

## **Session 7 – 3 Hour Retreat**

### **Before Our Session**

"On Silence" by Barbara Hurd

Silence arrests flight, so that in its refuge,  
the need to flee the chaos of noise diminishes.  
We let the world creep closer, we drop to our knees,  
as if to let the heart, like a small animal,  
get its legs on the ground.

### **Japanese Bowls**

[https://www.youtube.com/watch?v=qOAzobTIGr8&feature=emb\\_logo](https://www.youtube.com/watch?v=qOAzobTIGr8&feature=emb_logo)

### **Live Session in Zoom**

- Meditation: Compassionate Body Scan
- Informal Practice: Sense and Savor Walk
- Meditation: Affectionate Breathing
- Informal Practice: Savoring Food
- Meditation: Loving-Kindness for Ourselves
- Informal Practice: Soles of the Feet
- Meditation: Giving and Receiving Compassion
- Exercise: Group Discussion and Closing

# After Our Session

## New Practices This Week

- Compassionate Body Scan
- Sense and Savor Walk
- Savoring Food
- Mindful Walking

## Practice suggestions for this week

If you're looking for some structure for your practice this week, you could try the following:

- Try Sense and Savor Walk, Mindful Eating and Mindful Walking once each this week.
- Listen to the Compassionate Body Scan instructions once this week
- Do Affectionate Breathing and/or Lovingkindness for Ourselves on any day you are not doing any of the above practices

## Compassionate Body Scan Kristy Arbon

<https://kristyarbon.com/compassionate-body-scan-audio-meditation/>

## Sense and Savor Walk - Adapted from Bryant & Veroff, 2007

- The goal of the walk is to notice as many pleasurable things as possible, slowly, one after another. Using all your senses—sight, smell, sound, touch... maybe even taste.
- How many happy, beautiful, or inspiring things can you notice while you're walking? Do you enjoy the fresh air, the warm sun, a beautiful leaf, the shape of a stone, a smiling face, the song of a bird, the feeling of the earth under your feet?
- When you find something delightful or pleasant, let yourself go into it. Really enjoy it. Feel a tender leaf or the texture of a stick, if you like. Give yourself over to the experience as if it were the only think that existed in the world. And when you are ready to discover something new, let it go and wait until you discover something else that is pleasurable and delightful to you.
- Be like a honeybee going from one flower full of nectar to another. When you are full with one, go to another.
- Take your time and enjoy!

## **Savoring Food**

Select a snack or a meal that you would like to eat.

- Taking a moment and enjoy how the food looks to you. Then enjoying the smell, how it feels to the touch.
- Beginning to reflect on the many hands that were involved in bringing this food to your mouth—the farmer, the trucker, the grocer...
- Now, eating your snack very slowly, noticing first how you may be salivating before reaching for the food, bringing it to your mouth, noticing when it crosses your lips, when you bite down, is there a splash of flavor, when you begin to swallow...
- Continue eating in this way, giving yourself full permission to enjoy the experience of eating, as if this were your very last meal.
- When you are done, notice the “finish.” How do you feel in your body right now?

## **Soles of the Feet** - Adapted from Singh et al, 2003

This is an effective way to anchor your awareness in the present moment, in body sensation, especially when you're upset and can't calm yourself down.

- Stand up and feel the soles of your feet on the floor. Rock forward and back a little, and side to side. Make little circles with your knees, feeling the changes of sensation in the soles of your feet.
- Feel how the floor supports your whole body.
- When you notice your mind has wandered, just feeling the soles of your feet again.
- If you wish, you can begin to walk slowly, noticing the changing sensations in the soles of your feet. Noticing the sensation of lifting a foot, stepping forward, and the placing the foot on the floor. Doing the same with both feet as you walk.
- As you walk, perhaps also noticing for a moment how small the surface area of your feet is, and how hard your feet work to keep your body off the ground. See if you can notice that with appreciation or gratitude.
- If you like, leaving an imprint of kindness or peace on the floor with each step—whatever you wish to cultivate in your life.
- Continuing to walk, slowly, feeling the soles of your feet.
- And when you are ready to stop, returning to standing

## **Optional Extras**

This is a way to do "Sense and Savor" when going outside is not an option.

[https://www.youtube.com/watch?v=bNQFLkVBwPw&feature=emb\\_logo](https://www.youtube.com/watch?v=bNQFLkVBwPw&feature=emb_logo)

Mindful Walking

[https://www.youtube.com/watch?v=fufGfZjD3DE&feature=emb\\_logo](https://www.youtube.com/watch?v=fufGfZjD3DE&feature=emb_logo)

## **Savoring Food Contemplation**

This practice has been adapted from the Order of Interbeing's [Contemplations Before Eating](#). Before eating at each meal, the monks, nuns and lay practitioners at Thich Nhat Hanh's monasteries bring the Contemplations to mind, spending the first half hour of their communal eating in silence. The Contemplations are printed up on cards that lay on the tables, so that new practitioners and old, alike, can practice together in silence.

*This food is a gift of the earth, the sky, numerous living beings, and much hard and loving work.*

*May we eat with mindfulness and gratitude so as to fully enjoy this food.*

*May we recognize and transform any feelings of judgement or shame we feel around food and practice eating food that nurtures us.*

*May we keep our compassion alive by eating in such a way that reduces the suffering of living beings (including ourselves), stops contributing to climate change, and heals and preserves our precious planet.*