

Notes from Group Meditation- June 12, 2024



Be the Observer and Finding Equanimity

Becoming the observer- Becoming the observer can in time allow you to step back from triggering situations. Our emotional state has everything to do with our actions. When we are emotionally triggered do we make wise decisions? Or do we react more like perhaps a child? Being the drama queen might feel good or familiar but it is generally not in our best interest nor in the best interest of those around us.

Being the observer- call your attention into this moment. Watch the breath or connect with the seat. Watch your mind. When it wanders from now, from what you intend to think of, then call it back lovingly, like you'd speak to a small child. "I hear you, but right now we're working on focusing on our breath. Stick with this for 1-5 minutes. Your mind might wander every 2 seconds some times. Be patient with yourself. We are building a new habit, new "thinking muscles."

Equanimity

1. mental calmness, composure, and evenness of [temper](#), especially in a difficult situation.

"she accepted both the good and the bad **with equanimity**"

Meditation is about you learning to watch your thoughts and redirect. Noticing if triggering thoughts are happening and choosing to step back and redirect.

Equanimity asks us to try to find the good in whatever is going on, or to not see everything as a personal assault. Of course, never accept abuse. But If we can maintain a calm position when something triggering comes we can choose our responses.

Some tools to redirect or give us a moment to pause before reacting

Breathing is the fastest and it's always there for you.

How about self comfort? No, not eating a big piece of cake.

Hands on heart center. Gentle tapping.

Hands on upper arms. Gentle patting

Hold your own hand. – power of being the one to offer yourself comfort.

Call to mind image of something you love, something that comforts you, helps you feel safe. - pet, person, place... not the chocolate cake, please. I keep a file of these images in my head so I can pull them out quickly. Get familiar with your comfort tools.

Practice- we imagine our moderate trigger, while we are an observer. Notice our Fight or flight symptoms rising, then use one of the redirecting tools, take a deep breath, offer yourself some physical comfort, call to mind that image that comforts you.

We haven't talked a lot about fight or Flight Response and Rest and Repose Response but we will. IF you're not familiar with them, here's the basics.



Stress Response

Revs you up, preparing you to fight, take flight or freeze

- Heart beats fast
- Breath is fast and shallow
- Pupils of eyes expand (can make you sensitive to light)
- Gut becomes inactive (difficult to digest)
- Blood rushes to your skeletal muscles and away from your brain, making it hard to think clearly
- Hormones rush through your body, making you feel anxious
- Expend your energy



Relaxation Response

Calms you down, preparing you to rest, think and restore

- Heart beats in slow, rhythmic pattern
- Breath is full and slow
- Pupils of the eyes shrink
- Gut is active (helps you digest and absorb the nutrients from your food)
- Increased blood flow to gut, lungs and brain
- Hormones rush in, lifting your mood and helping you to relax
- Conserves your energy

There are more online resources at SuniMoon.net. Choose resources and look for link to my YouTube Channel.

