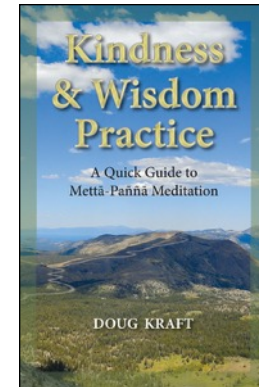
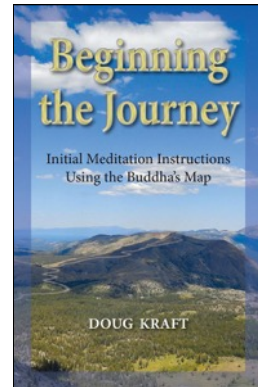
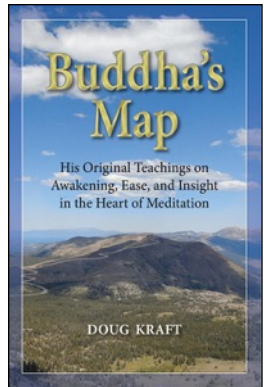
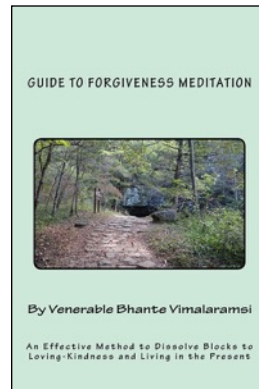
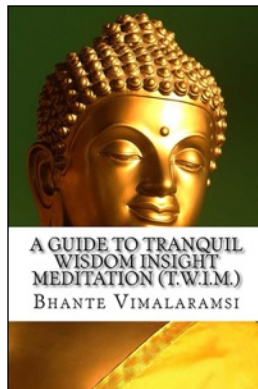
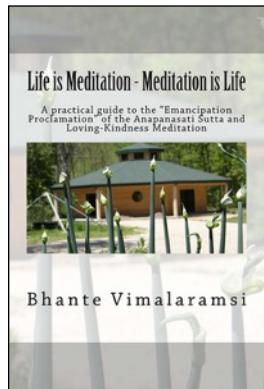


There are several good books that contain more detailed information about this practice and its origins. You can order any and all of these books directly from their authors Bhante Vimalaramsi ([dhammasukha.org](http://dhammasukha.org)) and Doug Kraft ([dougkraft.com](http://dougkraft.com)), or from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



If you have any questions, you can contact me directly: [jens.troeger@light-speed.de](mailto: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 flavors work, because they allow our awareness to open up naturally.

We all have had happy and contented moments in our lives. Those experiences get us started now. Remember how it felt: a warm and glowing feeling that spreads from our chest. When it 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 fade into the background, and we become aware of our attention moving. We stay here for as long as we can, being effortlessly 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. Instead, we become aware of tensions and tightnesses in our mind and body and we **Relax** and soften them. This is important! We enjoy letting go, and we **Re-smile** now that our mind softens and brightens. As our mind becomes less engaged with the distraction, we become more aware of our home base again, and we rekindle it. We **Return** our attention to the home base, allowing our awareness to effortlessly expand naturally with the home base. When we get distracted again, we **Repeat** the Six R steps.