



The CAGPACSS Meditation

MINDFULNESS IN A NUTSHELL

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TO BRING PEACE TO THE EARTH, STRIVE TO MAKE YOUR OWN LIFE PEACEFUL

The practice of Mindfulness primarily addresses just two issues:

1. How we create our own suffering.
2. How suffering can be alleviated.

By providing an overview of Mindfulness's key teachings, the CAGPACSS meditation addresses both and helps orient us toward the inner peace we seek.

COMPONENTS OF THE CAGPACSS MEDITATION

- *Concentration*
- *Awareness*
- *Gratitude*
- *Patience*
- *Acceptance*
- *Compassion*
- *Slow down*
- *Smile*

CONCENTRATION

- Four minutes of focus on your breath or body sensations via a body scan.

AWARENESS

- **PAIN** = Not getting what you want and/or getting what you don't want. Pain is an unavoidable part of life and so doesn't mean that anything is wrong; it simply means *you're alive*.
- **SUFFERING** = resisting PAIN, resisting what IS, resisting REALITY.
- **DELUSION**. Seeing yourself as separate and apart from others leads to suffering. In reality, we are all interdependent and interconnected with each other and everything in the universe.
- **IMPERMANENCE**. Change is the only constant in life. Resist this fact and suffering follows.
- **HUMAN NATURE**. Evolution inclines humans to be selfish, judgmental, mindless, and discontent; expect differently and you will suffer.
- **THOUGHTS, FEELINGS, & EMOTIONS**. Simply observe them, don't identify with them. Thoughts are real, but they're not reality. You get to choose what to think about any given situation, so choose wisely.

- **THE BODILY SENSATION OF TIGHTNESS.** Take this as a warning: *Do Not Go Down That Path!* Instead, Pause, Breathe, and Smile (PBS) to regain composure and perspective.
- **PRESENT MOMENT AWARENESS.** Perform a brief five-senses scan; sight, sound, feeling, taste, scent. Live each moment in non-judgmental, bare-awareness of your sensory inputs and thoughts. *Peace is this present moment without judgment.*
- **PERSPECTIVE.** On a cosmic scale we are but insignificant specks of dust in existence for but a fleeting moment. Cease taking yourself, and life in general, so darned seriously!
- **INTENTIONS.** By way of example, my personal daily intentions are to be: generous, ethical, patient, mindful, wise, compassionate, understanding, respectful, considerate, thoughtful, caring, kind, gentle, selfless, perseverant in the study of the Buddha's teachings, to speak with integrity, to not make assumptions, to not take things personally, and to strive, as best I am able, to bring peace into the world.

GRATITUDE

- Briefly reflect on all you have to be grateful for.

PATIENCE

- Let life unfold in its own time, don't struggle against it as this creates only sorrow.

ACCEPTANCE

- Whatever life presents, simply deal with it, minus the drama.
- There are no problems, simply situations to deal with.
- Let it be. Let it go.

COMPASSION

- We are each, always and at all times, *simply doing the best we can*, so we need to be kind and understanding toward each other, *always*.

SLOW

- In your mind's eye, envision yourself consciously slowing down your thinking, breathing, walking, talking, eating, driving, cooking, etc., etc.

SMILE!

- Smile, even if you have to fake it. Life smooths out when we lighten up and stop taking it so seriously.

END