

Feelings in the Feelings: 2

January 22, 2017

❖ **Review from last class:** *three kinds of feeling, observe the process of coming-to-be and the process of dissolution, 8 Consciousness, Attention*

❖ **Cultivation:**

○ **Right Effort**/Energy/Diligence – 4 kinds

- 1) Aware of wholesome feelings, nurture them
- 2) Understand wholesome feelings and what brings them about, learn to bring them up
- 3) Recognize, Accept, Embrace Unwholesome feelings and help them to calm and transform
- 4) Understand unwholesome feelings and learn not to strengthen them

- *Wholesome feelings, has the capacity to bring us toward happiness, peace and freedom*
- *Unwholesome feelings, brings about more difficulties and suffering, if we do not know how to transform them*

○ **Four Nutriments** (*nothing survives without food*)

- 1) edible foods
- 2) sense impressions
- 3) volition
- 4) consciousness

❖ **Looking Deeply into feelings, their roots and nature**

- *“observation of the feelings from within or from without, or observation of the feelings both from within and from without*
- *Practice with feelings like: physical pain, psychological pain, fear, insecurity, sadness, anger, jealousy, attachment, joy, loving kindness, ease, compassion, neutral feeling*
- Embrace and Look Deeply into feelings while: Belly Breathing, walking meditation, touching the Earth