

# Happier, Healthier, Kinder

How to Meditate & Why

*Tuesdays, 10:00 a.m. – 11:30 a.m.*

*September 8 - October 13, 2020*

[frederickuu.org/fcc](http://frederickuu.org/fcc)



# Covenant

(“Right Relationship”)

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

Questions?



# Check-in

- Name
- Practice Check-in
- AMA: “Aha moments,” Questions, Comments, Reports, Reflections from previous week(s)



[insighttimer.com](https://insighttimer.com)

TIMER PRESETS

Starting bell

BASU WOOD

1 2 3

Duration Meditation 20:00 >

Interval bells None >

Ambient sound None >

Ending bell Zhada >

100% START

2nd Round:  
Social  
Breath  
Counting

5 minutes: Breath Counting





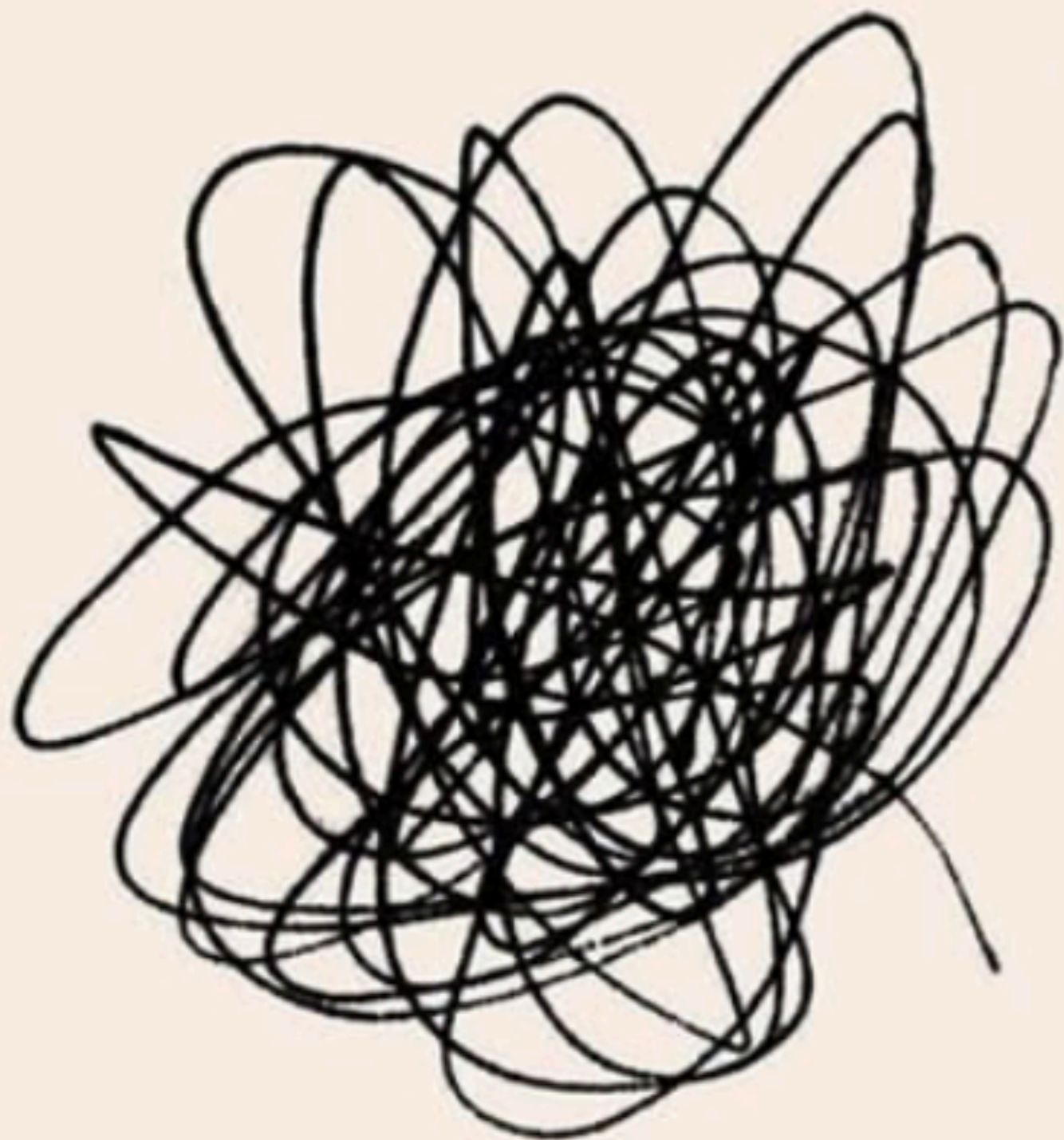


**concentration**—Pragmatic Buddhism, Westernized Dharma, 21st-century Sangha; "How to be 10% Happier"

- 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



Don't believe  
everything  
you think.



MIND FULL



MINDFUL



Mindfulness is simply  
being aware of what's  
happening right now  
without wishing  
it were different.

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*James Baraz*





**"You are not practicing to prevent thinking, but rather to recognize and acknowledge thinking whenever it arises."**

**- Sayadaw U Tejaniya**





**Ethan Nichtern**

@ethannichtern



If your definition of "inner peace" is the absence of all turmoil, difficult feelings, or thought, there's a reason you're not finding inner peace.

That sort of inner peace doesn't exist.

Inner peace is what happens when the turmoil becomes workable, not when it disappears.



# Kenneth Folk

- “More peace of mind doesn't come from protecting yourself against future pain.
- (That can't be done.)
- Peace of mind happens now.
- Or not at all.”



Meditation practice isn't about trying to throw ourselves away and become something better. It's about befriending who we are already. The ground of practice is you or me or whoever we are right now, just as we are. That's the ground, that's what we study, that's what we come to know with tremendous curiosity and interest.

Pema Chodron





**We have more  
possibilities  
available  
in each moment  
than we realize.**

**THICH NHAT HANH**



# Dōgen Zenji (1200-1253)

- “To study the **way of awakening**/enlightenment is to *study the self*.
- To **study the self** is to *forget the self*.
- To **forget the self** is to be *actualized by myriad things*.
- When **actualized by myriad things**, your body and mind as well as the bodies and minds of others *drop away*.
- **No trace of awakening remains**, and this *no-trace continues endlessly*.”



# Practices

- “**Breathing** is home base”  
*[concentration]*
- “**Noting** is the go-to move”  
*[mindfulness]*



# Practice: Noting (*mindfulness*)

- **Simple, one-word note** of whatever is *most prominent* in your experience in the arising/passing of that present moment.
- Expanding the field of experience
  - Body sensations (*-ing often helpful*)
  - Emotions
  - Thinking
  - Safety Release: Don't Know
- “There is \_\_\_\_\_.”
- Single/Double/Triple Noting [*There is \_\_\_\_\_ & \_\_\_\_\_.*]

**Practice: Individual/Social**



# Check-out

- “Aha moments”
- Questions
- Comments
- Reflections

**Resources &  
Going Deeper:**  
[frederickuu.org/retreat](http://frederickuu.org/retreat)