

## MANUAL

### STAFF SPIRITUALITY GROUP

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*“The techniques themselves do not lead to enlightenment or a compassionate and open heart. That is up to you, and the effort and motivation you bring to your spiritual practice.”---The Dalai Lama*

*“We give effort to what we are dedicated to. For us to bring anything to fulfillment, to deepen in anything, to explore any new landscape, it requires us to find dedication and perseverance and effort. .”-----Christina Feldman*

*“Right at the top of your list of priorities should be the resolution to put your meditation first and never let anything come in its way.” ---- Christina Easwaran*

### **LEVEL I, STRENGTHEN SPIRITUAL PRACTICE**

Week I: Breathing Awareness  
Week II: Body Awareness  
Week III: Eating and Walking Meditation  
Week IV: Mindfulness in Daily Activity



## Level I, Week I: Breathing Awareness

*“Mindfulness means paying attention in a particular way: on purpose, in the present moment, and non-judgmentally.”---Jon Kabat-Zinn*

*“Mindfulness is simple: pay attention in the present moment.*

*Mindfulness is profound: the present moment is where our lives unfold, where our tenderness and our strength reside, and where choice is possible. It can inform our interactions at home, on the freeway, in the supermarket, and at work.*

*Mindfulness is kind: it asks that we cultivate compassion for ourselves and others as we move through life.”*

Our mind has a tendency to wander. As a result, we are like automatic pilot meandering automatically and semiconsciously through the routines of our lives. We react to life situations automatically rather than respond to them with conscious choice. The Mind can be trained, transformed and transcended. Mindfulness frees us from automatic, unhealthy conditioning. It promotes the optimal balance of healthy lives.

Practicing meditation is like training a puppy (Kornfield, 1993). You put the puppy down and say, “Stay.” The puppy gets up and runs away. You sit the puppy back down over and over again. The basic instruction for sitting meditation is simple. We observe the breath as it flows in and out. If your mind wander away from your breath a thousand times, then your “job” is simply to bring it back to the breath every time.

Find a comfortable position on the chair in which you can easily sit erect without being rigid. Let your body be firmly planted on the earth. Place both feet on the floor, your hands resting easily, your heart soft, and your eyes closed gently. Let go of any habitual thoughts or plans. Bring your attention to feel the sensations of your breathing. Take a few deep breaths to sense where you can feel the breath most easily, as coolness or tingling in the nostrils or throat, as movement of the chest or rise and fall of the belly. Let your breath be natural. As you breathe in, be aware you breathe in. As you breathe out, be aware you breathe out. With each breath out, relax yourself.

After a few breaths your mind will probably wander. When you notice this, no matter how long or short a time you have been away, simply come back to the next breath. Before you return, you can mindfully acknowledge where you have gone with a soft word in the back of your mind, such as “thinking”, “wondering”, “hearing”, “itching.” Then gently return to feel the next breath. Later on as your meditation practice matures, you will be able to work with the places your mind wanders to.

### **Homework:**

1. Set aside 15 to 30 minutes a day practicing mindfulness of breathing. The body-awareness tape is intended to assist you with the practice. Do not listen to the tape while you are driving. If you feel the urge to get up, observe the impulse rising and falling. Do not get up until the third strong impulse prompts you to do so.
2. Practice being mindful of breathing from time to time during the day.
3. Writing down your insight or questions to share with the group next week.

## Level I, Week II, Body Awareness

*“If you wish to feel, be still. If you wish to think, be silent. If you wish to see, close your eyes. No past moment. No future moment. Be in the present moment.”-----Theikdi*

*“Give yourself the gift of spaciousness and learn to live as though there really is time and world enough. This place. This time. Right where you are. Come home to yourself. There really is no other time but now.”*

### Attitudes of mindfulness practice

One meditation master describes meditation as "taking the one seat." Just go into the room and take the one seat in the center. Open all windows and doors and see who comes to visit. You will see all kinds of scenes and actors, temptations and stories. Your only job is to stay in your seat. You will see all visitors come and go and all things arise and pass. Out of this awareness, wisdom and understanding will come. As we take the one seat, we assume the following attitudes.

1. Non-judging  
Assume the stance of impartial witness to your own experience.
2. Patience  
Slow down and breathe. Be fully present moment to moment.
3. Beginner's mind  
To see the richness of the present moment, we need to cultivate an attitude that is willing to see everything as if for the first time. It allows us to be free of expectations based on our past experience and to explore whatever is unfolding in the present moment with curiosity.
4. Trust  
Develop a basic trust in yourself and your feelings. Take responsibility for being yourself, listen and trust your own being.
5. Non-thriving  
Meditation is about non-doing and being at the present moment. The mind has nothing to do and nowhere to go. Simply pay attention to whatever is happening.
6. Acceptance  
See things as they really are in the present. Accept things as they are. The mindfulness approach is welcoming, allowing and invitational. Stand back. See the problem through the lens of non-reactivity without attempting to fix it or change it. Open to the difficulty and adopt an attitude of gentleness and kindness to all experience.
7. Letting-go  
Letting-go means letting things be the way they are. Cultivate an attitude of non-attachment.
8. Kindness  
Bring a quality of kindness to your awareness, perhaps seeing the repeated wandering of the mind as opportunities to bring patience and gentle curiosity to your practice.

### Body Awareness Meditation

1. Body sensation

Sit down with a comfortable position with your back erect. Allow your eyes to gently close. Feel the rising and falling of your belly as you breathe in and out. Take a few moments to feel your body as a whole. Mentally scan your body, from head to toe. Pay attention to what is it you are feeling physically, sensationally. Sensation could be feelings of warmth or coolness, wet or dry,

itchiness, aches, heaviness or lightness, skin touching clothes or neutrality. Simply acknowledge what is there moment to moment. If you come across areas of tension, allow it to soften and relax.

Now bring your attention to sole of left foot. Let yourself feel the sensations in the sole and top of left foot, to the ankle. Be aware what you are feeling there. Let your awareness rise up to lower part of the left leg, the calf and shins, and the left knee joint. If any emotions arise, let yourself acknowledge what you are feeling emotionally. Bring your attention up to the upper part of the left leg, your thigh. Feel the sensations. Now take a gentle breath in. At exhalation, let go completely of left leg. At next inhalation, draw your attention to the sole of your right foot. Feel the sensations in the sole and top of right foot to the ankle. Now feel the right calf and shin. Feel the knee joint and the right thigh.

Now very gently, take a slight deeper breath in. At exhalation, let go of legs. At next breath in, draw your attention to your hip and pelvic regions. Feel the buttocks, the hip, the anal-genital regions. Feel the organs within. Now bring your attention to the back. Begin to feel the lower part of your vertebrae and slowly move up your spine. If you feel tightness or aches, just watch rings of sensation to go where it wants to go. Now draw attention to your belly. Feel it expand at inhalation and contract at exhalation. Feel whether it is hard or soft, tightness or hungry feeling.

Now draw your attention to the fingertip of your left hand, palm and top of left hand to the wrist. Feel the sensations. Bring the awareness into forearm, elbow and into upper arm on the left side. Now bring attention to the fingertip of your right hand, palm and top of right hand, forearm, elbow and upper arm. Now bring attention to your shoulders. Allow whatever sensations to be there. Now bring your attention to your neck and throat region, the jaw joint, the cheek, muscles around the eyes, forehead, temporal regions of the head. Now feel the top of head, back of the head and inside the skull, the brain. Feel the sensations.

Take a nice deep breath, to be just with the breath. As you breathe in and out, feel your whole body. Notice the whole body rise upward with inhalation and fall downward with exhalation. Just feel the whole body moving with the breath.

## 2. Sitting with sound

Now shift your attention to surrounding sounds. Open to a whole space of sound around you. Just hear whatever is here to be heard, moment to moment, without judging or thinking about them. Just hear them as pure sounds. Hear the silences between sounds as well.

### Homework

1. Set aside 15 minutes a day practicing body awareness meditation.
2. Practice using 3-minute Breathing Space three times a day at set times and as needed when you feel stressed out. Record each practice by circling an R and X respectively on the mindfulness practice calendar.
3. Be mindful of your breathing and body sensation from time to time throughout the day.

## Level I, Week III: Eating Meditation

*“Thoughts can take us so far away. Memories and expectations. Yet everything is right before us. Today is a beautiful day. Aware of surroundings. In the here and now. Feeling our feelings. Meeting whatever is sent. Enjoy the sunshine. Smell the sweet air. Listen to the birds sing. Wind in your hair. I’ll meet you there.”-----Jeff Forlenza*

*“It is painful having nothing to eat when hungry. It is also painful to eat when not hungry.”*

### Observing the impulses

“In a car, we can sometimes drive for miles on *automatic pilot*, without really being aware of what we are doing... By becoming more aware of our thoughts, feelings, sensations and impulses, we can respond to situations with choice rather than react automatically.”----Segal, Z

“Before every voluntary action and movement of our body, there is a thought, an impulse or direction that comes from our mind. Often this impulse is subconscious, below the level of awareness... As you observe this process, you will discover a whole new capacity to be free and at ease in the face of difficulties.”-----Jack Kornfield

“A simple way to learn about how impulses operate is to focus on the ones that pull you to get up from meditation. In your daily meditation practice, make a resolve for one week that you will not get up until the third strong impulse pulls you to do so.”-----Jack Kornfield

“In meditation, if some discomfort comes up, we’re immediately scratching the itch or shifting our posture. To decide not to move, even for a brief period of time, becomes very empowering because it redirect our attention to look at our relationship to this thing that we habitually avoid.”-  
----Paul Fulton

### The raisin experience

Let’s sit quietly for a few minutes with your back straight if possible. Let your body relax. Open your awareness to whatever is arising at the present moment. You may sense itching or aches in your body and impulses arise to urge you to move. You may notice your saliva secreting and impulses arise to urge you to eat the raisin. Let us sit for a moment to watch whatever impulses without react to them. Open to whatever is there and not escape from it.

First, bring your attention to seeing the raisin, observing it carefully as if we had never seen one before. Feel its texture between your fingers. Observe it closely. Notice its colors, shapes, surfaces and smell. Be aware where does the raisin come from. Pay attention to any thoughts and feelings that may come up. Now, with full awareness, bring it to your lips. Be aware of the arm moving the hand to the position it correctly and of salivation as the mind and body anticipates eating. The process continues as we take it into our mouth and chew it slowly. Experience the actual taste of one raisin. When you feel ready to swallow, watch your impulse to swallow as it comes up. Swallow it with awareness. Imagine that you body is one-raisin heavier.

Homework:

1. Practice sitting meditation for 15 to 30 minutes daily, 3-minute breathing spaces tid and prn as well as being aware of breath from time to time throughout the day.
2. Pay attention to your impulses to grab food. Before eating, pay attention to your body. Am I hungry now? Practice observing the impulses and not react to it until the third strong impulse pulls you to eat.
3. Practice eating mindfully. How do you feel after eating? Notice how you feel in an hour or two after eating. How is your energy level? Did the food you ate give you energy or did it make you feel sluggish?

## Level I, week IV: Mindfulness in Daily Activity

*“The meditation instruction is so simple: “Breathe, and know that you are breathing. Walk, and know that you are walking.”-----Gloria Ambrosia*

*“Return to your senses: breathe from the belly, see with 180 degree visual field, hear all sounds distinctively, be sensitive to taste and smell, notice your touches, stand with back erect, feel the bottom of the feet.”----Chozen-Ji*

*I just focused on my practice on “lifting, moving, placing” and “ breathing in and breathing out” in a very focused way. ----- Gloria Ambrosia*

*“When you are in a traffic jam and the person in front of you puts on the red brake light, that means, “stop and breath.”-----Thich Nhat Hanh.*

### Mindfulness in daily activities

Due to our busy schedule, we constantly do two or more things at a time. We listen to radio while driving. We eat while attending lectures. Practice doing one thing at a time can foster calm and concentration in our lives. Practice feeling whatever is there. Be aware of even the small movement you make. When you reach for something, simply notice the reaching. Train yourself to be there, to feel it.

At the beginning, you may select one specific activity you are going to do it mindfully. It can be brushing your teeth, preparing breakfast, driving to work or open a door. Follow three simple steps: stop, breathe and act. As your practice becomes more natural, you may expand to include other activities.

### Using interruptions as wake-up calls

A normal day is filled with numerous interruptions. For instance, when we are having a conversation, the phone rings. We are working on charting and a patient shows up at the door requesting to talk with us. We usually treat the interruption as merely distraction and respond with a twinge of annoyance or anxiety. Interruptions can be used as wake-up calls. For instance, you select telephone as your spiritual alarm. When the phone rings, let it ring slightly longer. Take a deep breath before answering. Then give the person on the other end your full attention.

### Walking meditation:

In the next 15 minutes, we are going to practice walking meditation. Select a path where you can walk comfortably back and forth for about 10 to 20 steps in length. Take a few deep breaths to center yourself. Feel your body standing on the earth. Feel the pressure on bottom of your feet. Begin to walk slowly. Feel each step mindfully as you walk. Pay attention to your body. With each step, feel the sensations of lifting your foot and leg off the ground. Be aware as you place each foot on the earth. When you reach the end of the path, pause for a moment and turn around mindfully. As you notice your mind wander away, simply bring it back to your next step.

### Homework:

1. Select one daily activity you are going to do mindfully, including eating and walking.
2. Practice sitting meditation for 15 to 30 minutes daily, 3-minute breathing spaces tid and prn as well as being aware of breath from time to time throughout the day.

## LEVEL II, CULTIVATE COMPASSIONATE LOVE

- Week I: Laying the Groundwork
- Week II: Cultivating Love
- Week III: Cultivating Empathy
- Week IV: Cultivating Compassion





## Level II, Week I: Laying the Groundwork

### Manage stress

“When we are tired or overworked, we tend to rush to get things done quickly. We talk, move and walk fast. We become impatient, irritable and agitated. Our brain ceases to function efficiently and our capacity to be empathetic for others diminishes.”

“Maintaining awareness of breath and body allow us to detect and manage stress timely. Take time out to meditate or have a brief walk to refresh yourself.”

“We can be lost in our thoughts and fears. Or we can remember to breathe, to soften the heart, to trust.”-----Jack Kornfield

“Faith is the confidence that we can handle whatever comes.”----Sarah Doering

### Manage difficult emotions (eg. Fear, anger, frustration)

“A person’s affective experience at a particular time influences the ability to be empathic so that one does not respond to distress with distress.”-----Demos, V

“In order to be empathic, physicians should be educated to be aware of their own affective state so that they can provide a holding environment for patients.”-----Dorothy Owens

“Meditation is not a process of getting rid of something, but one of opening and understanding.”--  
--Jack Kornfield

“Meditation calls on us to see how we construct the world, our conflicts, our struggles. It invites us to step back, and back, and back. Perhaps it is more a constant process of **deframing** than reframing.”----Paul Fulton

“The more we can be truly accepting of our own experience, the more we can be accepting of our clients’ experience.”-----Paul Fulton

“One way to relate skillfully to unpleasant experiences is to register that they are here, to allow them to be as they are, in this moment, and simply to hold them in awareness.”----- Zindel Segal

### Techniques to manage difficult emotions:

#### 1. What am I experiencing?

##### *Naming:*

Recognizing these experiences and giving them a name allow us to work with them and develop our understanding. For instance, an intrusive patient shows up at your door repeatedly demanding to see you as you are busy charting. Name your emotional state softly, saying "frustration, frustration" or "annoyance, annoyance" for as long as it persists.

##### *Experiencing:*

Take a moment to experience what frustration feels like. Notice that your body becomes tense. Your mind becomes agitated and heart contracts. You may also name the body sensation “tightness” or “tense”. Pay attention to where it is felt in the body. Feel its various physical elements: the earth element (hardness or softness, the air element (patterns of vibration), fire element (temperature), and the water element (fluidity).

#### 2. Why am I feeling this way?

*Investigating:* Investigate what is underneath the frustration. What is your dislike, hurt or fear? Listen to the voices that come along with it. "Oh, God! Here he goes again. This is the fifth time he does this in an hour!" "He shouldn't be doing this. I am not going to finish my work on time."

3. What is the wisdom in it?

Detaching:

The intensity of our emotional reaction to external objects reflects the degree of our attachment to them. Step back and back. Let go of our expectation. "It is OK to be disturbed." "It is OK that I am late."

Containing:

Breathe deeply to center yourself. Open up a space in your heart to contain the dislikes.

Transforming:

Breathe in the frustration through your heart and breathe out with love and compassion. Recognizing that Mr. X is suffering from high anxiety. Give him a full attention, saying with a caring tone: "Mr. X. I am sorry I cannot talk with you right now. Is this something urgent or could it wait until later?"

### **Meditation:**

Begin by sitting comfortably, focusing awareness on your breathing. As you feel each breath, carefully acknowledge it with a simple name "in-breath, out-breath," saying the words silently and softly in the back of your mind. Stay focused on your breathing until a strong experience arises to interrupt your attention. Feel it fully and name it softly for as long as it persists. "hearing, hearing, hearing" or "tingling, tingling, tingling" or "itching, itching, itching." When it passes, return to naming the breath until another strong experience arises. Focus on one thing at a time. Continue to name whatever is most prominent in each moment, being aware of ever-changing stream of your life.

Let's begin to open our attention to feelings or sensations, the places in our being that ask for healing and understanding, the sorrow or conflict we run from. Feel your body with full awareness and kindness. Notice places of tension or holding. Notice the places that are sick or wounded. Let your awareness open very gently and kindly to include and to connect. Pay attention to the places of sorrow in our body where we lost touch with or haven't listen to. Simply open to this truth, to what is there.

Now feel your heart and your feelings, the places where we hold our sorrows, the losses we suffer, the unfinished business, the fears, the things that have hurt us, the hurt that we still carry. With gently attention, let them show themselves. These are sorrows of our heart to be healed or understood. Just notice them and receive them. Now be aware of the places of the mind where we are wounded, the places of conflict, the unfilled ideals and dreams. Notice how we wanted it to be and the disappointment. Let these too come to awareness.

Now let us go beyond ourselves. Bring our attention to some of the sorrows of the Earth that we avoided and neglected, that we haven't let ourselves really see, yet we know it is true. Let yourself see with a very gentle and open awareness. Just to see what is there. Allow whatever feeling to arise. Let the feeling show itself to you. Now come back to your breath to center yourself. Center yourself to this moment.

### **Homework:**

1. Become mindful of your own negative emotions such as anger and frustration. Open up a space to contain the dislikes. Hold the difficulties with awareness and compassion.
2. Continue daily sitting meditation, 3-minute breathing spaces and breathing awareness. Practice additional 3-minute breathing spaces whenever you feel stressed. Record each practice by circling an X in the calendar.
3. Read Chapter 11 and 12 (page 76-98) in Dr. Walsh's book.

## Level II, Week II: Cultivating Love

*“Sometimes we listen to the words of the teachings of sages, they stir a kind of echo within ourselves, a sense of longing, a sense of yearning.”* ----Chritina Feldman

*“In our practice what we are learning is really to breath life into aspiration. We are learning to embody it, to nurture it, to cultivate it in every step we take when we walk, in every breath we breathe.”*-----Chritina Feldman

### Power of love

“Someday, after we have mastered the winds, the waves, the tides and gravity, we shall harness the energies of Love. Then, for the second time in history, man will have discovered fire!”-----Teilhard de Chardin

“The greatest protection in all the world is lovingkindness.”-----Buddha

“All healing involves replacing fear with love.”-----A Course in Miracles

“Healing is an art of providing a loving environment for people to heal themselves.”

“Love means to love that which is unlovable, or it is no virtue at all.”-----Gilbert Keith Chesterton

“The more love we give, the more love we have left.”----John Templeton

“Whatever the need or circumstance, love can find a way to adjust, heal, or resolve any problem or situation.”-----John Templeton

“True love goes on gathering power and spreading Itself, until eventually It transforms everyone It touches.”-----Meher Baba

“A gesture of love can transform our day.”-----Jack Kornfield

### Nature of love: Unselfish, Unconditional, Unchanging, Universal

“Love is the basic feeling of goodwill for another, care for their health and well-being, and the desire to have only good come to them.”-----John Templeton

“Love your neighbors as yourself.” -----Jesus

“Every living being is your neighbor.”----- Gandhi

“Another person is more important than yourself.” -----Eknath Easwaran

“Lovingkindness offers care and well-wishing to another without expectation or demand. There is no distance between their well-being and our own.”-----Jack Kornfield

“Imitations of love are attachment and expectation.”-----Jack Kornfield

“Mature love is based more on sufficiency and wholeness rather on deficiency and fear.”-----Roger Walsh

“Spiritual love has no desire to get but only to give, no goal except to awaken itself within others, no need except to share itself. Being unconditional, it never fails or falters; being boundless, it embraces everyone.”

### Expression of love

“Arouse your will, supreme and great. Practice love, give joy and protection. Do good things, not for your own sake, but for all the beings in the universe. Save and make free everyone you encounter. Help them attain the wisdom of the way.”-----Buddha

“Spread love everywhere you go: first of all in your own house. Give love to your children, to your wife or husband, to a next-door neighbor.... Let no one ever come to you without leaving better and happier. Be the living expression of God’s kindness; kindness in your face, kindness in your eyes, kindness in your smile, kindness in your warm greeting.”-----Mother Teresa

“We must learn to love, to love until it hurts, and we will then know how to accept love.”-----  
Mother Teresa

“The loving heart cannot distinguish between large and small matters; all are worthy of love.”-----  
Jack Kornfield

“Genuine love does not take from another person: rather it gives always.”----John Templeton  
“Like a caring mother holding and guarding the life of her only child, so with a boundless heart of lovingkindness, hold yourself and all being as your beloved children.”-----Buddha

“To be responsible in love is to help other people to love.”-----John Templeton  
“Sometimes love means standing firm. Sometimes love means letting go. Sometimes love means letting be. Love blossoms whenever we step beyond our fears and rest in the generosity of the heart.”-----Jack Kornfield  
”An empowering love requires that the other be cared for with respect to needs, but it also wishes to teach the other to care for self; love will take the form of service as need demands, but it wants to encourage responsibility as well.”---- Vanier

“Unconditional love is an act of doing. Unlimited love is a state of being.”-----Jo Speegle  
“Exemplars of unselfish love do participate in some source of love in the universe that is higher than our own”-----Stephen Post  
“Practice expressing sincere love until it becomes second nature—as natural as breathing.”---John Templeton  
“In its fullest expression altruistic love may include significant self sacrifice in the aid of strangers or even enemies.”-----Stephen Post

Love is less taught didactically than it is transmitted through examples (Post, 2002). Cultivation of love may be achieved by modeling after someone who exemplifies it. Cultivating love involves becoming humble. Mother Teresa regards her love for others as deriving from the great love of God. She sees herself as a “pencil in the hands of God writing a love letter to the world.” She sees the poor as Jesus in disguise and serves them as she serves God.

“Sometimes we meet Jesus rejected and covered in filth in the gutter. Sometimes we find Jesus stuffed into a drain, or moaning with pain of sores or rotting with gangrene.... The most distressing disguise calls for even more love from us.”----Mother Teresa

### **Meditation:**

Breathe in and out through your heart and recite:  
“May I be well, happy, loving and peaceful.  
May you be well, happy, loving and peaceful.  
May all people be well, happy, loving and peaceful.  
May all beings be well, happy, loving and peaceful.”

### **Homework:**

1. Each time you become mindful of breath, soften your heart. Remind yourself to be kind and wishing people well.
2. Continue daily sitting meditation, practice 3-minute breathing spaces tid and prn stressed as well as breathing awareness.
3. Read Chapter 10, 13 and 14 in Dr. Walsh’s book.

## Level II, Week III: Cultivating Empathy

### What is Empathy

“Empathy is an emotional feeling into the experience of the other. “

“Empathy is the recognition of the suffering of the other.”

“Care derived from an empathic engagement of physician and patient is always possible even when the cure of a given disease is impossible.”-----Dorothy M. Owens

“Empathy involves elements of perspective taking and empathic concern.”-----Mark Davis

“To care for another person, I must be able to understand him and his world as if I were inside it. I must be able to see, as it were, with his eyes what his world is like to him and how he sees himself.”-----Milton Mayeroff

### Power of empathy

“Empathy is not simply a necessary condition for healing. It is the healing agent itself.”-----Goodman, G

“Empathy empowers patients because it confirms their worthiness.”-----Candib, LM

“When we know that someone recognizes our pain, we can let go of it.”-----Arthur Frank

“Empathic relationship is reciprocal. It may be healing for both patients and clinicians.”-----Dorothy Owens

### Cultivating empathy

“I wouldn’t demand a lot of my doctor’s time. I just wish he would brood on my situation for perhaps five minutes, that he would give me his whole mind just once, be bonded with me for a brief space, survey my soul as well as my flesh, to get at my illness, for each man is ill in his own way.”-----Broyard, A

“Do my doctors know who I am, who I have been, who I still want to be and do they understand what I am going through?”-----White, KL

“You don’t know what it’s like to be homeless. You don’t know how precious it is to have a hot meal and to sleep in a warm bed. What may seem trivial to you mean a lot to me.”----- Homeless

“Empathic care calls for the creation of a sacred space between the patient and the clinician.”-----Dorothy Owens

“Therapy may be most powerful when it is fully collaborative; when both participants are meaningfully changed by the encounter.”-----Josselson, R

“Like two instruments whose notes forms a chord, we together create something greater than our own experience.”-----Josselson R

“Teaching patients to be participants in their own care may be as important as teaching them to use insulin or to change diet.”-----Aoun H

“Empathy is not based on merging but on mutual attunement.”---Bergman and Wilson

“Empathy is sensing the client’s world as if it were your own, but without ever losing the as if quality.”-----Carl Rogers

“Boundaries remain intact in empathic interaction and the clinician is not consumed by the patient’s dilemma.”----Dorothy Owens

“With the oscillation from observer to participant and back to observer, the boundaries between the physician and patient remain intact throughout the empathic process.”-----Miller, IJ

“Empathy is a complex process that is verbal and nonverbal.”-----Carl Rogers

“When empathic listening is effective, reciprocity within the therapeutic relationship occurs.”-----

Carl Rogers

“When persons do not listen, they are tempted to evaluate rather than to empathize.”-----Carl

Rogers

“In order to be curative, empathic understanding must be used in a way to accept, confirm and validate the total experience of the other person.”-----Miller, IJ

“In good health care, physicians communicate empathy to patients by choosing words carefully and even more by tone of voice, facial expression and posture....An empathic interaction engages the whole patient.”-----Dorothy Owens

“Self-giving is integral to empathy. Empathy is not one person exerting power over another even in acting to benefit the other.”-----Dorothy Owens

“Care is given freely without concerns for self-reward.”----Milton Mayeroff

“Time, sympathy and understanding must be lavishly dispensed...”---Peabody, FW

“When I am most effective as a therapist, I am in touch with the unknown in me, when perhaps I am in a slightly altered state of consciousness in the relationship, then whatever I do seems to be full of healing.” “In these moments, I feel as if my inner spirit has reached out and touched the inner spirit of the other. Our relationship transcends itself and becomes a part of something larger. Profound growth and healing are present.”-----Carl Rogers

“Losing oneself, by temporarily putting aside self-focus, enable a sense of unusual connectedness to someone or something else and a receding of personal control as we find ourselves in continuity with an existence that is much larger than we are...”----Suchman, AL

“Do not neglect to show hospitality to strangers, for by doing that some have entertained angels without knowing it.”-----Hebrews 13:2

“Clinicians and patients are often strangers. In showing hospitality to strangers, as an empathic act, a person may approach the infinite.”-----Dorothy Owens

### **Meditation:**

“May the poor find wealth, those weak with sorrow find joy.

May the forlorn find new hopes, constant happiness and prosperity.

May the frightened cease to be afraid, and those bound be free.

May the weak find power, and may their hearts join in friendship.”-----Dalai Lama

### **Homework:**

1. Each time you become mindful of breath, be empathic and wish people well.
2. Continue daily sitting meditation, practice 3-minute breathing spaces tid and prn stressed as well as breathing awareness.
3. Read Chapter 10, 13 and 14 in Dr. Walsh’s book.

## Level II, Week IV: Cultivating Compassion

### Suffering is universal

“Life is imbued with difficulties and suffering. The cause of suffering is attachment. Freedom from attachment brings freedom from suffering.”----- Buddha

“In the inner world we are not separated from each other. Peace and joy, no less than pain and sorrow, are shared, collective experience.”-----Francis Vaughan

“Personal suffering comes from reaction; interpersonal suffering comes from interaction.”---- Greg Kramer

“Pain primarily refers to severe physical or mental discomfort, whereas suffering engages a person’s total being.” “Suffering causes a breakdown in the integration of a person and fractures a person’s sense of self in some way.” ----Dorothy Owens

“Pain is inevitable but suffering could be optional.”

“Do not get mad at euphoric, intrusive and hostile patients. Look deeply into their suffering in disguise. The suffering from negative thoughts, emotions and behaviors is as grave as suffering from losses of physical health or love ones.”

### Transforming suffering

“Compassion is the keen awareness of the interdependence of all things.”---Thomas Merton

“By going deeper into experiences of loss and sadness rather than avoiding them, one may discover a sense of participation in the universal suffering inherent in living and dying that seems essential for spiritual awakening.”-----Francis Vaughan

“Wisdom comes from facing our own suffering and learning the profound lessons that suffering has to teach.”----Sarah Doering

“Suffering is the core experience that binds us together as human beings.”-----Arthur Frank

“Love’s communion brings us together in a whole. Compassion does not see the world’s pain and sorrow as other; it is shared, it is ours. When we allow our shared vulnerability and humanness, love and compassion are as natural as our breath, and without hesitation we act to help.”---Jack Knornfield

“No one ever can really know what it is like to live within another’s body. We based our empathy with others on extrapolations from those everyday bodily experiences that we all share...”--- J. Griffith

“Clinicians also suffer even while their distress may be disguised or denied through distancing and the protective ritual use of white coats, stethoscopes, and technical expertise.”----Dorothy Owens

“From the physician’s or nurse’s own suffering can come the wine of fervent zeal and the oil of compassion.”-----Daniel Sulmasy

“The human heart has the extraordinary capacity to hold and transform the sorrow of the world into a great stream of compassion.”-----Jack Kornfield

“In generating compassion, when you are taking on another’s suffering, you may also initially experience a certain degree of discomfort. Because you are voluntarily and deliberately accepting another’s suffering for a higher purpose, there is a feeling of connectedness and commitment, a willingness to reach out to others, a feeling of freshness rather than dullness.”-----Dalai Lama

“We can tolerate what for the moment our clients can’t, because we hold an understanding of impermanence.”-----Paul Fulton

“I have found the paradox that if I love until it hurts, then there is no hurt, but only more love.” ---  
-Mother Teresa

### Planting seeds of compassion

“The twin goals of medicine are to relieve suffering and to cure disease.”-----Eric Cassell

“Treating diseases and managing symptoms is not enough. Suffering is not a disease or a symptom and cannot be cured or eliminated by medicine. Suffering is only healed through compassionate love.” -----Daniel Sulmasy

“The clinician’s jar will be replenished with the oil of compassion the more he or she pours into the wounds of the sick.”-----Daniel Sulmasy

“In order to generate compassion, one must first have an appreciation of the seriousness or intensity of another’s suffering.”-----Dalai Lama

“Compassion involves opening oneself to another’s suffering.”-----Dalai Lama

“A compassionate clinician engages the suffering of patients at three levels. First, s/he recognizes the suffering, giving it a name and understanding its natural history. Second, s/he responds to this suffering with genuine empathy. Third, s/he is moved to concrete actions with words and deeds.”-  
----Daniel Sulmasy

“True compassion has the intensity and spontaneity of a loving mother caring for her suffering baby. Throughout the day, such a mother’s concern for her child affects all her thoughts and actions. This is the attitude we are working to cultivate toward each and every being.... When we experience this, we have generated Great Compassion.”----Dalai Lama

### Higher reaches of compassion

“Compassion involves a willingness to suffer with and suffer for others.”

“As we progress through stages of responsibility, we go from wishing all sentient beings find happiness and freedom from suffering to personally assuming responsibility for helping them enter this state beyond misery.”-----Dalai Lama

“It is in the deep understanding of suffering that compassion comes to full bloom. For when the heart/mind no longer holds to anything, it is fully open. There is no self-centeredness and so, no separation. No I, no you. Love is then boundless, and ceaselessly responsive.”-----Sarah Doering

### Meditation:

Let your heart become a transformer for the sorrows of the world. Breathe in your own pain and sorrow. Let them touch your heart. Breathe out love and compassion. “May I be free from pain and sorrow.” Breathe in sorrows of your love ones one by one, your neighbors, those people who live far away, those who lost their love ones, those who are caught in war, who are homeless and hungry. Let their sorrows touch your heart. Breathe out love and compassion. “May you be free from pain and sorrow.” “May all humans be free from pain and sorrow.” Breathe in the sorrows of all living beings. Let their sorrows touch your heart. With each out-breath wish all living beings well. “May all beings be free from pain and sorrow.” After some time, sit quietly and let your breath and heart rest naturally, as a center of compassion in the midst of the world.

### Homework:

1. Recognize your own and others’ suffering. Practice being compassionate. Wish people free from suffering.
2. Continue daily sitting meditation, practice 3-minute breathing spaces tid and prn stressed as well as breathing awareness.



## **LEVEL III, INCORPORATE LOVE IN PATIENT CARE**

Week I:            Comforting Patients  
Week II:           Empowering Patients  
Week III:          Serving Patients  
Week IV:          Professional Boundaries



## Level III, Week I: Comforting Patients

*“Deep inner healing comes about mainly when people feel loved, when they have a sense of belonging.”----- Jean Vanier*

*“Comfort carries a meaning of tenderness, closeness, the soothing of pain and sorrow, the calming of anxiety, the feeling of security that comes from being close to another. “----S Post*

### 1. Understanding

“Empathic understanding precedes compassionate care.”

“To care for another person, I must be able to understand him and his world as if I were inside it. I must be able to see, as it were, with his eyes what his world is like to him and how he sees himself.”-----Milton Mayeroff

### 2. Communication

“Love is both experienced and communicated”---Marston, 1987, Hendrick, 2002

“The experience of love as encompassing our whole being: cognitive acts, affection and bodily reaction.”----- Jesuit Jules Toner (1968)

“Love is communicated from heart rather from head.”

“In good health care, physicians communicate empathy to patients by choosing words carefully and even more by tone of voice, facial expression and posture....An empathic interaction engages the whole patient.”-----Dorothy Owens

“We communicate with patient that we understand their experiences and point of view. We express our sincere care for them and genuine wishes to help them.”

“The same content, if said in different manner, could have opposite effects on others. Words that are said angrily can be perceived as authority and evoke anger in others. Words that are communicated in a caring gesture have a soothing effect.”

“Communicate to the patients our understanding about their suffering allows the painful feelings to be shared and eased.”

Say to a patient who is mute: “I don’t know what you really feel inside. You may be feeling scared, angry or hurt. I can see that you are suffering. I want to help you get through this difficult time.”

### 3. Communion

“Communion is a to-and-fro movement of love between two people where each one gives and each one receives. In communion, the other is accepted as worthy unconditionally, and nurtured into trust and mutuality. It is free of personal value judgment and personal agenda. It constitutes an ever-growing and ever deepening process.”----- Vanier (1964)

“In situations where our patients are in severe emotional distress that precludes them to form a trusting communion, the therapist holds a loving container to nurture the healing process. Imagine that every patient has an invisible space surrounding him/her. In this safety space, patients are accepted unconditionally regardless of their attitude and behavior. A patient may be hostile, aggressive, withdrawn or mute. Recognizing that patient’s behaviors are reflection of their suffering, we hold them in our heart with compassion.”

“Within the context of a safe and supportive atmosphere, clients are able to explore their experiences openly and reach resolution of their own problems.”-----Carl Rogers

“When I am most effective as a therapist, I am in touch with the unknown in me, when perhaps I am in a slightly altered state of consciousness in the relationship, then whatever I do seems to be full of healing.” “In these moments, I feel as if my inner spirit has reached out and touched the inner spirit of the other. Our relationship transcends itself and becomes a part of something larger. Profound growth and healing are present.”-----Carl Rogers

“Losing oneself, by temporarily putting aside self-focus, enable a sense of unusual connectedness to someone or something else and a receding of personal control as we find ourselves in continuity with an existence that is much larger than we are...”----Suchman, AL

### **Clinical vignette**

1. I was 25, and in a state of great fear. I was dropped off at the Bethesda Naval Hospital ER by housemates I barely knew. They sped off, leaving me without any friends, family or identification. I was too scared to talk.

One by one, various clinicians approached me, starting with the doctor in charge, and gradually working down the ladder. Each fired a series of questions at me. Each seemed little concerned with who I really was inside; they were intent on filling in their forms. Seeing no reason to answer their questions, I remained silent. They sat me in a wheelchair and wheeled me into a corner while they decided what to do next. Meanwhile, a young corpsman, the lowest-ranking clinician in the emergency room, stopped over to see me. He looked at me for a long time without speaking. He looked at me in a caring, focused manner. It was clear in this eyes that he cared about the me deep inside. In a very gentle voices he said, “Hi, my name is Rick. I can see that you are in a lot of pain. Could you nod your head if you hear me?”

I nodded and at that moment felt that I could return to living with other people. ----- Daniel Fisher

2. Mr. N is a 40-year-old Asian man who carries a diagnosis of Schizoaffective disorder and Obsessive Compulsive Disorder that had been refractory to treatment. He was admitted because he was eating garbage from trash cans at a rehabilitation facility. While on the unit, he was crawling on the floor, collecting dirt. He was mute and unresponsive to all verbal directions. Staff attempted to intervene by physically removing him from the floor. However, his behavior persisted. Instead of waging a no-win war with him, the treatment team decided to hold his sorrow with love and compassion. I asked him with an empathic tone: “Mr. N, I understand that you have been going through hard time lately. Has cleaning been helpful to you?” He nodded his head. “It must be hard when staff tried to stop you. We want to support whatever is helpful to you. Please let us know if you need a new towel.” He looked up to me and nodded his head. “You have been working hard. Allow yourself to take breaks when you feel tired.” I invited him to walk with me to the window, looking outside at the blue sky, white clouds and birds flying by. In the afternoon, he rested in his bed, appearing at peace. Staff reported he did less cleaning the rest of the day.

**Meditation on stopping the war:** (Kornfied, 1993)

### **Homework:**

- 1 Practice comforting your patients.
2. Continue daily sitting meditation, practice 3-minute breathing spaces tid and prn stressed as well as breathing awareness.

**Meditation on stopping the war:** (Kornfield, 1993)

To comfort our patients, it is essential that we relinquish our inner and outer warfare. Sit comfortably for a moment. Let your body be at rest. Let your breathing be easy and natural. Bring your attention into the present. Sit quietly and notice whatever sensations are present in your body. In particular, be aware of any sensations, tensions, or pains you may have been fighting. Do not try to change them, simply notice them with an interested and kind attention. In each area of struggle you discover, let your body relax and your heart soften. Open to whatever you experience without fighting. Let go of the battle. Breathe quietly and let it be.

After some time, shift your attention to your heart and mind. Now notice what feelings and thoughts are present. In particular, be aware of any feelings or thoughts you are now struggling with, fighting, denying or avoiding. Notice them with an interested and kind attention. Let your heart be soft. Open to whatever you experience without fighting. Let go of the battle. Breathe quietly and let it be.

Continue to sit quietly. Then cast your attention over all the battles within you. Sense them inside yourself. If you have an ongoing struggle with your body, be aware of that. If you have been fighting inner wars with your feelings, been in conflict with your own loneliness, fear, confusion, grief, anger, or addiction, sense the struggle you have been waging. Notice the struggles in your thoughts as well. Be aware of how you have carried on the inner battles. Notice the inner armies, the inner dictators, the inner fortifications. Be aware of all that you have fought within yourself, of how long you have perpetuated the conflict.

Continue to sit quietly. Then cast your attention over all the battles that still exist in your life. Sense them inside yourself. If you have an ongoing struggle with your love ones, your parents, siblings, spouse or children, be aware of that. If you have been fighting wars with your patients or other people in your life, been in conflict with your own dislikes, fear, confusion, grief, or anger, sense the struggle you have been waging. Notice the struggles in your thoughts as well. Be aware of how you have carried on the battles. Notice the inner armies, the inner dictators, the inner fortifications. Be aware of all that you have fought within yourself, of how long you have perpetuated the conflict.

Gently, with openness, allow each of these experiences to be present. Simply notice each of them in turn with interest and kind attention. In each area of struggle, let your body, heart, and mind be soft. Open to whatever you experience without fighting. Let it be present just as it is. Let go of the battle. Breathe quietly and let yourself be at rest. Invite all parts of yourself to join you at the peace table in your heart.

## Level III, Week II: Empowering Patients

### 1. Celebrating

“To love people is also to celebrate with them. Patients also need laughter and play. They need people who will share their joy and celebrate life with them” ---Vanier.

“Celebrate with patients by being attentive to their good times with genuine interests.”

“Recognize patients’ strength, appreciate their beauty, reveal to them their own uniqueness, and tell them that they are special and worthy of attention”---Stephen Post

“Celebration helps patients to see that life is not just a tragedy and they too can have a joyful life. Genuinely admire patients can enhance their self-esteem and facilitate healing.”

“An attitude of wonder in the therapist can be cultivated only if cynicism and certainty are attenuated.”----Melissa Griffith

“What is it that you already know about this person? How can you reawaken your curiosity?”---Melissa Griffith

### 2. Mobilizing

“No matter how upset or away from reality someone seems to be, remember, there is always a person inside.”-----Laurie Ahern

“Motivation and resourcefulness do lie within each individual and need to be evoked rather than imposed.”---William Miller

“Constructive behavior change seems to arise when the person connects it with something of intrinsic value, something important, something cherished.”-----William Miller

“Change is motivated by a perceived discrepancy between present behavior and important personal goals or values.”---- W. Miller

“Motivational interview honors and respects the individual’s autonomy to choose.”--- W. Miller

“When we are not covertly insisting our clients to change, they are granted an environment in which they are free to choose.”-----Paul Fulton

“The counselor’s own belief in the person’s ability to change becomes a self-fulfilling prophecy.”----William Miller

”An empowering love requires that the other be cared for with respect to needs, but it also wishes to teach the other to care for self; love will take the form of service as need demands, but it wants to encourage responsibility as well.”---- Vanier (1964)

“Love preserves personhood in the face of diminishing capacities.” “It is importance to draw on their remaining ability and powers to give them a sense of active agency.”---- Tom Kitwood

Questions to evoke hope for patients:---James Griffith

“What gives you hope / strength during difficult times?” (Anandarajah, 2001).

“For what are you deeply grateful?”

“Who truly understands what you are experiencing with this illness?”

### 3. Alliance

“Over 70 studies consistently demonstrated that therapeutic alliance predicts treatment outcome. Therapists’ elements found to enhance alliance include affirming, helping, attending to the patient’s experience, being warm/friendly, understanding, respectful, interested, supportive and trustworthy.”--- Akerman, 2003

“Motivational interviewing is a process of shared decision making, of exploration, negotiation and support”----William Miller

“Patient is the key person in the treatment team.”

“By genuinely expressing our wish to help patients achieve their goals/ values, we invite them into a therapeutic alliance.”

“You are experiencing severe emotional distress which interfere with your life in the community. We will be with you through this crisis. You will recover and can once again have dreams, meet challenges, and have a full life.”----Laurie Ahern

### **Clinical vignette**

1. One patient with developmental delay had a smile on her face. I commented: “It seems like you are in a good mood today. Would you like to share with us what made you happy this morning?” She answered proudly: “I made a box in OT group yesterday.” I said in an exciting tone with sincere interest: “Great! Would you like to share with us?” She showed me her work with a smile on the face. I admired: “It is really beautiful!” She offered it to me and said: “If you like it, you can keep it.” I said: “No, No, you should keep it for yourself.” She appeared disappointed: “I am going to throw it away if you don’t want it.” Knowing that refusal would hurt her feelings, I accepted the gift with a warm feeling in my heart.

2. A 42-year-old African American man was admitted after found unconscious on the street intoxicated with alcohol. He was wheelchair bound because of neuropathic pain from chronic use of alcohol. He claimed that alcohol is the only thing that helped him get through difficult times. I asked him “is there anyone in your life you really care about?” He told me that he really missed his two teenage daughters whom he has lost contact for 6 months. I empathized with his feelings and invited him to love himself as he would for his daughters. He agreed to try. Since that day, he has been out of bed and ride on wheelchair more frequently. As he became more sober, he had improved insight. “When my leg pain became unbearable, I used alcohol to numb the pain. When I don’t drink, I can’t tolerate my pain. I don’t know what to do. I told him: “Mr. L, maybe there is no right answers. Each choice has pros and cons and you have the power to make the choice.” Since his pain had been refractory to prior medication treatment, I prescribed Fentanyl patch that made his pain more tolerable. On the day of discharge, he told me “When I am sober, I can see that I have choices. I cannot afford to drink any more. I am going to AA meetings and get a sponsor. I am actually thinking about treating myself to a movie as soon as get out.” Few weeks later, I ran into him on the street. He waved at me gleefully in wheelchair: “Doc, I am doing really well!” I smiled with a warmth feeling in my heart.

### **Meditation on kindness and compassion** (Kornfield, 2002)

#### **Homework:**

1. Practice empowering patients.
2. Practice daily meditation and be aware of breath or body from time to time throughout the day.

**Questions to evoke strength** (James Griffith, 2002)

- What do you hold on to during difficult times?
- What are your sources of hope, meaning, comfort, and peace?
  
- Who truly understands your situation?
- When you have difficult days, whom do you turn to?
  
- How do you make sense of what you are going through?
- What is your sense of meaning of your life at this time?
  
- Why is important that you are alive?
- To what or whom you are most devoted?
- What would you like to contribute?
  
- For what are you deeply grateful?

**Meditation on kindness and compassion** (Kornfield, 2002)

Take a few deep breaths and center yourself. As you exhale, release any tension that is present in your body. Continue to breathe deeply. As you are ready, bring to mind one patient you are working with. Picture this person vividly. As you look at this person, let yourself become aware of the beauty that is there. A person has a beautiful spirit and an exquisite heart. Imagine that if they were your love ones and how you would wish them well and safe from harm. Imagine them smiling in joy, welcoming others. Behind those eyes are un-measure reserve of courage, intelligence, patience, and wisdom. There are such gifts which this person themselves may be unaware. Consider the potential and the gifts that this person could bring to the healing of the earth. See the beauty in these eyes. As you look in this way, experience how much you want this person to be free from fear and unhappiness, how much you want them to be happy, open-hearted, safe and loving. What you are experiencing is the great heart of loving-kindness. May you be well and safe. May you be truly happy.

Now feel another breath in your body. As you continue to look into these eyes, let yourself become aware of the measure of sorrows that is carried in this heart, accumulated for a life time as in every human life - the burdens, the disappointments, and the pain they had to bear. You can only guess the loneliness, the loss, the hurts beyond telling. Let yourself open to that pain, the hurts that this person may never have told another being. You cannot fix their pain or sorrows but you can be with them with a spirit of courage. Let yourself be with their sorrows. Imagine them as a child, frightened and hurt. How you would reach out to comfort and hold them, the courage of your heart to embrace even their deepest sorrows. As you let yourself see and feel in this way, know that what you are experiencing is the great heart of compassion. It is essential for the healing of the world.

Take a moment to feel your body and heart. Let the experience sink in your memory. May this experience remains awaken in your heart as you go from this meditation. As you are ready, you may open your eyes.

### Level III, Week III: Serving Patients

#### Service: the noble purpose

“Why is it important that you are alive?”----Melissa Griffith

“Real happiness is not obtained through self-gratification, but through fidelity to a worthy purpose.”-----Helen Keller

“Noble purpose is a stable and generalized intention to accomplish something both meaningful to the self and of consequence to the world beyond the self.”-----Willam Damon

“To leave the world a bit better whether by a healthy child, a garden patch, or a redeemed social condition; to know even one life has breathed easier because you have lived, this is to have succeeded.”----Ralph Waldo Emerson

“When you think of your work as a calling rather than merely as a job, ordinary tasks take on an exalted glow. It becomes possible to take pride in your most routine accomplishments, because you become aware of their contributions to the social good. Chores that once felt like drudgery become valued steps on the path towards making a difference in other people’s lives.”-----Willam Damon

“Work is love made visible.”-----Kahlil Gibran

“The test of a vocation is the love of the drudgery it involves.”-----Logan Pearsall Smith

“I never did a day’s work in my life. It was all fun!”-----Thomas Edison

“When you like your work, everyday is a holiday.”-----Frank Tyger

“Do what you love and love what you do.”

“In the caring for others, the meaning of the caregiver’s life may be found.”-----Milton Mayeroff.

“Helping the poor to grow spiritually and to become givers themselves is the real road to permanent riches.”----John Templeton

#### Benefits of serving

“A hundred times a day I remind myself that my inner and outer life depends on the labors of other men, living and dead, and that I must exert myself in order to give in the measure as I have received and am still receiving.”----- Albert Einstein

“The Universe operates through dynamic exchange. Giving and receiving are different aspects of the flow of energy in the universe.”-----Deepak Chopra

“I don’t know what your destiny will be, but one thing I know: the only ones among you who will be really happy are those who have sought and found how to serve.”----Albert Schweitzer

“Treat others as you would like them to treat you.”-----Golden rules

“One of the keys to prosperity is realizing that true prosperity doesn’t come by getting more---it comes by giving more.”

“The gifts and talents you have been given do not belong to you. You have them on loan -in trust- to make what you can of them for the betterment of humanity. Success follows directly behind each good deed, each act of kindness and generosity.”----Gary Moore

#### Nothing is too small to give

“There is no need to look for spectacular actions. What is important is the degree of love that we insert in our deeds.”---- Mother Teresa



“A word that gives courage to a broken heart or a smile that brings hope in the midst of gloom has as much to claim to be regarded as services as difficult sacrifices and heroic self-denials.”-----  
Meher Baba

“A truthful statement can end years of misunderstanding, an apology can heal, while a few kind words can leave heartwarming memories that last a lifetime.”----Roger Walsh

“Every customer has to be just as important as your closest friend.... Your job is to put a smile on each customer’s face.”----- Willam Damon

“A smile breeds a smile.”

“Let no one ever come to you without leaving better or happier.”---- Mother Teresa

“Patients are our masters as our livelihood depends on them”

“Giving love is the greatest gift we can give to our patients.”

“If you act like you only have a few minutes, it can take all day to accomplish a change, whereas if you act like you have all day, it may take only a few minutes.”-----Monty Roberts

“Giving of yourself, learning to be tolerant, giving recognition and approval to others, remaining flexible enough to mature and learn---yields happiness, harmony, contentment and productivity. These are qualities of a rich life.”-----Jack C. Yewell

“Wherever I go, and whoever I encounter, I will bring them a gift. The gift may be a compliment, a flower, or a prayer. Each time I meet someone, I will silently wish them happiness, joy and laughter.”-----Deepak Chopra

“True giving with no strings attached can manifest love.”

“Cultivate generosity by: 1) dedicating efforts to a higher goal; 2) relinquishing attachments to outcomes (e.g. expecting to be liked, praised or appreciated); and 3) learning from experience.”---  
-Roger Walsh

“Work like you don't need the money. Love like you've never been hurt. Live like it's Heaven on Earth.”

### **Clinical vignette**

Our love for others manifested in our desire to serve them. We may better serve our patients by being attentive to their needs such as making extra efforts to get them a cup of water; placing extra phone calls for them; or spending extra minutes with them listening with full attention in the midst of a busy schedule. One paranoid hostile patient rejected me by telling me “you are not my doctor!” I responded: “you are right. I am not your doctor. I am your servant.”

It is important to explore our motives for giving. If we give solely for the good of our patients without expecting anything in return, giving is a wonderful way of communicating love. A 42-year-old Chinese male patient requested for chocolate soybean milk that he missed so much from his childhood. After exploring our motives and every possible outcomes, we bought him a carton on two occasions. He accepted them with gratitude without becoming attached or dependent.

### **Meditation on open awareness:**

Assume a comfortable position. Take a few deep breaths. As you breathe out, relax yourself. Allow your eyes to close gently. Open up your awareness as spacious as the sky. Allow thoughts, feelings, sensations and sounds all come and go like clouds in the sky without leaving a trace. Receive all that arise with a bow of compassion. (Music)

### **Homework:**

1. Practice being kind to patients and everyone you encounter.
2. Practice daily meditation and be aware of breath from time to time throughout the day.

### Level III, Week IV: Professional Boundaries

#### Conforming to ethical standard

“Medicine is fundamentally a moral enterprise because it is devoted to the welfare of the person it treats.”—Cassell EJ

“First do no harm.”----Physicians’ oath

“In trying to be harmless, we are forced to become more sensitive to the feelings of others, more alert to our own emotions such as anger or fear, more careful in our actions, and more willing to relinquish selfish motives.”----Roger Walsh

“Do to others as you would have them do to you.”----Golden Rule of Christianity

“Do not do to others what you would not have them do to you.” ---Confucius

“The best litmus test for a truly noble purpose is if it adheres to moral means....Must you tell the big lie in order to promote your purpose? Do you need to resort to treachery to get it done?”----William Damon

#### Respecting personal space

While compassionate love is unbound and unconditional, it is essential to maintain professional boundaries as we work with patients.

Imagine that every patient has a personal space around him/her. Patients may act aggressively when they sense their space being invaded. We hold this personal space with love and compassion. In the event that we need to intrude upon their space, we humbly ask for their permission and pardon.

#### Respecting personal autonomy

“No one has the right to interfere, advise, or judge another’s choices since the ground on which one would base such intervention would itself but express an arbitrary preference.”----May W.

“Knowledge and expertise would not be lodestones of power in terms of domination, but of the power to serve the person in need of assistance.”----Dorothy Owens

“In the event that patients deem incapable of consenting to treatments, it may be necessary to treat patients involuntarily as granted by the law. Recognizing that physically confining or restricting patients or administering medications against a person’s will inevitably intensify suffering, we do so reluctantly and compassionately.”

“Empathy is a mutual, responsive, reflexive relationship that mitigates power imbalance and is a healing relationship for both patients and physicians.”----Dorothy Owens

“Synergic power establishes a cooperative relationship and grows from openness and trust.”----Dokecki PR

“Therapy is like martial art in which an attack is not met with direct opposition, but rather one goes with the attacker’s momentum using it to good advantage.”----Jay Haley

“A change in counseling style can directly affect the level of client resistance, driving it upward or downward.”----William Miller

We may minimize confrontation by allying with patient’s healthy self. “I understand you want to leave the hospital. Why don’t you want more? Do you want stable housing, better relationship

and staying away from police? Let us work together to help you getting what you want.”

### Defining limits

“Sometimes love means standing firm. Sometimes love means letting go. Sometimes love means letting be. Love blossoms whenever we step beyond our fears and rest in the generosity of the heart. “-----Jack Kornfield

“Keeping professional boundary commonly involves limit-setting. At times, we need to say “No” to patients’ requests out of our benevolence.”

“Giving or receiving gifts as well as comforting touches such as hugging or hand shaking are natural ways of expressing love. We need to be mindful of potential impact of such gestures on patients. We need to examine whether our motive is to satisfy our own needs or for the good of patients. We need to rely on our wisdom and morality to guide us.”

### Clinical vignette

1. A patient isolated himself in bed wrapping in a blanket in a dark room. As I walked into the room, I asked politely: “Is it OK that I turn on the light?” “Mr. X, can I talk to you?” He turned his back against us. “It looks like you don’t want to talk. Is it OK that we ask you a couple of quick questions?” He did not respond. “We respect that you don’t want to talk right now. We’ll come back some other time.”

2. Ms. I is a 33 year-old woman who carries a diagnosis of Borderline Personality Disorder with significant history of self-cutting behaviors. She was brought in by her house-mate after found heading toward the Golden Gate Bridge to meet her dead grandmother. She had been hearing voices of her guarding angel telling her to kill her body in order to join her soul. While on the unit, she had been refusing anti-psychotic medications. Due to concerns that her psychotic symptoms led to her suicidal attempt, the court granted the Riese. She became frantic after the court hearing. The treatment team recognized that her psychosis could be transient due to the stress of her grandmother’s death anniversary and that involuntary injection could re-traumatize her and lead to increased self-cutting behaviors. We reassured her that we would not force IM injection unless she actively pursuing suicide on the unit. She heard the news with great relief. Few days later, she told me that she was able to hear another part of her telling her that she did not have to kill herself. She thanked me for not initiating the injection despite the Riese. She was safely discharged after a brief hospital stay.

3. A 35 year-old man with a history of personality disorder and substance abuse was admitted after he severely cut himself. He has been getting into power struggle with staff in order to obtain analgesics and sedative medications. Empathizing that he is in physical pain, we allied with his healthy self, helping him understand the harmful effects of analgesic medications. Together, we worked out a regular medication schedule. As his wound was healing, we reassured him that we would work closely with him to taper medications at a pace that was tolerable to him. We also requested that he bear with some level of pain. He was able to comply with the taper protocol without resistance.

### Meditation on self-reflection:

#### Homework:

1. Practice respecting patient’s boundaries.
2. Practice daily meditation and be aware of breath or body from time to time throughout the day.

### **Meditation on self-reflection:**

This is our last group meeting. Let us focus today's meditation on self-reflection. The goal of self-reflection is to learn, not to blame; to grow in wisdom, not to fall in guilt; to appreciate our strength as much as to recognize our weaknesses (Walsh, 1999). Taking time to reflect on ourselves helps us to access our inner wisdom. Sit comfortably for a moment. Let your body be at rest. Let your breathing be easy and natural. Bring your attention into the present. Sit quietly. Release any tension that you sense in your body.

Think of a difficulty that you encounter in your practice or clinical situation. How have I suffered by my own response and reaction to it? What does this problem ask me to let go of? How have I treated this difficulty so far? What lesson can I learn from this situation? How can I handle the situation differently? Sit quietly and listen inwardly for their answers.

Take a moment to reflect on the past few weeks since the start of the group. How has your spiritual practice been? Are you satisfied with your practice? Is there any area of the practice you wish to improve in the future? How have you and people around you benefited from your spiritual practice? How would you carry on your practice into the future?

## LEVEL IV, CULTIVATE HAPPINESS

- Week I: Cultivating Gratitude
- Week II: Cultivating Humility
- Week III: Cultivating Happiness
- Week IV: Cultivating Peace



## Level IV, Week I: Cultivating Gratitude

### Be content with what you have

“Gratitude is the door to many heavenly gifts. But the door is low, and we must humble to enter.”---- Emanuel Swedenborg

“Happiness is a function of how we perceive our situation, how satisfied we are with what we have.” ----Dalai Lama

“Joy has to do with having the openness of heart to receive life as it is.”-----Christina Feldman

“Once our basic needs are met, we don’t need more money, we don’t need greater success or fame, we don’t need the perfect body or even the perfect mate---right now, at this very moment, we have a mind, which is all the basic equipment we need to achieve complete happiness.”----- Dalai Lama

“Satisfaction isn’t so much getting what you want as wanting what you have.”-----David Myers

“If you realize that you have enough, you are truly rich.”-----Lao Tzu

“Be content with what you have; rejoice in the way things are. When you realize there is nothing lacking, the whole world belongs to you.”-----Lao Tzu

“Develop a mind that is vast like space, where experiences both pleasant and unpleasant can appear and disappear without conflict, struggle, or harm. Rest in a mind like vast sky.”----Buddha

“Embracing both joy and sorrow, our heart can remain tender and wise.” -----Jack Kornfield

“Acceptance is unconditional. There is no judgment. This welcoming acceptance allows whatever comes to reveal itself in its fullness.”-----Sarah Doering

“When you are content to be simply yourself and don’t compare or compete, everyone will respect you.”-----Lao Tzu

### Gratitude is a conscious choice

“Gratitude can be a conscious, rational choice to focus on life’s blessing rather than its shortcomings.”-----Robert Emmons

“Both abundance and lack exist simultaneously in our lives, as parallel realities. It is always our conscious choice which secret garden we will tend. When we choose not to focus on what is missing from our lives but are grateful for the abundance that present---love, health, family, friends, work, the joys of nature and personal pursuits that bring us pleasure--- the wasteland of illusion falls away and we experience Heaven on Earth.”----- Sarah Ban Breathnach.

### Blessings are countless

“A heart full of gratitude is ready for love. If, before arising, we say a prayer of thanksgiving each morning-naming five of our blessings- we are ready that day to radiate love.”---- John Templeton

“Every aspect of our present well-being is due to hard work on the part of others. As we look around us at the buildings we live and work in, the roads we travel, the clothes we wear, or the food we eat, we must acknowledge that all are provided by others.”-----Dalai Lama

“Patients are patrons of our services. Our livelihood depends on them. This realization invites us to serve them with dignity and respect.”

“As I walked, I dwelled upon every kind of blessing I could think of.”----Charlotte Sudhamma Bhikkhuni

“Thanksgiving leads to having more to give thanks for.”-----John Templeton

“Count your blessings and you will have an attitude of gratitude.”

“An attitude of gratitude creates blessings.”

“Gratitude is a receptive state that allows blessings to flow in.”-----Robert Emmons

“Give thanks for a little and you will find a lot.” ----- Nigerian Hausa

“When we drink from the stream, remember the spring.”-----Chinese

### Blessing can be found in the midst of adversity

“If we have eyes to look through deceptive trappings, we realize that we are all poor. Naked we come into this world, naked we leave it. Whatever we have is gift.”

“Gifts can be seen and appreciated in whatever wrappings they come in. Washing the dishes, writing a memo, mowing the lawn---all can be acts of gratitude.” -----Robert Emmons

“We have to remind ourselves to be mindful, to remember. The greatest gift is life itself.”

“Count your blessing and you will find them to be countless, even in the midst of adversity and tragic circumstances.”-----Robert Emmons

“A lame foot is better than none. Better eye sore than all blind.”-----Robert Emmons

“Gratefulness is not a state in which suffering and adversity are selectively ignored. Rather, gratefulness makes us focus on the opportunity that adversity offers, the opportunity of authentic spiritual growth. This turns suffering into growing pains.”-----Robert Emmons

“No single season is without fruit (Turkish) and everything is good in its season”---Italian

“Eventually, when we look back on our existence, we see it all as a blessing, so we thank God for the fear, we thank God for the doubt, we thank God for the anger. And we thank God as each form of negativity becomes unnecessary as a response in our lives.”---- John Morton

“Lord, you came to give us life, And life that was more abundant. Help me not to run away from life, But to follow your spirit, To accept the thorn, as well as the flower, And to be grateful for the gift of life.”-----Frank Topping

### Meditation on Consciousness

#### Homework:

1. Practice daily meditation and be aware of breath or body tid and prn throughout the day.
2. Count your blessings.

## Meditation on Consciousness

Cultivating open awareness and understanding the Buddhist perspective of consciousness may help empowering patients and ourselves, knowing that we are not our small selves and that we have a greater identify, our true nature. Take a few deep breaths. With each breath out, relax yourself. Let your breathing be natural. Allow your eyes to close gently. Remember the clear light of your true nature. Remember who you really are, the pure clear light of consciousness from which everything is born and to which everything returns. The natural state un-manifest. Look deeply into your own mind. Turn you attention to the one who hears the words. If you turn inward, you will see, in its true state, the mind is quite intelligent. In its true state, mind is open, empty, timeless, colorless, transparent, containing all things, yet not limited by them. To know whether this is so or not, look directly into that which is hearing these words, the empty, cognizant, timeless consciousness that knows these words, like pure open space.

As you listen, hear these words as well as the soft sounds in this room, sounds in the distance, the traffic. Just listening. Hear the breeze in the room, sounds near or distant, the bell. (BELL)  
Sounds all come and go like waves of the ocean in the open consciousness. Receive everything with a bow of compassion. Let yourself feel or imagine, sense in any way you can that your mind is not limited to the size of your head. Your mind opens and expands to be as big as this room and in fact bigger. Let yourself feel, sense or imagine that your mind is as vast as the sky, with no boundaries or boarders, no inside or outside. Within this vast sky, these sounds and words, the distant sounds, the bells, the silence between sounds, all arise and pass in the vast open space of your own mind, no inside or outside, just pure space of consciousness. Relax in this space. Let go into it. It is your own true nature. Be the space itself. (BELL)

As you are listening, hear the sounds like waves in the space of mind. Become aware also of any thoughts and feelings that arise like clouds in the sky or waves in the ocean. Thoughts appear and disappear in this vast open space of mind, with no boundary, no inside or outside, being transparent. Sounds come and go (BELL). Thoughts arise and pass like clouds in the sky without leaving a trace. Rest in the space of knowing, pure, open, and timeless consciousness. (BELL)  
Just as sounds come and go in the vast space of mind, thoughts and images float like clouds and vanish leaving no trace. Be aware of breaths and body. The breath breathe itself like breeze, no in or out, just moments of sensation. Body sensations also float in the space of mind. Notice areas of pressure and warmth, hard and soft, tightness and vibration. Sounds, thoughts, feelings, sensations appear and disappear in the vast space of mind. (BELL) Bow to all that arise with great heart of compassion. Remember your true nature. Trust it. It is home. Relax. Look within the space. Who am I really? And know that you were never born and never die. You are part of all things and all are part of you. The next time you hear the bell, let your eyes open, and stay with the vast space of mind. See the forms and colors that appear in the same open consciousness. (BELL)



## Level IV, Week II: Cultivating Humility

### What is humility?

“Until we recognize that we are in need of healing ourselves and recognize in the weakness of our patients a weakness not unlike our own, we will never be very good healers.”-----Daniel Sulmasy

“True humility is not an object, groveling self-despising spirit; it is but a right estimate of ourselves as God sees us.”-----Tryon Edwards

“Humility is not a weak and timid quality; it must be carefully distinguished from a groveling spirit.”-----Edwin H. Chapin

“Humility is not self-depreciation. It is an attitude to appreciate whatever we have. It is the wisdom to know that we are only a small part of the whole. We are neither all-knowing nor omnipotent. Just as other human beings, we are vulnerable and subject to make mistakes.”

“To admit that one does not know is an expression of humility.”-----Daniel Sulmasy

“Knowing ighnora is strength.”-----Lao Tzu

“The opposite of humility is arrogance, self-righteous, self-entitlement.”

“Whoever has in his heart even so much as a rice grain of pride cannot enter into paradise.”-----Muhammad, the Prophet of Islam

“Too much pride can put you to shame. It’s wiser to be humble.”

“Always be humble, but not by bowing your head which is external humility. Real humility is internal and has its origin in wisdom.”-----Rabbi Nachman of Bratslav

### Beauty of being humble

“Humility, like darkness, reveals the heavenly light.”-----Henry David Thoreau

“Humility leads to prayer as well as progress and brings you in tune with the infinite.”-----John M. Templeton

“To discover we are nothing is to discover our connection with everything.”----Tibetan lama

“Being nothing, you are everything.”-----Jack Kornfield

“Emptiness reveals itself in fullness and wholeness.” “Emptiness holds no fear.”-----Jack Kornfield.

“Being humble is the first step to attaining wisdom.”-----Gary Moore

“Humility helps us be open to one another and provides an opportunity to see things from the other person’s point of view.”

“There is no holiness without humility.”-----Thomas Fuller

“There is something in humility which strangely exalts the heart.”-----St. Augustine

### Cultivating humility

“Being open to the ever-unfolding glory and wisdom of the universe brings us to a state of humility.”-----Gary Moore

“My religion consists of a humble admiration of the illimitable superior spirit who reveals himself in the slight details we are able to perceive with our frail and feeble minds. That deeply emotional conviction of the presence of a superior reasoning power, which is revealed in the incomprehensible universe, forms my idea of God.”----Albert Einstein

“We may explore the universe and find ourselves, or we may explore ourselves and find the universe.”-----Diana Robertson

“Each of us every day is swimming in an ocean of unseen miracles. Each living cell is a miracle; and the human body is a vast colony of over a hundred billion cells.”----John Templeton.

“The Milky Way Galaxy consists of more than a billion stars. There may be over a hundred billion other galaxies in the Universe.”----John Templeton

“The humble attitude is a flexible attitude.”

“It is important to appreciate, honor and respect other people.”

“The best teaching is that taught by the patient himself.”-----William Osler

“In terms of patient’s history, the patient is the expert and the clinician is the novice.”----Dorothy Owens

“Most of the conditions for which patients seek help are either self-limited or beyond the capacity of medicine.”-----Inglefinger FJ

“I tell all my patients that the best I can do is to help them help themselves.” -----Stephen Jeremy

“A saint creates, but does not possess. He accomplishes tasks, but does not take credit. When the job is done, he forgets it. Therefore, fame and wealth will not corrupt him.”---Tao Te Ching

“The good man does not grieve that other people do not recognize his merits. His only anxiety is lest he should fail to recognize theirs.”-----Chinese precepts

“Until one learns to lose oneself, he cannot find himself. The personal ego must be dissolved and replaced by the universal ego.”-----Walter Russell

“The true meaning of humility is knowing that the personal self is a vehicle of a higher power.”

“It is not I but the Father within that does the works.”-----Jesus of Nazareth (John 14:10)

“Hide the good you do, and make know the good done to you.”-----Islam

“The hunger for validation becomes more subtle as we mature.”-----Greg Kramer

### Higher reaches of humility

“Whenever I associate with someone, may I think myself the lowest among all and hold the other supreme in the depth of my heart!

When I see beings of wicked nature, pressed by violent sin and affliction, may I hold these rare ones dear as if I had found a precious treasure!

When others, out of envy, treat me badly with abuse, slander and the like, may I suffer the defeat and offer the victory to others!

When the one, whom I have benefited with great hope, hurts me very badly, may I behold him as my supreme Guru!

In short may I, directly and indirectly, offer benefit and happiness to all beings, may I secretly take upon myself the harm and suffering of all beings!”-----Langri Thangpa

### Meditation on Humility

Take a few moments to focus on your breath and body to feel centered. Locate your physical space in this room. Locate your physical space in this building. Locate your physical space in the city. Locate your physical space in the State. Locate your physical space in the country. Locate your physical space on the planet. Locate your physical space in the solar system. Locate your physical space in the galaxy. Locate your physical space in the countless number of galaxies in the universe. Add in the dimension of time. Countless years have gone by before us and will be there after us. Countless people have gone by before us and will be born after us. See yourself from the perspective of the Universe. Who are you really?

### Homework:

1. Practice daily meditation and being aware of breath from time to time throughout the day.
2. Practice being humble.

## Level IV, Week III: Cultivating Happiness

### What is happiness?

“The purpose of existence is to seek happiness.”-----Dalai Lama

“The highest happiness is when one reaches the stage of Liberation, at which there is no more suffering.”-----Howard Cutler

“The joy of the spirit ever abides, but not what seems pleasant to the senses.”-----Katha Upanishad

“Happiness is determined more by one’s state of mind than by external events.” -----Dalai Lama

“True happiness related more to the mind and heart. Happiness that depends mainly on physical pleasure is unstable.”-----Dalai Lama

“If your happiness depends on money, you will never be happy with yourself.”----Lao Tzu

### Make others happy

“Human felicity is produced not so much by great pieces of good fortune that seldom happen as by little advantages that occur everyday.”-----Benjamin Franklin

“Happiness is a by-product of an effort to make someone else happy.”-----Cetta Palmer

“An effort made for the happiness of others lifts us above ourselves.”-----Lydia M. Child

“Making others happy should be based on outflow of loving kindness rather than on deficiency or fear of losing others.”

“Those who are not looking for happiness are the most likely to find it, because those who are searching forget that the surest way to be happy is to seek happiness for others.”-----Martin Luther King Jr.

“Happy relationships depend not on finding the right person, but on being the right person.”-----Eric Butterworth

### Cultivate positive mental states

“Happiness can be achieved by identify and cultivate positive mental states and identify and eliminate negative mental states.” ----Dalai Lama

“Cultivating positive mental states like kindness and compassion definitely leads to better psychological health and happiness.” ----Dalai Lama

“We will not be in heaven until heaven is in us.”----Emanuel Swedenborg

“If we radiate love, we will receive back joy, prosperity, happiness, peace and long life.”---John Templeton

“Those who feel love toward the neighbor and a blessedness toward God are in a grateful sphere or heavenly state, and are thus in heaven.” ---- Emanuel Swedenborg

“We can say loving words and do loving deeds only our minds and hearts are full of love.” “We, as the gardeners of our minds, can cultivate whatever thoughts we choose; we must nourish good thoughts, weed out the bad ones.” “By years of careful thought control, our mind can become a garden of indescribable beauty.” -----John Templeton

“There is no higher happiness than peace.”-----Buddha

“The greater level of calmness of our mind, the greater our peace of mind, the greater our ability to enjoy a happy and joyful life.” ----Dalai Lama

### Eliminate negative mental states

“Hatred, jealousy, anger, and so on are negative states of mind because they destroy our mental happiness.” ----Dalai Lama

“When anger reigns, negative consequences occur.”-----Charles D. Lelly

“Anger words and actions cannot often serve a useful purpose because they tend to set up a chain of negative reactions that often results in the breakdown of communication.”-----John Templeton

“Who do you imagine to be strong or powerful? It is he who masters himself when angry.”-----Mohammad

“Take an inner look at why you may feel angry. Four standard feelings that may precede anger are fear, hurt, frustration, and injustice.”-----John Templeton

“There is no greater illusion than fear....No grater misfortune than having an enemy. Whoever see through all fear will always be safe.”-----Lao Tzu

“My life has been filled with terrible misfortunes---most of which never happened.”---Mark Twin

### Forgive

“Forgiveness means giving up all hope of a better past.”-----Jack Kornfield

“If you want to see the heroic, look at those who can love in return for hatred. If you want to see the brave, look for those who can forgive.”-----Bhagavad Gita

“We may still be suffering terribly from the past while those who betrayed us are on vacation.... In forgiveness we let go and find relief in our heart.”-----Jack Kornfield

Forgiveness allows us to be released from the sorrows of the past. Forgiveness does not justify or condone harmful actions. You may say “Never again will I allow this to happen.” Forgiveness does not mean that you have to seek out or speak to those who caused you harm. You may choose never to see them again. Forgiveness is simply an intention to let go of the pain, the resentment, and the outrage that you have carried as a burden for so long. It is an easing of your own heart.  
-----Jack Kornfield

“Forgiveness can not be hurried. It is a deep process repeated over and over in our heart which honors the grief and betrayal, and in its own time ripens to the freedom to truly forgive.” -----Jack Kornfield

“Sometimes strong action may be needed for our defense. Let this be done with compassion or our own hatred will poison the response.”-----Jack Kornfield

“If we could read the secret history of our enemies, we should see sorrow and suffering enough to disarm all hostility.”----Henry Longfellow

“In the temple of forgiveness, we are reminded of our own goodness.” -----Jack Kornfield

“If only we could help each other build temples of forgiveness instead of prisons. We can, in our own hearts.” -----Jack Kornfield

“If you can develop patience and tolerance towards your enemies, then everything else becomes much easier-----your compassion toward all others begins to flow naturally.”-----Dalai Lama

“Only pursue an offender to show him the way.”-----Lao Tzu

### Meditation on Forgiveness (Kornfield, 1993)

#### Homework:

1. Practice daily meditation and being aware of breath from time to time throughout the day.
2. Practice making others happy.

### Meditation on Forgiveness (Kornfield, 1993)

Let yourself sit comfortably, allowing your eyes to close and your body and breath to be natural and easy. Let your body and mind relax. Breathing gently into the area of your heart. Let yourself feel all the barriers and holding that you have carried because you have not forgiven, not forgiven yourself, not forgiven others. Let your self feel the pain of keeping your heart closed. Then after breathing softly into the heart for some time, begin asking and extending forgiveness. Recite the following words and allowing them to open your forgiving heart. Let the words, images, and feelings grow deeper as you repeat them.

Forgiveness from others: *There are many ways that I have hurt and harm others, betrayed or abandoned them, caused them suffering, knowingly or unknowingly, out of my pain, fear, anger and confusion.* Let yourself remember and visualize these many ways you have hurt others. See and feel the pain you have caused out of your own fear and confusion. Feel your own sorrow and regret, and sense that finally you can release this burden and ask for forgiveness. Picture each memory that still burdens your heart. And then one by one, repeat, *I ask for your forgiveness. I ask for your forgiveness.*

Forgiveness for yourself: Feel your own precious body and life. There are many ways that I have betrayed, harmed, or abandoned myself through thought, word, or deed, knowingly or unknowingly. Let yourself see the ways you have hurt or harmed yourself. Let yourself see the ways you have hurt or harmed yourself. Picture them, remember them, and visualize them. Feel the sorrow you have carried from all these actions, and sense that you can release these burdens, extending forgiveness for them one by one. Then say to yourself: *For each of the ways I have hurt myself through action or inaction, out of my fear, pain, and confusion, I now extend a full and heartfelt forgiveness. I forgive myself. I forgive myself.*

Forgiveness for those who have harmed you: There are many ways I have been wounded and hurt, abused and abandoned, by others in thought, word, or deed, knowingly or unknowingly. Let yourself picture them, remember them, and visualize these many ways. Feel the sorrow you have carried from this past and sense that you can release yourself from this burden by extending forgiveness if your heart is ready. Now say to yourself: *In the many ways others have hurt or harmed me, out of fear, pain, confusion and anger, I see these now. To the extent that I am ready, I offer them forgiveness, I have carried this pain in my heart too long. For this reason, to those who have caused me harm, I offer you my forgiveness. I forgive you.* Let yourself gently repeat these three directions for forgiveness until you can feel a release in your heart.

## Level IV, Week IV: Cultivating Peace

### What is peace?

“True peace is a quality you carry within yourself, regardless of external circumstances.”

“As a mountain is unshaken by the wind, as the heart of a wise person is unmoved by all the changes on this earth.”-----Buddha

“To find peace in the world, we must find peace in ourselves.”-----Jack Kornfield

“The peace of the heart is not emotional resignation, but an openness that meets the ever-changing world with compassion. With equanimity we can care for all things without trying to control them.” -----Jack Knorfield

“Peace is not an absence of change or difficulty. It should not be confused with withdrawal or indifference to life. There are imitations of peace, ways of closing down based on fear.”----Jack Kornfield

“Peace is born out of equanimity and balance. Balance is flexibility, an ability to adjust graciously to change. Equanimity arises when we accept the way things are.” -----Jack Knorfield

“May I have the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference.”-----Serenity prayer

### Letting go

“Peace requires us to surrender our illusions of control.” -----Jack Knorfield

“If you let go a little, you will have a little happiness. If you let go a lot, you will have a lot of happiness. If you let go completely, you will be free.”----- Ajahn Chah

“To let go does not mean to get rid of. To let go means to let be. When we let be with compassion, things come and go on their own.” -----Jack Knorfield

“Like emptying a cup, letting go leaves us free to receive, to be refreshed, sensitive, and awake.”-----Jack Kornfield

“Difficulties can dissolve as you *Let go and Let God*.”-----John Templeton

“Peace comes only from loving, from mutual self-sacrifice and self-forgetfulness.”----Horace Donegan

### Trust

“We can walk through the darkest night with the radiant conviction that all things work together for the good.”-----Martin Luther King Jr

“Meet this transient world with neither grasping nor fear. Trust the enfolding of life, and you will attain true serenity.”-----Bhagvad Gita

“We can be lost in our thoughts and fears. Or we can remember to breathe, to soften the heart, to trust.”-----Jack Kornfield

“From a peaceful center, we can respond instead of react. Unconscious reactions create problems. Considered responses bring peace. With a peaceful heart, whatever happens can be met with wisdom.” -----Jack Knorfield

“It’s through faith that we move from the known to the unknown.”---Sarah Doering

“Faith is different from hope. Hope is associated with expectation and desire. If hope is disappointed, sadness, fear and anger are the result. Faith is the confidence that we can handle whatever comes, knowing that each step we take is an unfolding of our life’s journey, even if we don’t know at all where we are going.”----Sarah Doering

“Sometimes the best decision is an action, but sometimes the best decision is inaction, as long as it is a thoughtful inaction.” “Don’t just do something. Stand there!”-----Daniel P. Sulmasy

### Vast perspective

“Wisdom comes when we see with a vast perspective. Our life is unfolding in the timeless galaxies. We turn with stars in cycles of light and dark, birth and death, joy and sorrow.”----Jack Kornfield

“O Nobly Born, plant seeds of compassion and let go into the spacious awareness that contains all things. Be here in the eternal present. Let this be your resting place, your safety, your home.”-----Jack Kornfield

“Don’t worry. There is a web of life into which we are born, from which we can never fall.”----Jack Kornfield

### Silence/Meditation/Prayer

“In a world of noise, confusion and conflict, it is necessary that there be places of silence, inner discipline and peace. In such places love can blossom.”-----Thomas Merton

“In the silence, we enter an elevated state of awareness, of heightened receptivity, a time of being fully alive to the moment.”----A minister

“Empty your mind of all thoughts. Let your heart be at peace.... Each separate being in the universe returns to the common source. Return to the source is serenity.”----Lao Tzu

“Ordinary men hate solitude. But the Master makes use of it, embracing his aloneness, realizing he is one with the whole universe.”-----Lao Tzu

“The minds of people are so cluttered up with everyday living that they don’t, or won’t take time out for a little prayer---for mental cleansing, just as they take a bath for physical, outer cleansing. Both are necessary.”-----Jo Ann Carlson

“the simple act of prayer asking for guidance calms the spirit.”----John Templeton

“By prayer you receive spiritual energy.”-----John Templeton

“Pray without ceasing.”-----1 Thessalonians 5:17

### **Meditation:**

Breathing in, I calm my body. Breathing out, I calm my mind. May I be balanced. May I be at peace.

May I learn to see the arising and passing of all things with equanimity and balance.

May I be open, balanced and at peace.

May you learn to see the arising and passing of all things with equanimity and balance.

May you be open, balanced and at peace.

May you rest with a peaceful heart.

May you find balance and peace.

May you have compassion and equanimity with all the events of the world.

May I be happy, loving and peaceful. May you be happy, loving and peaceful.

May all humans be happy, loving and peaceful. May all beings be happy, loving and peaceful.

### **Homework:**

1. Practice daily meditation and being aware of breath from time to time throughout the day.
2. Practice trust and letting go.