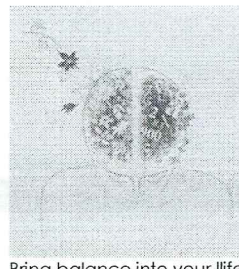


# Mindful Awareness Practices (MAPs) for Daily Living

## (MAPs) Class Handouts Week



Bring balance into your life.

### Week 4: The Science of Mindfulness and Working with Emotions

#### OVERVIEW

##### Science of Mindfulness

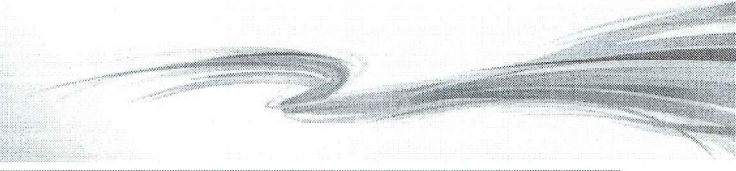
Our guest lecturer talked about some of the basics of the latest mindfulness research, including how mindfulness affects our bodies, psychological issues, attention, and the brain.

#### R A I N- Working with Emotions

Remember emotions are “energy in motion,” they are not lasting or permanent.

When difficult emotions come on or off the cushion, we recommend a 4 part practice:

<b>R</b>	<b>Recognize personally</b>
<b>A</b>	<b>Accept</b>
<b>I</b>	<b>Investigate</b>
<b>N</b>	<b>Not Identify or take personally</b>



**Recognize:** Become aware of the kind of emotion you are having. Just this simple act of recognizing it can be helpful. Give it a soft mental label like “fear”, “sadness”, “joy”, etc.

**Accept:** Can you let this emotion be here? Is it ok to have this emotion? See if you can bring some gentle acceptance to it, recognizing all emotions are okay, it’s what we do with them that can lead to problems.

**Investigate:** Most importantly, get curious about your emotion. What does it feel like, particularly in your body? Can you feel it in your chest or belly or elsewhere? Does it move or stay the same? Are there accompanying thoughts? Use your mindfulness to experience the emotion in the present moment.

**Not Identify:** As we go through the above process, we will naturally begin to take this emotion less personally. We will find ourselves not feeling so tossed about by it, but will be able to see it as it is, just an emotion: energy in motion passing through us. The dis-identification process allows us to have a little space from our difficult emotions and we may find more peace and ease.