

**J&G Week 3  
Positive Emotion v1**

**9.50pm - 9.55pm**

Remember Spiritual Receptivity

Try to find time just to be

Allow us to experience the benefits or fruits of our practice

**9.40pm - 9.50pm**

**TOM**

Read Chapter 3

Continue with Mindful Walk

Continue with the 3 minute breathing space - if possible a few times a day

Introduce the Coping Breathing Space

Make a gratitude list every night before sleep - noting 5 things that you feel grateful for

Generosity - Try to do one thing every day for someone else that you don't usually do. To extend this try doing this without anyone knowing

Home Practice

**9.35pm - 9.40pm**

Identifying the stories

Step out of our secondary stories into direct direct experience

See the prapanca

Pleasant, painful, neutral

Experience vedana

Cultivate gratitude, acts of giving

Meditation will help

How to cultivate positive emotion

BRIEF recap on previous week(s)

**9.00pm - 9.05pm**

USE FLIPCHART

Learning how to make the most of our lives

Trying to develop a new consciousness

Overcoming prapanca; driven, unaware, associative thinking

Taking ownership of our lives

Horizontal integration; openness, honesty, friendship

Vertical integration; below and above, something deeper

Stage of Spiritual Receptivity

Tune-in on Home Practice

**9.05pm - 9.25pm**

Read chapter 2

Keep noticing prapanca

Continue with one of the prapanca reducing practices (internal and external)

See if you can tell (some of) your life story

Positive Emotion

**9.25pm - 9.30pm**

2nd great stage is a stage of action

Positive emotion is the ripening of integration

Kuala Karma; intelligent, fruitful and appropriate responses

Distinguish between skilful and unskilful

Elements of Positive Emotion

**9.30pm - 9.35pm**

Emotional - open, generous, other regarding, outward looking

Energetic - more alive, more on the ball, less distracted

Cognitive - clear headed, alert, curious, creative

Pain and discomfort

Hri (Shame) skilful but painful

EXAMPLE: Exaggeration