

**WEEK 1**



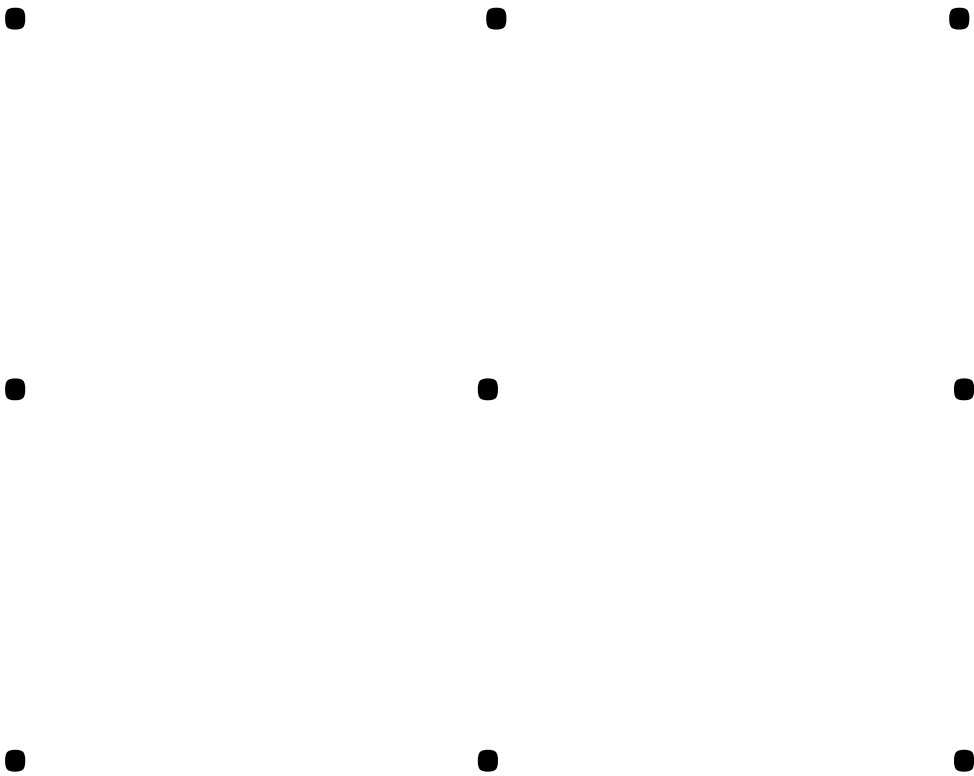
**BEING AWAKE**

## Home Practice for Week 2

1. Practice the body scan six days this week with the CD.
2. Complete the 9-dot exercise for the next class.
3. Read the *Upstream/Downstream* story and the story about Mohini for the next class.
4. Eat a whole meal or part of one as a mindfulness exercise. Or you may choose to eat the first five minutes of every meal as a mindfulness exercise.

# Nine Dots

Connect up all these dots with four straight lines without lifting the pencil, and without retracing over any of the lines



Source: *The Stress Reduction and Relaxation Program Workbook* (Center for Mindfulness)

## Upstream/Downstream

It was many years ago that the villagers of Downstream recall spotting the first body in the river. Some old timers remember how spartan were the facilities and procedures for managing that sort of thing. Sometimes, they say, it would take hours to pull 10 people from the river, and even then only a few would survive.

Though the number of victims in the river increased greatly in recent years, the good folks of Downstream have responded admirably to the challenge. Their rescue system is clearly second to none: most people discovered in the swirling waters are reached within 20 minutes-many less than 10. Only a small number drown each day before help arrives-a big improvement from the way it used to be.

Talk to the people of Downstream and they'll speak with pride about the new hospital by the edge of the waters, the flotilla of rescue boats ready for service at a moment's notice, the comprehensive health plans for coordinating all the manpower involved, and the large numbers of highly trained and dedicated swimmers ready to risk their lives to save victims from the raging currents. Sure it costs a lot but, say the Downstreamers, what else can decent people do except to provide whatever is necessary when human lives are at stake.

Oh, a few people in Downstream have raised the question now and again, but most folks show little interest in what's happening Upstream. It seems there's so much to do to help those in the river that nobody's got time to check how all those bodies are getting there in the first place. That's the way things are, sometimes.

-Donald Ardell  
From *High Level Wellness*

## **Mohini**

Mohini was a regal white tiger who lived for many years at the Washington, D.C. National Zoo. For most of her years her home was in the old lion house—a typical twelve-by-twelve-foot cage with iron bars and a cement floor. Mohini spent her days pacing restlessly back and forth in her cramped quarters. Eventually, biologists and staff worked together to create a natural habitat for her. Covering several acres, it had hills, trees, a pond and a variety of vegetation. With excitement and anticipation they released Mohini into her new and expansive environment. But it was too late. The tiger immediately sought refuge in a corner of the compound, where she lived for the remainder of her life. Mohini paced and paced in that corner until an area twelve feet by twelve feet was worn bare of grass.

-Tara Brach

Source: *Radical Acceptance*