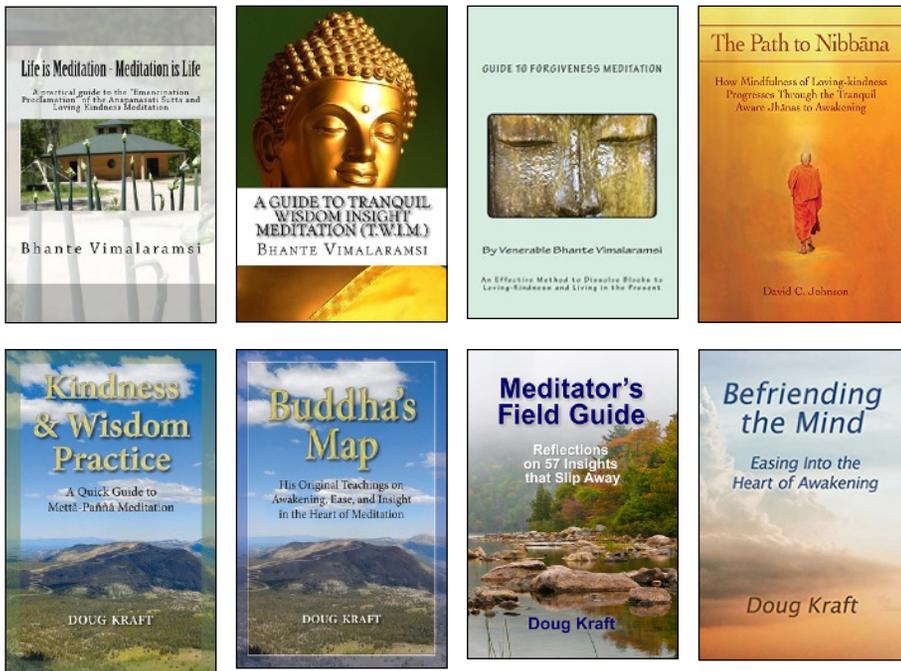


There are several books that contain detailed and extensive information about this practice and its origins. You can order any and all of these books directly from their authors Bhante Vimalaramsi (dhammasukha.org) and Doug Kraft (dougkraft.com), or from Amazon.



If you have questions or would like to explore this practice further, you can also contact me directly: jens.troeger@light-speed.de

Beginner's Instructions to Practicing

Kindness & Wisdom



Jens Tröger

Our Home Base

(Kindness)

We begin by bringing up our **home base**: being aware with a kind and gentle, peaceful, or joyous feeling. Any feeling experience of well-being works because our awareness softens and opens up naturally.

We all have had happy and contented moments in our lives. Those experiences get us started now. Remember how you felt then: a warm and glowing feeling that spreads from our chest. When that feeling arises, we become aware of the feeling and we relax into it. We surround ourselves with it, and we allow the feeling to flow outwards as we continue to soften and relax with it.

We let the memory itself fade into the background, and we rest our attention with that feeling experience. Without making an effort, we stay aware of the flow and change of what we experience.

Using the Six Rs

(Wisdom)

Sooner or later we get distracted. When our mind wanders off into thoughts, we lose awareness of our home base.

When we **Recognize** that we are distracted, then we **Release** the distracting thought: we no longer pay attention to its content and we just let it be. Being less distracted, we now become aware of tensions and tightnesses in our mind-heart and body and we **Relax** and soften them. This is important! We enjoy letting be, and we **Re-smile** now that our mind softens and brightens. As our mind becomes less engaged with the distraction, as we smile softly, we become more aware of the well-being of our home base again. We now **Return** our attention to our home base, and we allow our awareness to effortlessly expand naturally with the home base. When we get distracted again, we **Repeat** the Six R steps.