

Resilience - Class 3

Letting Go



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West University Senior Center

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Guided Meditation



- Long Slow Breath
- Counting
- Counting and feeling sensations
- Just sensations

Comments about the meditation



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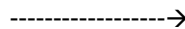
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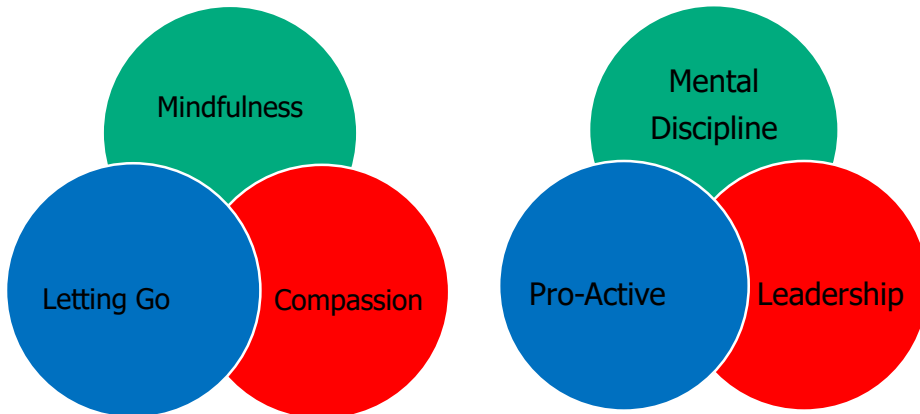
A Solution (Approach)



When we practice this



We develop this



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Universal Wisdom

- Letting go – Acceptance – Pro-Active

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Cheri Huber – Zen You have a choice!!

- The cup is broken
- You are angry and unhappy.
- You are calm and relaxed.



- Either way the cup is still broken.
..Cheri Huber

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Let go or be dragged



**Drama
Your Story Line
Ruminations**



- Insightful Acceptance
 - Letting go of self-destructive thought patterns.
 - Not attached to outcomes.
 - Still actively striving to improve

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Letting Go

- Life is not the way it is supposed to be, it is the way it is. The way we cope with it is what makes the difference.

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Stephen Covey 7 Habits

- Focus on your sphere of influence not the sphere of your concerns.
- IE... Put all of your energy into the issues you can do something about.

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Business Pro-Active

- People who complain about the way

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Proactive!

When there are difficult challenges?

- Who will be successful?
 - Those who are proactive and work to make it better?
 - Those who complain about it?



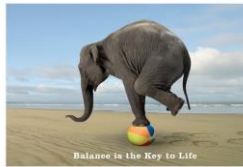
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Wisdom

Discernment



- Letting go - Striving
- Compassion – Self-Compassion
- Confidence – Humility
 - Inflation - Deflation

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Letting go

- Intellectual
 - You know that fighting reality is a waste of time.
 - You don't want to feel that way
- Experiential
 - You are truly relaxed and calm.
 - You aren't ruminating about it.

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Content?

- Student: "I am having a relationship problem. Will you help me?"
- Teacher: "Yes, but don't tell me about the content. Tell me where you feel it in your body."



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Getting Grounded

- First Step - **Recognize**
 - Realize there is emotion and content.
- Second Step - **Allow**
 - Don't reject the content. Accept your emotions and thoughts. You are human.
- Third Step - **Investigate**
 - Get out of your "content" – thinking mind.
 - **Get into the felt sense of your body.**
- Fourth Step – **Nurture – Non-Identify**
 - Don't identify with your emotions
 - Nurture yourself.

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Christianity Serenity Prayer

- G-d grant me the serenity to accept the things I cannot change.
- The courage to change the things that I can
- The wisdom to know the difference.

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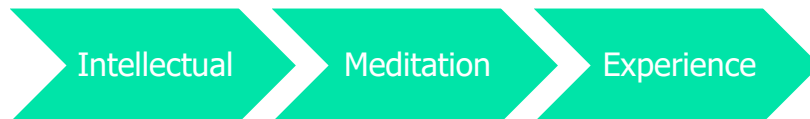
Serenity Prayer

- Is it good advice?
- Do you live by it?
 - Do you feel serene when there are red lights, traffic jams, spilt milk
- What skills should you develop so that you can live by this wisdom?

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Guided Meditation

She Let Go by Safire Rose

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She Let Go

by Safire Rose

- She let go. She let go. Without a thought or a word, she let go. She let go of the fear.
- She let go of the judgments. She let go of the confluence of opinions swarming around her head.
- She let go of the committee of indecision within her.
- She let go of all the 'right' reasons.
- Wholly and completely, without hesitation or worry, she just let go. She didn't ask anyone for advice.
- She didn't read a book on how to let go. She didn't search the scriptures. She just let go.
- She let go of all of the memories that held her back.

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She Let Go by Safire Rose

- She let go of all of the anxiety that kept her from moving forward.
- She let go of the planning and all of the calculations about how to do it just right.
- She didn't promise to let go. She didn't journal about it.
- She didn't write the projected date in her Day-Timer.
- She made no public announcement and put no ad in the paper.
- She didn't check the weather report or read her daily horoscope.
- She just let go. She didn't analyze whether she should let go.
- She didn't call her friends to discuss the matter.
- She didn't do a five-step Spiritual Mind Treatment.
- She didn't call the prayer line. She didn't utter one word.
- She just let go. No one was around when it happened.
- There was no applause or congratulations.
- No one thanked her or praised her.

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She Let Go by Safire Rose

- No one noticed a thing.
- Like a leaf falling from a tree, she just let go.
- There was no effort.
- There was no struggle.
- It wasn't good and it wasn't bad.
- It was what it was, and it is just that.
- In the space of letting go, she let it all be.
- A small smile came over her face.
- A light breeze blew through her.
- And the sun and the moon shone forevermore...

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Comments about the meditation

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Fruition

- When you experience a sense of “letting go” you will have the presence of mind to deal most effectively with the situation!
- You will pro-active not reactive.

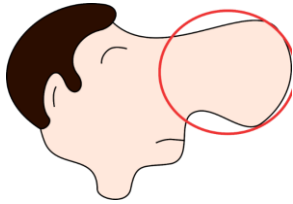
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Itchy nose



We are the only ones who can change our state of mind

Every barrier during a meditation is an opportunity to practice altering our state of mind.

What is wrong about this statement?
What is right about this statement?
How would you rephrase it?
 If you want to be happy, be happy

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Growth Edge

Start with the small things

- Learn to accept small things that you can not change
 - Red lights, traffic jams, spilled milk
- Grieve when true tragedy strikes.
- As you decrease reactivity to small things you will find that the reactivity to larger things also decreases.

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Questions?



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After class. What's next



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Homework

Choose some, all or none of the following practices.

- Every night before going to sleep.
 - What were the small things that you couldn't do anything about but still got upset?
 - Did you catastrophize and over react today?
 - Think about all the things that you are grateful for.
- Micro Practice
 - On Even days: Twice a day do a gratitude micro practice.
 - On Odd days: Twice a day just pause, and breath long slow and deep for at least 5 breaths. You can do more if you want.

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Homework

Choose some, all or none of the following practices.

Do the formal guided meditation on a daily basis.

- You choose which of the three options:
 - Option 1 - Count as you breathe in, count as you breathe out.
 - Option 2 – Notice the sensations in your nostrils as you breathe in and notice the sensations on your lips as you breath out.
 - Option 3 – Count and notice the sensations
 - You commit to the amount of time you feel you can do and set a timer.
- There are also several guided meditations you can try instead
 - BeingMindful.com -> "Resources" -> "4-week program" -> "Meditations"
 - Recommend Counting the Breath – 7 minutes

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Homework

Choose some, all or none of the following practices.

- At the beginning of each day pick one thing that you will do mindfully
 - Shower
 - Wash Dishes
 - Eating
 - Walking
 - Noting as you walk

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- No one, no thing, can take your peace, your joy, your adequacy, away from you. You have to give it up voluntarily. And we give it up so easily, for just about anything: other people's opinions, late meals, long lines, red lights. ..
- Cheri Huber – The Key

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**Thank
You!**

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