

Introduction to Mindfulness Group Session 6

Topics for discussion in Session 6

- Strategies for bringing mindfulness and compassion to difficult emotions with the RAIN framework:
 - Recognize what is happening (roots of understanding)*
 - Allow life to be just as it is (grounds of love)*
 - Investigate with gentle attention (deepens understanding)*
 - Nurture with self-compassion (awakens love)*
 - After the RAIN (realizing freedom from narrow identity)*
- Strategies for using mindfulness and gratitude practices to cultivate appreciative joy

Practices we will do in session

- Mindfulness practice sampling various anchors for awareness (sight, sound, body, breath) including working with difficulty with RAIN
- Gratitude reflection practice
- Possibly mindful listening and speaking or another small group exercise

Optional supplementary reading

- Tara Brach's description of RAIN steps <https://www.tarabrach.com/rain-practice-radical-compassion/>
- Greater Good Magazine article on the what, why and how of gratitude: <https://greatergood.berkeley.edu/topic/gratitude/definition#why-practice-gratitude>
- Jack Kornfield instructions for gratitude and joy meditation <https://jackkornfield.com/meditation-gratitude-joy/>

Week 6 suggested home practice

Informal practice: try bringing curiosity to pleasant, unpleasant and neutral feeling states as they arise in daily life, perhaps bringing particular awareness to the felt sense in the body and reactions to the experience. When it feels helpful you may wish to use the RAIN framework with the unpleasant experiences that feel difficult and gratitude with pleasant or beneficial experiences. You may wish to try some gratitude reflection as a regular part of your daily routine.

Formal practice: Try some formal practice once or twice daily. You can choose from any of the practices we have tried so far. You may wish to incorporate RAIN or gratitude in your formal practice time when it feels helpful (eg. See the links below for audio tracks, **bolded practices are more specific to this week's focus**, and please exercise care with limitations and areas of injury or pain with any movement practices)

<https://www.uclahealth.org/marc/mindful-meditations> and UCLA Mindful app

- **7 min meditation for working with difficulties**

- 9 min loving kindness meditation
- 3 min body and sound meditation, 5 min breathing meditation and 12 min breath, sound, body meditation
- 3 min short body scan and 13 min body scan for sleep in Basic Guided Meditation section, 14 min body scan in Health and Wellness Meditation section

<https://centerformsc.org/practice-msc/guided-meditations-and-exercises/>

- **14 and 16 min being with difficult emotions meditations**
- 5-12 min self-compassion break
- soothing touch skill pdf
- 10 and 20 min labeling emotions meditations
- 11 min mindfulness of emotions in the body

<http://www.sharingmindfulness.com/audio/>

- 9 and 18 min supportive touch and self-compassion break
- 10 and 20 min loving kindness practices
- 10 and 15 min mindfulness of breathing, 10 and 15 min mindfulness of sounds
- 15 and 35 min body scans
- 15 min and 45 min chair yoga

<https://www.tarabrach.com/meditation-rain-compassion-2/>

- **9 min RAIN practice for difficult emotion**

<https://www.tarabrach.com/meditation-heartspace-gratitude/>

- **18 min gratitude meditation**

<https://jackkornfield.com/joy-mudita-meditation/>

- **27 min appreciative joy practice**

<https://www.tarabrach.com/walking-meditation-instructions-pdf-from-tara-2/>

- Walking meditation handout and 6 min audio

<https://jackkornfield.com/walking-meditation-2/>

- Walking meditation written instructions and 5 min audio

<https://jackkornfield.com/loving-kindness-meditation/>

- 12 min loving kindness meditation

<https://cih.ucsd.edu/mindfulness/guided-audio-video>

- 6-20 min loving kindness meditations
- 20-45 min seated meditations
- 10-45 min body scans
- 35-52 min mindful movement practices

<http://franticworld.com/free-meditations-from-mindfulness/>

- 8 min sounds and thoughts meditations
- 3 min breathing space
- 9 min befriending meditation

- 4 min chocolate meditation
- 14 min body scan
- 8 min mindfulness of body and breath

<http://franticworld.com/resources/free-meditations-from-mindfulness-for-health/>

- 3 min breathing space
- 8 min breath anchor

Centre for mindfulness studies app (<https://www.mindfulnessstudies.com/get-the-app/>)

- **20 min soften, soothe and allow**
- **35 min BBSTE plus difficulty**
- 10 min self-compassion break
- 10 min soothing touch
- 10 min awareness of sounds, thoughts, emotions
- 30 min breath, body, sounds, thoughts, emotions
- 3 min breathing space and 3 min responsive breathing space
- 15 min loving kindness meditation
- 10 min soles of the feet practice
- 10 min outdoor walking meditation
- 10 min and 20 min awareness of breath
- 35 min mindful movement practice

Breathr free app (<https://keltymentalhealth.ca/breathr>)

- 2 min self compassion break
- 5 min body scan
- 6 min eating a raisin
- 5 min mindful breathing
- 10 min sitting
- 5 min walking
- 5 min loving kindness
- 5 min kindness and self compassion
- 3 min SOBER coping space
- 5 min mindfulness of thinking

Notes: