

WORKSHEET 7.3: MINDFULNESS PRACTICE

WEB OF LIFE

Adapted from Stahl, B. & Millstine, W. (2013). Calming the Rush of Panic. Oakland, CA: New Harbinger Publications, Inc.

Begin by checking in. Begin by taking a few moments to arrive and settle in by bringing your awareness into your mind and body. Acknowledge how you are feeling and let it be.

Gently shift to mindful breathing, being aware of breathing in and out. Just breathe in and out, normally and naturally.

Shift attention to where you are sitting. Begin to feel the connection of your body on the chair, cushion, bed, or mat, and feel its connection to the floor. Reflect on the connection of the floor to the building you are in and its connection to the earth farther below.

Let your awareness expand to include the earth below you. Feel that sense of being held by the earth below you, and just allow yourself to be held by the earth. You are in a safe space and you can breathe in and out with ease in your body and mind.

Feel how the earth rises up to hold and embrace you. There is nothing more you need to do, nowhere you have to go, and no one you have to be. Just being held in the heart of kindness and letting be.

Bring to mind someone you would hold this way. Think about other loved ones being held in the same way—with safety and ease of body and mind. Notice how thinking of these loved ones makes you feel, and try to hold onto that feeling for the rest of this exercise.

Reflect on how this earth holds all people, whether they are acquaintances, strangers, or people who test your patience—with no bias, no discrimination or judgment. Reflect on how this earth connects us all, and is connected to a solar system and universe. We all are interconnected. Our bodies and the earth, the sun and the stars, are composed of the same matter—the same basic particles, joined in different ways. Feel that sense of connection that we are all made of stardust. Feel that sense of being home within your body and mind with a true sense of belonging and connection.

Let well-wishes form. We will call these loving kindness phrases. Remind yourself that: