



Care Participants

October 5, 2018

Dear Care Participants,

We hope you are having a good week. As coaches we are really enjoying visiting your schools. In keep with the tradition of sharing what we learn, I want to pass on a suggestion from one of the teachers at Roll Hill. She found the website, Go Noodle - a website that makes movement and mindfulness an integral part of the day, at school and at home to be very helpful.



Also, one of our coaching sessions, a teacher asked if we could share the script we used in our Caring Practice exercise. As a reminder, the exercise offers well-being, happiness and peace to ourselves and to those in our lives. The Caring Practice is a version of a loving kindness or compassion practice that can be found in many contemplative traditions. It is presented in CARE to practice extending a feeling of caring to ourselves and to others. Read through the following words prior to starting your own Caring Practice. If these words don't work for you, use whatever language is most comfortable for you. There are also many versions of the Caring Practice on the Internet if you are looking for a version on YouTube.

To begin, focus on your breath. When your mind and body have quieted somewhat, gently turn your attention to yourself. Think to yourself: *"May I enjoy well-being, happiness, and peace."*

Be content with turning your attention to yourself – sending yourself love, and acceptance, friendliness and appreciation. Whatever feelings of unworthiness or doubt or whatever negatives arise, just accept them. Be patient with yourself, breathe, relax, and accept whatever arises and offer kindness. Repeat these words silently to yourself: *"May I enjoy well-being, happiness and peace."* Repeat the phrases a total of three times.

Having generated love and appreciation for yourself, having allowed this to be really felt and received by yourself, begin to turn your attention to someone else. To begin with, direct this feeling of love, appreciation, and friendliness to someone very close

and dear to you. It could be a friend or a relative. Offer the same feelings of love you have generated toward yourself to this chosen person and repeat the phrase, *“May you enjoy well-being, happiness, and peace.”*

If your mind wanders, just gently bring yourself back to the aspiration, *“May you enjoy well-being, happiness, and peace.”*

The next step in caring practice is to bring another person to your mind – a person that is emotionally neutral - you don't have strong feelings for or about this person. It may be someone who you see on a regular basis, such as a coworker or a neighbor. When you have brought this person to mind, offer them the same caring that you have been offering to yourself and to your loved one. Open your heart to this person and offer the phrase a total of 3 times, *“May you enjoy well-being, happiness, and peace.”*

The final part of caring practice is to offer caring to a person you experience difficulty with or who is challenging for you. This may be someone you work with or someone else in your life. Choose someone who is mildly annoying or irritating, not someone who you have very strong feelings about. Offer him or her your same friendliness and care. For a few minutes, offer this difficult person care, *“May you enjoy well-being, happiness, and peace.”* During this part of the practice you may hit a wall. As always, be gentle with yourself. Accept that this is practice, and that time will soften your heart, so that such difficult people can be met with your unconditional care. If you get bogged down, start fresh. Return to wishing caring to yourself. And when you feel ready return to the difficult person: *“May you enjoy well-being, happiness, and peace.”*

End with offering well-being, happiness and peace for yourself, and then return to focusing on the breath for a few moments.