

THE POWER OF PRESENCE: 8 WEEK MINDFULNESS COURSE

Additional resources

SESSION 1:

This Body is an Earth Body

Poem: “And the Great Mother Said...” Linda Reuter

Book recommendation:

“Loving Kindness,” Sharon Salzberg

SESSION 2:

We can't heal what we can't feel

Poem: “Wounds of the Mother” T.Y.Chambers

Book recommendation:

“Racial Compassion,” Tara Brach (also available as Audio Book)

R.A.I.N resource:

Tara Brach has tonnes of resources on her website:

www.tarabrach.com/rain/

Additional Practices:

S.T.O.P

This mini-practice support us to take a mindful pause or a “Pause of Presence,” particularly when we are feeling triggered.

By pausing before we react – and taking 3 or 5 mindful breaths – we have the space to observe the feeling inside of us before we *RESPOND* rather than simply *REACT*

S: Stop

T: Take a Breath

O: Observe

P: Proceed

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SESSION 3:

Breaking Spells, Reclaiming our Power

Poem: “Arrival of the Goddess for the Emotionally Over-dressed” Lisa.S.Nelson

Book:

“Buddha’s Brain” Rick Hanson,

<https://www.rickhanson.net/books/buddhas-brain/>

Other Resources/ Practices:

“The Work” Byron Katie

<https://thework.com/instruction-the-work-byron-katie/>

SESSION 4:

Taking Our Seat in the Heart

Song: “The End was the Beginning” Peia

<https://www.youtube.com/watch?v=NsdWX3E0rzU>

Poem: “Blessing For a New Beginning” John O'Donohue

(From the Book: “To Bless the Space between Us: A book of Blessings.”)