

## March Meditation & Communi-Tea Suggestions & Resources

A. Engage in a regular mindfulness practice

B. Compassion in daily life

1. Test how self-compassionate you are: <http://self-compassion.org/test-how-self-compassionate-you-are/>
2. Explore the Self Compassion guided meditations & exercises recommended by Dr. Kristin Neff: <http://self-compassion.org/category/exercises/>
3. Try the Four Immeasurable Minds of Love meditation: <http://dharmafarms.net/DharmaTouch/wp-content/uploads/2015/03/The-Four-Immeasurable-Minds-of-Love-Meditation.pdf>
4. Loving kindness moments (LKM's)
  - a) Recognize the small moments of compassion you extend and receive from family, friends and coworkers.
  - b) Pause to reflect whether you perceive situations clearly. Notice whether you are being understood by others.
  - c) Try reframing trying situations as opportunities to practice the 4 immeasurable minds of love: friendliness, compassion, joy and/or equanimity.

C. Resources

1. Dr. Kristin Neff: <http://self-compassion.org>
2. Dr. Gordon Livingston: <http://www.gordonlivingston.com>