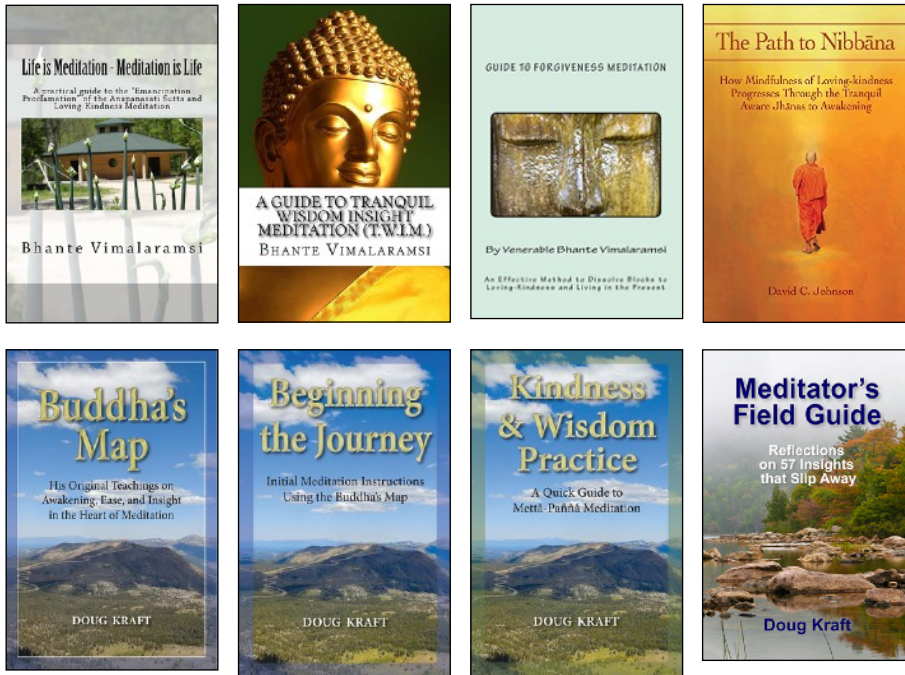


There are several good books that contain more detailed information about this practice and its origins. You can order any and all of these books directly from their authors Bhante Vimalaramsi (dhammasukha.org) and Doug Kraft (dougkraft.com), or from Amazon.



If you have any questions or would like to explore this practice further, you can 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 of these feeling flavors work, and they allow our awareness to open up naturally.

We all have experienced happy and contented moments in our lives, and such experiences get us started now. Remember how you felt in those moments: a soft, warm, and glowing feeling that spreads from our chest. When that feeling arises now with the memory, we relax into it. We surround ourselves with the feeling, and we allow it to flow outwards as we continue to soften and to be with it.

As we let the memory fade into the background, we become more aware of our mind's attention moving. We stay with our home base, being effortlessly aware of the flow and change of our experience.

Using the Six Rs

(Wisdom)

Sooner or later, seemingly suddenly a thought occupies our mind's attention completely. As our awareness gets entangled in the thought's story, we lose the awareness of our home base.

When we *Recognize* that we are thinking and that our awareness is no longer with our home base, then we *Release* the thought: we no longer pay attention to its content and we just let it be. Now we feel for tensions and tightnesses in our mind and body, and we *Relax* and soften them. This is important! A sense of relief and joy arises as we relax and soften, and we *Re-smile* with it — this is our home base arising again. We now *Return* our attention to our home base, allowing our awareness to expand effortlessly and naturally with the home base. The next time when we get distracted by a thought, we *Repeat* the Six R steps again.