

Free Yourself From Conflict

Moving from the pain and regret of conflict
to kindness compassion and peace

by David B. Pauker



SIMPLIFIED SCRIPT FOR RECORDING

Seventh Exercise

Introduction

Here is a simplified script to help you make a recording for the Seventh Exercise, ***Strengthening your Positive Qualities***. If you're working in a group, a group member can also read this script aloud for the rest of the group when the group has some familiarity with the exercise.

This script uses the quality of **Patience**, and feel free to substitute any other quality you want to work with.

I've tried to pare down the language as a suggestion of what you might include for your tape. It assumes you are familiar with the exercise. As you become more familiar, you may want to eliminate more of the language and just go with prompts for each step.

The script indicates PAUSE or SHORT PAUSE where you should let the tape run with silence in order to continue a particular step. I suggest you begin using short pauses of around thirty seconds and full pauses of about one to two minutes, with longer full pauses if you are an experienced meditator. Then, you can increase the time of the full pauses as you become more experienced. Stopping and starting the tape for the pauses will distract you from the exercise.

Step numbers relate to the numbers in the Instructions starting on page 138 of the book.

Script

3. Close your eyes. Inhale slowly and deeply. [SHORT PAUSE]
4. Now, as you inhale, feel relaxation enter through your nose and spread throughout your body. [LEAVE SPACE FOR AN INHALE]

As you exhale, feel the tension in your body draining away like heavy sand through the soles of your feet.

[PAUSE]

5. Remember a time in your life when you were patient. [SHORT PAUSE]

Feel yourself in that situation. Recall the details. Be with this experience as if in the present. Remember who else is involved; imagine they are here with you now. See the room or place where you are. Look around. Notice the smells present. Notice the sounds, including what is being said. Stay with this experience. [SHORT PAUSE]

Bring your awareness to the Quality of Patience you are experiencing in this situation:

- ◆ Notice how you feel physically when you are patient. Are there any places in your body that are particularly relaxed or tense? [SHORT PAUSE]
- ◆ What emotions come with Patience? [SHORT PAUSE]
- ◆ What thoughts come to your mind when you are patient? What do you think about the people? Yourself? [SHORT PAUSE]
- ◆ Is patience a pleasant or unpleasant experience?

[PAUSE]

7. Gently bring your attention to your heart.

8. As you inhale, feel your breath fill your heart with the pure Quality of Patience. [LEAVE SPACE FOR AN INHALE]

As you exhale, feel your heart releasing everything you do not need and your breath taking it away.

[PAUSE]

9. Now, as you inhale, feel the Quality of Patience enter through your heart and expand to fill your entire body, until your entire body is filled with the Quality of Patience. [LEAVE SPACE FOR AN INHALE]

As you exhale, feel your body being completely emptied through the soles of your feet.

[PAUSE]

10. Bring your attention back to your breath.

Take 3 slow Calming Breaths. [SHORT PAUSE]

Sit quietly for a couple of minutes to integrate your experiences and insights. Reflect on how this experience can help give you direction for being with other people. [SHORT PAUSE]

When you feel ready, bring your attention back to your body in this moment. Slowly open your eyes.