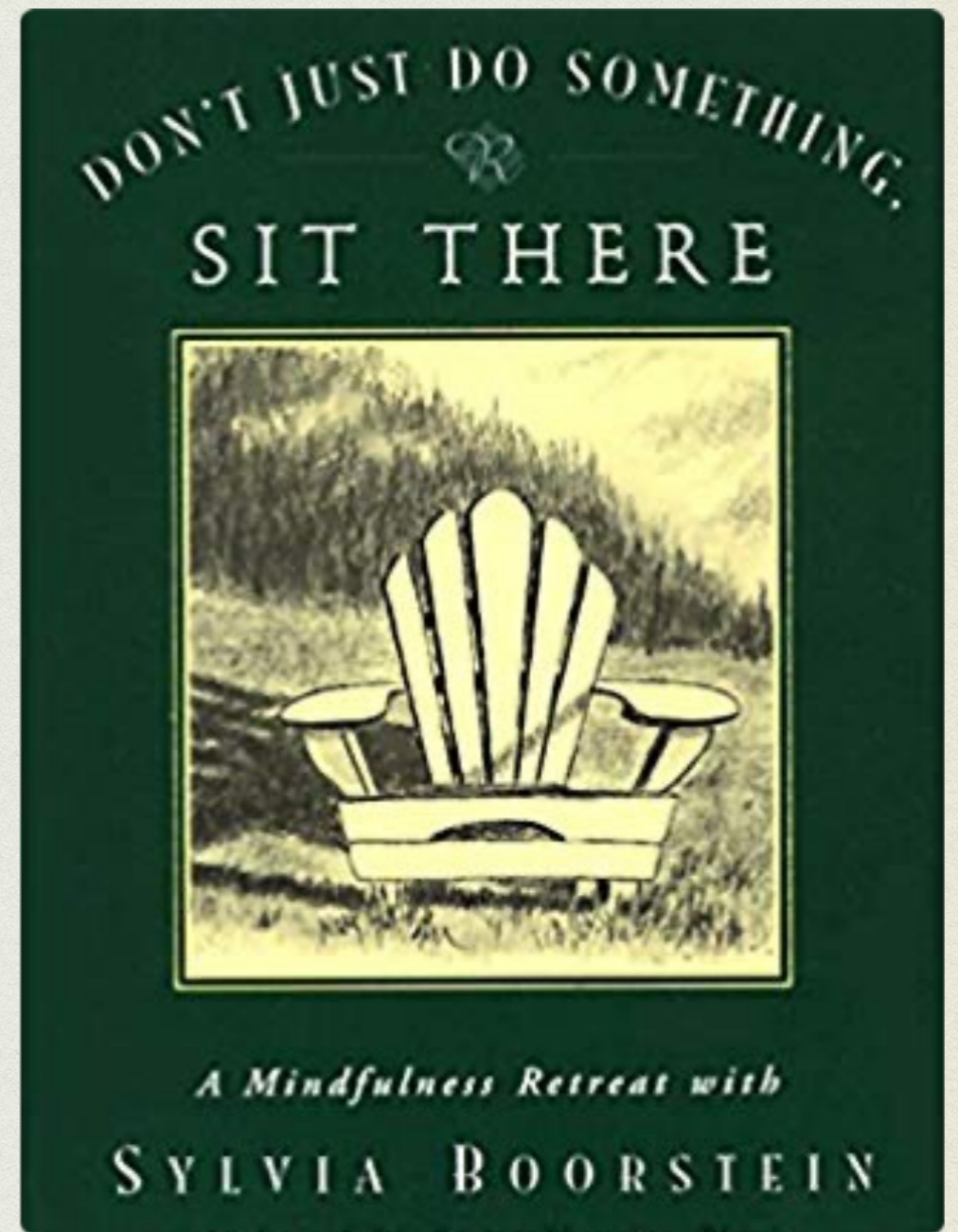
— *Shinzen Young* —

AZ QUOTES

dukkha (“suffering” —> “unsatisfactoriness”)

What do I do in the silence?

- “Stop believing stories of mind,
- Settle into unpleasant experiences of body,
- Ride waves of uncertainty”



Just Breathing

- Thinking about breathing vs. *just breathing*
- Get out of your own way
- fMRI (“flip the switch”)
- Be in the flow of the breath
- Culadassa: like slipping back into the jacuzzi of the breath



Individual Breath Counting

- Count at top of in breath
- Never more than 10, never less than one
- If mind strays completely, gently return focus to breath [strengthening your concentration muscle]
- focus on sensations at top of your lip, under nose
- Set timer to countdown for you.



TIMER

PRESETS



Starting bell



BASU



WOOD

1 2 3

Duration

Meditation 20:00 >

Interval bells

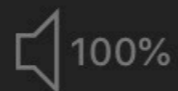
None >

Ambient sound

None >

Ending bell

Zhada >



START



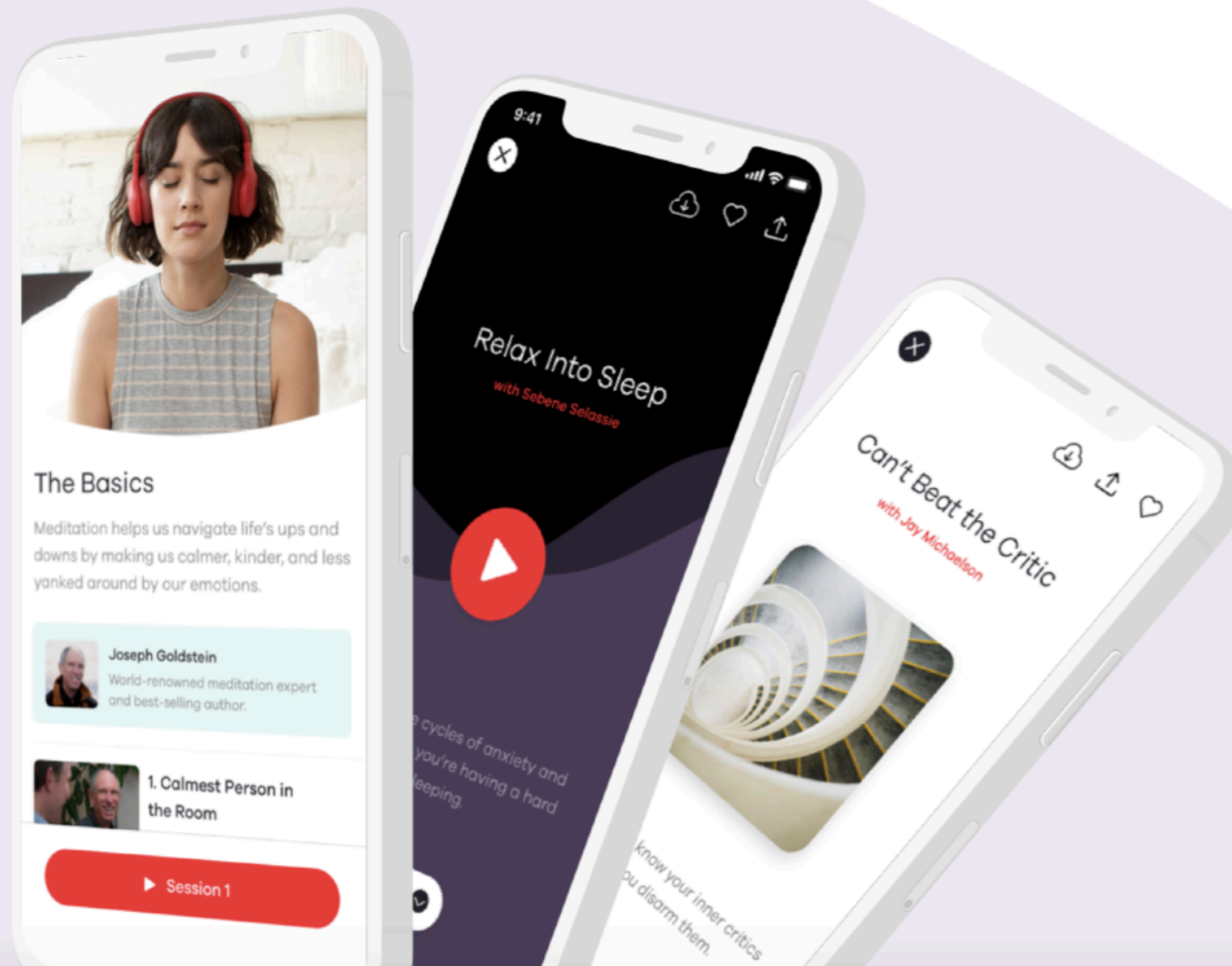
insighttimer.com

5 minutes: Breath Counting

Practice now: 5 minutes

JUST BREATHE

Daily this week: 20 minutes, once/day (?)



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[Jack Kornfield, Tara Brach](#)

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Format

Price

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ADD TO CART



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DESCRIPTION

Mindfulness Daily brings you a 40-day training in mindfulness meditation with two of the world's most respected meditation teachers, Jack Kornfield and Tara Brach. Each daily 10–15 minute lesson includes a short talk and a guided meditation. To create this program, Jack and Tara distilled their extensive body of work into the 40 essential lessons you need the most.



frederickuu.org

Tuesday, September 8

- 10:00 a.m. **Yoga for Advancing Beginners** with Irene Glasse (every week): zoom.us/j/394799498
- 7:00 - 8:30 p.m. **"Mindfulness, Heartfulness, & More": a weekly meditation class with Rev. Carl:**
[https://uuma.zoom.us/j/92079476636?](https://uuma.zoom.us/j/92079476636?pwd=K2U3Mi9VMIBaVUVCVk1XZ0lZeEJuZz09)
[pwd=K2U3Mi9VMIBaVUVCVk1XZ0lZeEJuZz09](https://uuma.zoom.us/j/92079476636?pwd=K2U3Mi9VMIBaVUVCVk1XZ0lZeEJuZz09)

Wednesday, September 9

- 11:00 a.m. **Meditation** (every week): ~30 minutes of meditation, then sharing/discussion. Beginners welcome:
[https://us02web.zoom.us/j/8891945368?](https://us02web.zoom.us/j/8891945368?pwd=ZHp4MEJuTIIxVVdzdTJuQUVlaU1rZz09)
[pwd=ZHp4MEJuTIIxVVdzdTJuQUVlaU1rZz09](https://us02web.zoom.us/j/8891945368?pwd=ZHp4MEJuTIIxVVdzdTJuQUVlaU1rZz09)
- 12:30 p.m. **Check-in with Intern Minister Jen:** Join us for a time of individual check-ins, exploring a poem together, & open discussion:
<https://us02web.zoom.us/j/86076481300>

Thursday, September 10

- 7:00 p.m. **UU Buddhist Meditation Group** (every week): [us04web.zoom.us/j/8891945368?](https://us04web.zoom.us/j/8891945368?pwd=ZHp4MEJuTIIxVVdzdTJuQUVlaU1rZz09)
[pwd=ZHp4MEJuTIIxVVdzdTJuQUVlaU1rZz09](https://us04web.zoom.us/j/8891945368?pwd=ZHp4MEJuTIIxVVdzdTJuQUVlaU1rZz09)

Friday, September 11

- 10:00 a.m. **Yoga for Advancing Beginners** with Irene Glasse (every week): us02web.zoom.us/j/394799498.
- 11:00 a.m. **Meditation** (every week): ~30 minutes of meditation, then sharing/discussion. Beginners welcome:

Resource section at bottom of:
frederickuu.org/retreat

Check-out

- “Aha moments”
- Questions
- Comments
- Reflections/Reports