

Hi I'm Susan Kaiser Greenland and I'm so happy to be here today in Daniel's program. You are very, very lucky to be studying with him. He is truly one of the best teachers both with respect to his experience and knowledge but also just he has an enormous heart, so I am glad to be part of this. Before we begin our lesson which is going to be about mindfulness in action, compassion in action. Let's do a little practice together, okay. So I don't know how many of you are big meditators who have had much experience meditating but one of the things we know with meditation is that different contemplative traditions teach it in different ways so it is often nice to hear different peoples take on practice and so my practice is more informed by Tibetan teachers so it might be a little different than some of the teaching you have had and maybe exactly the same.

So let's give it a go. Let's start by keeping our backs pretty straight and our muscles pretty relaxed, being relaxed during concentration is very, very helpful. So that means you can be standing, you can be sitting or lying down as long as your back is relatively straight and your muscle is relaxed, okay, muscles are relaxed. And then when you are ready, I would like you to close your eyes and let's start by just relaxing our bodies with a very brief body scan. So start by feeling the attention, feeling warmth of your attention on the top of your head and notice when you feel that warmth of attention on the top of your head that your muscles relax. Now let's move that attention down from the very top of your head to about where your ears are so that means it is the top of the back of your head and your forehead and your nose and your ears are all bathed in the warmth of your attention and the muscles around your face and your ears and your head begin to relax. Bring that attention down now through your entire head and your face, your chin and your neck and let the warmth of your attention relax the muscles in your neck and in your head. Bring the warmth of that attention down into your shoulders, your upper arms and

your chest and upper body. So shoulders, upper arms, chest and mid section of your body and let the warmth of your attention help you relax and soften the muscles there.

Let's keep moving that attention down to our lower arms and hands and our middle section, your belly and lower back and let the warmth of your attention just relax and soften the muscles in your middle section, your lower back, your lower arms and your hands. Let's move our attention now down to our upper legs and our knees and let the warmth of the attention just help you soften and relax the muscles in your upper legs and knees. Don't forget about your shoulders and neck though. Try to keep the rest of your body still relaxed and soft as we progressively move the warmth of our attention through our bodies starting in our heads and moving down to our toes. Now let's bring our attention, the warmth of our attention to our lower legs and our feet and let the warmth of our attention relax and soften those muscles too. Now with our attention on our whole body on sitting right here in this moment right now, let's relax our muscles, soften our muscles and just experience what it feels like right here, right now in this moment.

Now we are going to sit and rest like this for a few more minutes. I will talk a little bit but not a lot, but here's what I want you to remember. I want you to remember that thoughts and emotions are going to bubble up naturally while you practice and when you do that's okay and the moment you notice that they bubbled up, congratulate yourself, that's a moment of mindful awareness. You know where your mind is at that time. When that happens just silently say the word thinking to yourself and go back to resting in the present moment experience. Just feeling what is happening right now, whether it is listening to the sounds in the room, feeling the movement of breath and here is one last tip for this few minute practice. If your mind gets very, very busy and it's hard to just rest, just silently say the word "in" when you breathe in and the

word “out” when you breathe out, in, out, in, out, until your mind quiets and when your mind feels quiet again, let go of those words and try resting in the present moment again. Just being right here, right now in this moment.

*No Audio During Meditation.*

Okay, when you are ready, let’s bring this practice to a close. I would like you to bring to mind one thing right now in your life that you are thankful for and silently say to yourself, thank you, or silently say to the person who provided it for you whatever it is, silently express your appreciation. And once you have said thanks, ready you can open your eyes and wiggle your fingers, wiggle your toes, and see if you can keep this feeling of rest and relaxation and appreciation with you as you go out into your daily life.