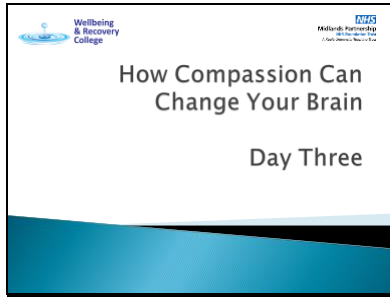


Slide 1



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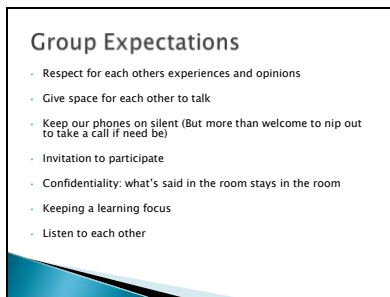
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Slide 2



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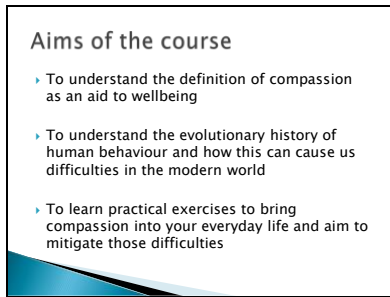
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Slide 3



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Slide 4

**Aims of today's session**

- ▶ To practice a Kindness meditation
- ▶ To explore the concepts of Interconnectedness, Acceptance and Non-judgement
- ▶ To discuss why "Success is never final, and failure is never fatal"
- ▶ To explore the concept of 'Impermanence' through a meditation
- ▶ To look at 'Compassion and Strength'

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Slide 5

**FEEDBACK?**

Discussion regarding –

- ▶ Gratitude Diary – how did you get on with this?
- ▶ Compassionate other – Did you manage to think of something that represents this for you?

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Slide 6

**The Two Wolves Revisited...**



The illustration shows a man in a brown robe and a child in a yellow and red outfit standing in a dark, wooded area at night. A large blue wolf is on the left, and a large red wolf is on the right. A small fire is burning in the center, and a small figure is visible in the background.

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Slide 7

Kindness Meditation



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Slide 8

Interconnectedness Exercise



- ▶ Imagine your favourite food...
- ▶ And then, 6 steps that it took to get to your table...
- ▶ Think about how this makes you *feel*...

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Slide 9

5 MINUTE COMFORT BREAK



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Slide 10



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Slide 11



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Slide 12



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Slide 13

Acceptance is not...

- ▶ Mindlessly indulging in emotions/acting out
- ▶ Conditional
- ▶ Denial
- ▶ Beating ourselves up for what we feel
- ▶ And It doesn't mean that we **can't** change anything

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Slide 14

Acceptance is...

- ▶ Unconditional self acceptance is being completely open to the experience we are having now, whatever it may be
- ▶ Requires a balanced and objective look at ourselves
- ▶ Understanding that we are ok just as we are - no one is perfect, or needs to be
- ▶ As we've been discussing, from an evolutionary perspective, our brains are wired in a way that tends to highlight negative mind states and conflicts
- ▶ Knowing this empowers us to be able to take on board our present situation as the only ground from which genuine change can begin. If we deny or refuse to see our present experience, change or growth is blocked...

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Slide 15

Non-judgement does not mean none preference



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Slide 16

The Farmer's Story ('Maybe...')

- Non-Judgement and Acceptance of the present moment, and the importance of Impermanence.

<https://www.youtube.com/watch?v=P3P7f0Zg9wk>



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Slide 17

Failure?

- 'Failure' is a judgement.
- Doing/trying something is the main thing; Results are less important.
- Something you could perceive as failure is just another opportunity to be kind to yourself.
- If a perceived success is necessary to boost your self esteem; a perceived failure will be damaging to it.
- If you keep an open non judgmental attitude; you'll always learn something.

*"An Experiment is never a failure"*

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Slide 18

Keep Calm & Carry on.....

**"SUCCESS IS NEVER FINAL  
&  
FAILURE IS NEVER FATAL"**

:Winston Churchill

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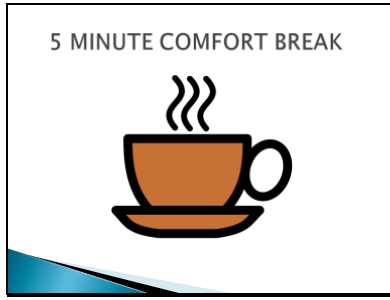
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Slide 19



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Slide 20



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Slide 21



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Slide 22

**Exercise**

- ▶ Think of a time when the present moment seemed unpleasant (or just not going the way that you wanted or expected).
- ▶ But... those circumstances led to something far more positive.
- ▶ If you can't, or would rather not, think of an example from your experience, see if you can imagine circumstances that maybe could happen...

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Slide 23

**Thank You ☺**

Resources:

- ▶ Paul Gilbert
- ▶ Kristin Neff
- ▶ Apps: 'Calm' & 'Head Space'

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Slide 24

**YOUR FEEDBACK MATTERS**

- ▶ Please fill out the evaluation form - click the link in the chat

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Slide 25

Any questions?

Have we met our aims of the session?



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