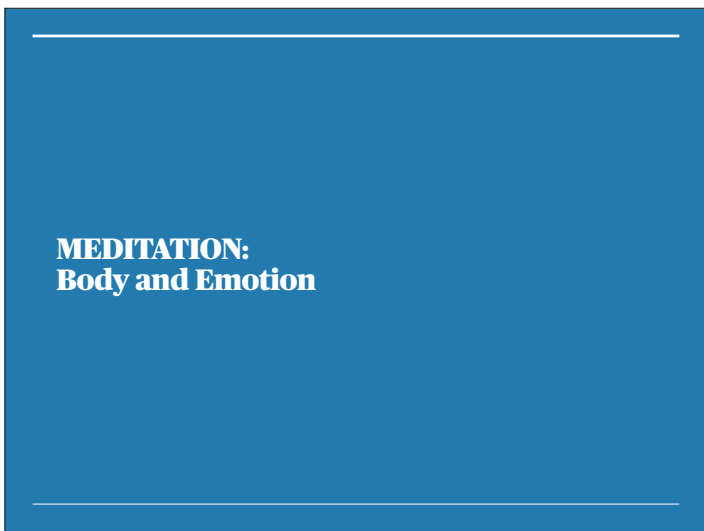


- **Today: The Feeling Author**
 - Meditation
 - Homework
 - Five Lists
 - The Three Poisons
 - The Five Hindrances
 - RAIN



Meditation

Seeing Parts of Us

- Through mindfulness you can turn any crisis into, at least, an opportunity to practice awareness
- Identify your emotions and consider
 - We *have* a body...
 - We *have* emotions...



Homework

Detaching

A Step Back

- Separation
 - You are not your body
 - You have a body
 - You are not your emotions
 - You have emotions
 - You are not your writing
 - You have written
- "Have"... A possession? An attachment?
- Mindfulness
- How we connect to the world
 - Levels of instinct, sensation, and habit



Writing Sprint

Make these five lists:

- 1 – One thing that makes me smile.
- 2 – Two flaws I can forgive myself for.
- 3 – Three times I was courageous.
- 4 – Four things I did right this week.
- 5 – Five things I'm good at.

The Three Poisons

three negative qualities of the mind that cause most of our problems

- Greed
- Hatred
- Ignorance



The Three Poisons

three negative qualities of the mind that cause most of our problems

- Greed (+) (bird)
- Hatred (-) (snake)
- Ignorance (?) (pig)
- Attachments (!)



Greed

Also called Passion, Greed and Lust

- "I want"
- When seeking something drives us
- Primal and instinctive
 - Food, sex, fame
- Hard wired into us for survival
- Positive side
 - Love and procreation
 - Human Connections
 - Enlightened Self-Interest



Hatred

Also called Aversion and Anger

- "I don't want"
- When seeking to avoid something drives us
- Primal and instinctive
 - Pain, danger, humiliation
- Hard wired into us for survival
- Positive side
 - Avoids dangerous situations
 - Fights for our future



Ignorance

Also called Indifference

- The gatekeeper of the other two
- Failure to recognize the problem
 - "I don't know" / "I don't care"
- Failure of turning our higher functions to the problem;
 - Heart vs. Head
- Primal and instinctive
 - Limited bandwidth
- Positive side
 - Uncluttered mind
 - Faster - survival benefits



The Five Hindrances

Hindering Mental Factors

- Obstacles to success in meditation, daily life, and Personal Goals
 - *"The call is coming from within the house!"*

- **Sensory Desire (want)**
- **Ill-Will (hate)**
- **Sloth and Torpor (stupor)**
- **Restlessness and Worry (agitation)**
- **Doubt (doubt)**



Sensory Desire

We're fighting instinct here

- Manifestation of the first of the **Three Poisons**
 - Greed (+)
- Positive Attachment
 - "I want"
- Pleasure
 - as opposed to "Joy"
 - "If it feels good do it"?
- **Writer's life**
 - Always Powerful Distraction
 - Cultural incentive
 - Immediate gratification
 - Short term vs. long term goals
 - "It's hard"
 - "I don't feel like it today..."

Pleasure is always derived from something outside you, whereas Joy arises from within

— Eckhart Tolle

Ill Will

Fear is most powerful

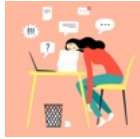
- Manifestation of the second of the **Three Poisons**
 - Hate (-)
- Negative Attachment
 - "I don't want"
- Feelings of repulsion
 - Fear most obvious
- **Writer's life**
 - Resentment
 - Jealousy
 - Self-hatred and criticism
 - Fear of failure
 - Rejections
 - Yes — Rejections
 - Failure fatigue



Sloth and Torpor

Writers Block?

- Manifestation of the Noble Truth about **Effort**
- Laziness
 - Half-hearted action
 - Lack of concentration
 - Dullness
 - Drowsiness
- **Writer's life**
 - Motivation
 - Writer's Block Plain
 - Laziness
 - Distractions
 - Lack of productivity
 - Physical mis-timing
 - *A Writer Writes!*

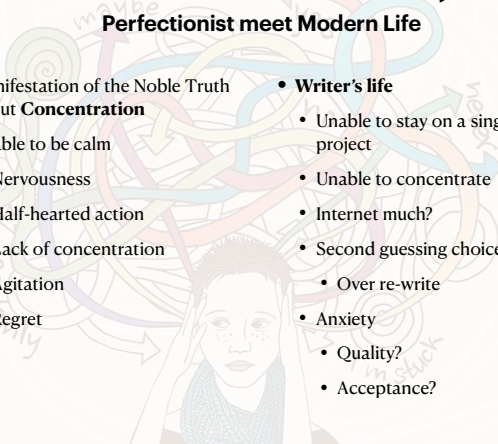




Restlessness and Worry

Perfectionist meet Modern Life

- Manifestation of the Noble Truth about **Concentration**
- Unable to be calm
 - Nervousness
 - Half-hearted action
 - Lack of concentration
 - Agitation
 - Regret
- **Writer's life**
 - Unable to stay on a single project
 - Unable to concentrate
 - Internet much?
 - Second guessing choices
 - Over re-write
 - Anxiety
 - Quality?
 - Acceptance?



A Recipe for Healing

RAIN

- 4 Step thought process
- A meditative technique
- Popularized by *Michelle McDonald*

- Recognize
- Accept
- Investigate
- Non-Identify

Recognize

R - in RAIN

- **When you can name a thing you can tame a thing**
 - Showing the Monster
- STEP BACK / DETACH
- **Writer's Life**
 - Step back
 - Identify the problem
- **Name it**



Accept (Allow)

A - in RAIN

- It is happening
- Let it
 - Live in the now
 - This is an opportunity
- **Writer's Life**
 - Right Speech and Action
 - **Don't beat yourself up**
 - **Do not JUDGE**
 - right/wrong, just/unjust, good/bad, are all **ATTACHMENTS**



Investigate

I - in RAIN



- Analyze the moment
 - Objectively, **WITH KINDNESS**
- If upsetting emotion: Find the root of attachment
 - Poison and Hindrance
- If uplifting emotion: Find the root of the happiness
 - Pleasure or Joy?
 - Apply gratitude and humility
- **Writer's Life**
 - Time to play detective
 - Mindfulness
 - What event triggered this?
 - Which of the Five Hindrances and Three Poisons are involved (could be more than one)
 - Recognize the opportunity the moment present
 - **GRATITUDE**

Non-Identify (Nurture)

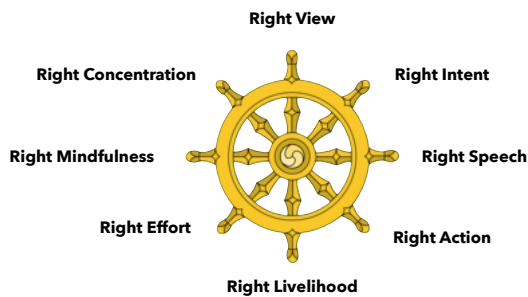
N - in RAIN

- Natural awareness
- Separation / Detachment
- It is not permanent
- **Writer's Life**
 - You **ARE NOT** these emotions
 - You have these emotions
 - Problems are Opportunities
 - Non judgmental
 - Suffering is Grace
 - Rejoice?
 - You share these feelings with everyone



Your Compass on This Journey

Use with RAIN



The Work

Divine Promise - All you really have

**You have the right to work,
but never to the fruit of work.**

You should never engage in action for the sake of reward,
nor should you long for inaction.

– Bhagavad Gita (2:47)

- Life and Art is **Process** not Product
 - Value the journey not the destination
- Be free of attachment
 - And all good
- Forgive yourself!
- Gratitude





Homework

Ponder these ideas. Be mindful. Be grateful. Be happy.

- Try to **RAIN** on a moment, good, bad or indifferent.
- **Write for critique 400 words:**
 - **Sit down in your writing space, meditate if you want, remember a moment that changed your life. See it as if you were a witness to it, detached. Recall it in detail, use your senses. Record that moment in all its emotional colors and significances.**
 - Use **STANDARD MANUSCRIPT FORMAT**
 - **Word or .pdf document sent to me at Johnny@johnnyworthen.com as an attachment by **Thursday night** before class (or bring copies to class)**
- We will read these together and comment/critique.
