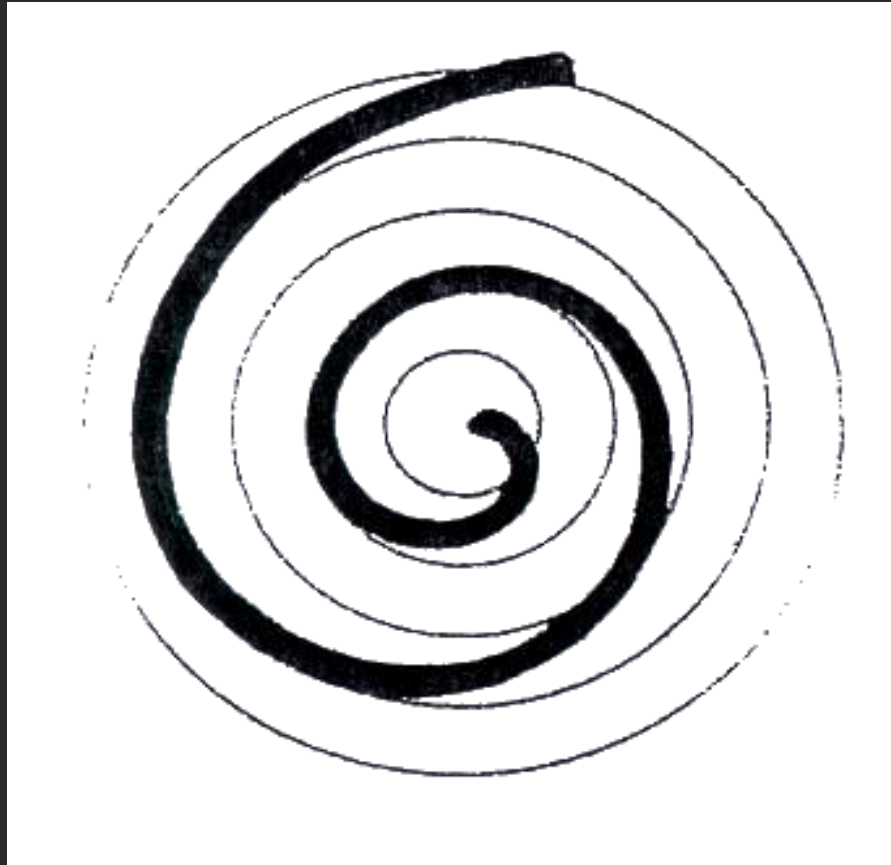


# NINE PRACTICES FOR A JOYFUL, WHOLEHEARTED LIFE

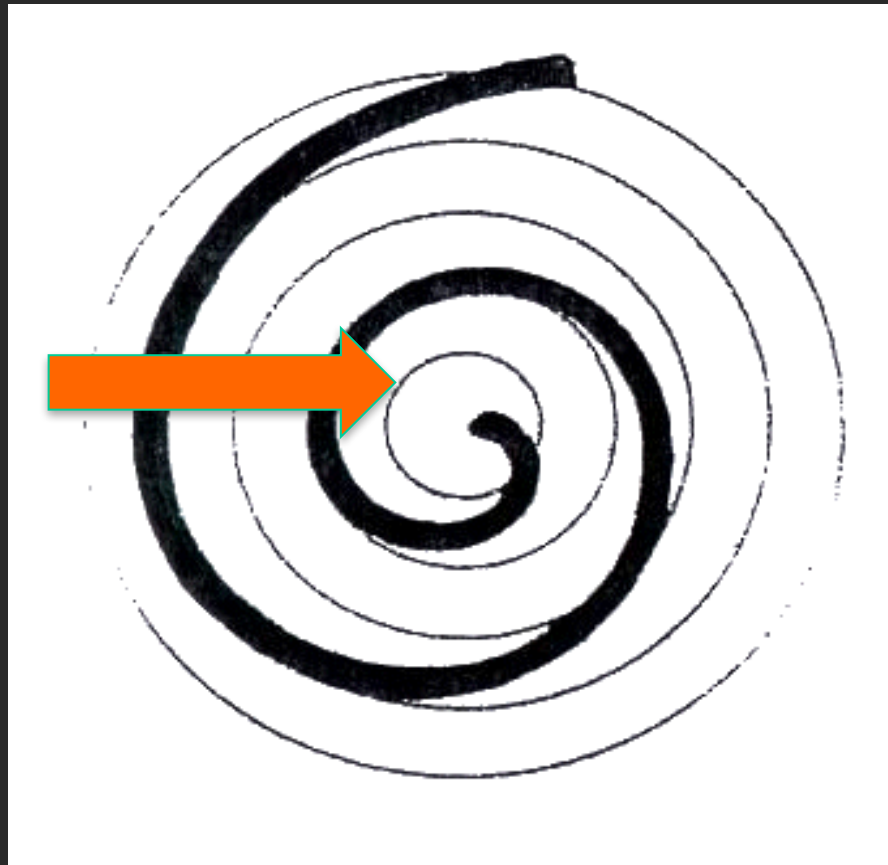


*RADHULE WEININGER PHD, MD*

# THE SPIRAL OF COMPASSION



# THE INNER COIL: COMPASSION FOR SELF



## THE INNER COIL: COMPASSION FOR SELF

TARA BRACH:

"CLEARLY RECOGNIZING WHAT IS HAPPENING INSIDE US,  
AND REGARDING WHAT WE SEE WITH AN OPEN, KIND  
AND LOVING HEART, IS WHAT I CALL RADICAL  
ACCEPTANCE."

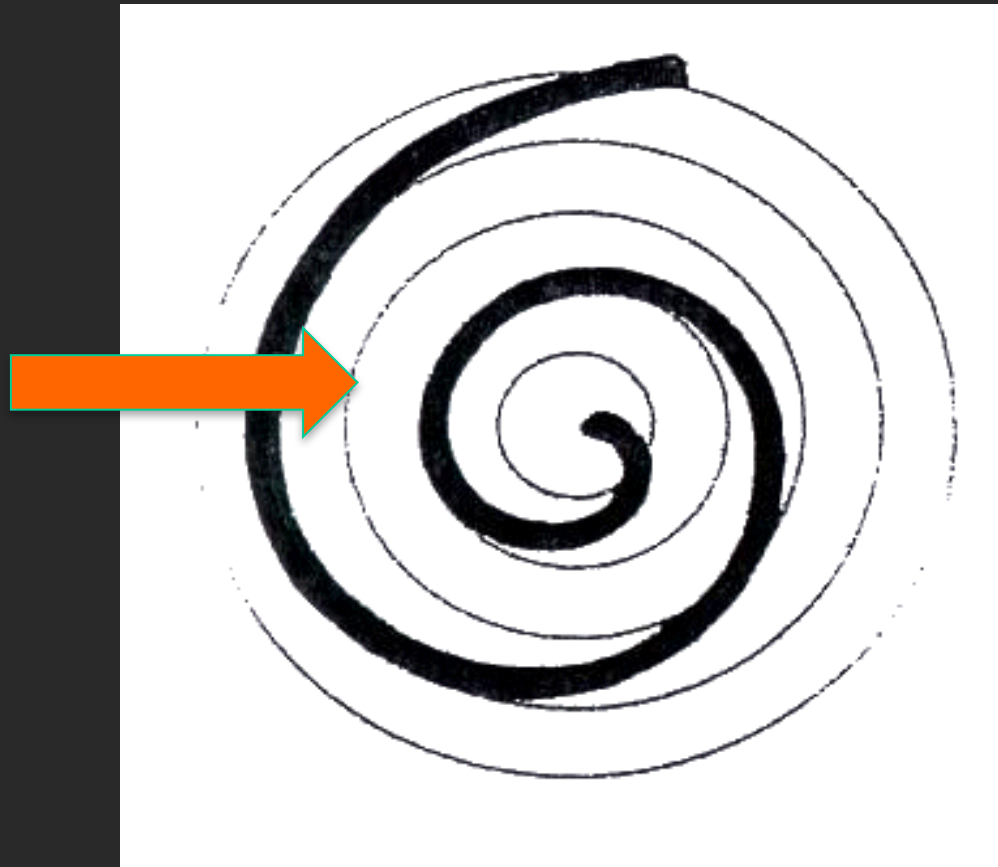
JOHN WELLWOOD:

"YOU CANNOT HAVE COMPASSION UNLESS YOU'RE FIRST  
WILLING TO FEEL WHAT YOU FEEL."

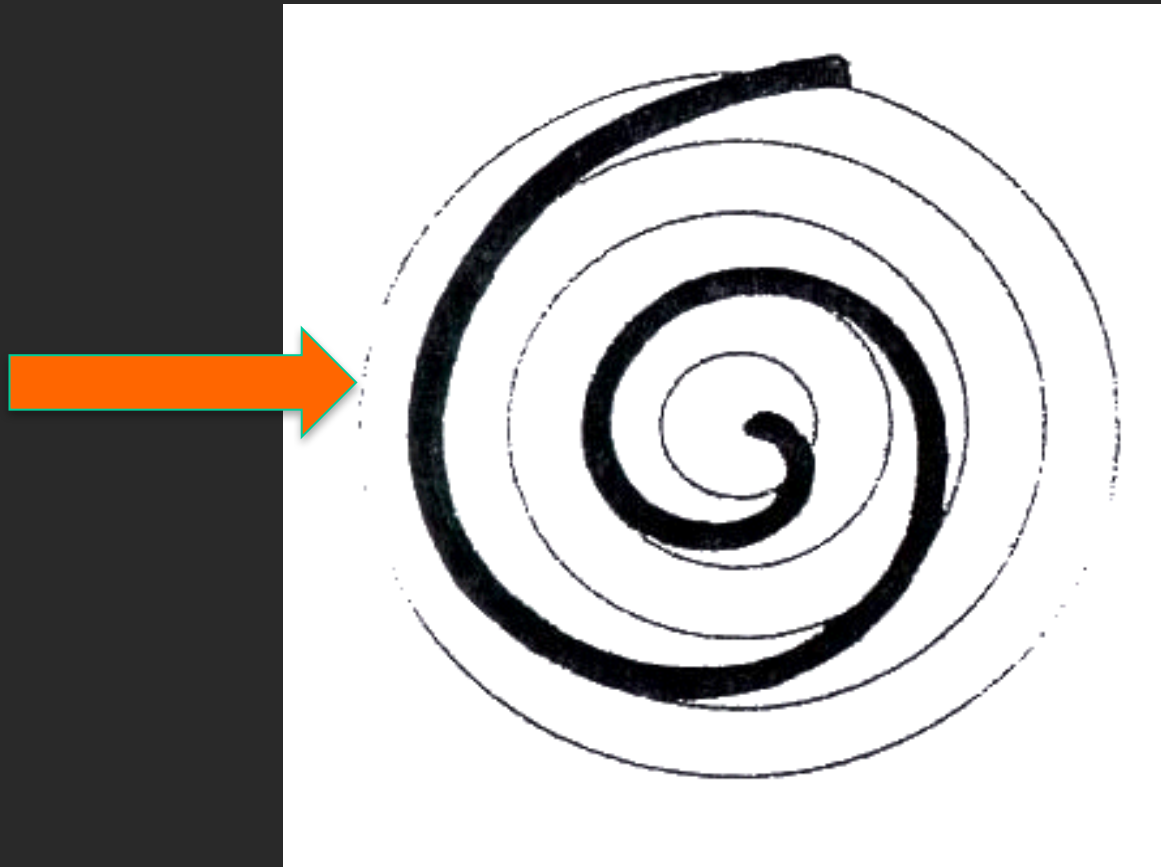
## THE INNER COIL: COMPASSION FOR SELF

SELF-COMPASSION, SUFFERING-WITH OURSELVES, IMPLIES THAT OUR RELATIONSHIP TO EXPERIENCE CAN BE DIFFERENT. NOW WE ARE WILLING TO BE PRESENT WITH WHAT IS AND PUT OUR BELIEFS AND PRECONCEIVED NOTIONS ASIDE. TO BE PRESENT TO OUR EXPERIENCE IN THE MOMENT MEANS THAT WE ARE WILLING TO SENSE WHAT IS GOING ON IN OUR BODIES, NO MATTER HOW UNCOMFORTABLE THAT MIGHT BE. THEN WE WILL BE ABLE TO TRANSFORM THE CONTRACTION THAT HEIGHTENS OUR PAIN AND INSTEAD ALLOW FOR THE SPACIOUSNESS AND FLUIDITY OF THE PRESENT MOMENT. IN THIS WAY WE CAN UNLOCK OUR HEART TO EXPAND OUTWARD.

# THE MIDDLE COIL: COMPASSION FOR OTHERS



# THE OUTER COIL: COMPASSION FOR THE WORLD



"There is no healing without heartwork, intimately tending to the wounds we've been avoiding for so long. In this powerful and beautiful book, Radhule Weininger will help you find the courage, pathways, and clarity needed to embrace this life with love."

—TARA BRACH, PhD,  
author of *Radical Acceptance* and *True Refuge*

# Heartwork



9 Simple Practices for a Joyful, Wholehearted Life

RADHULE WEININGER, MD, PhD

*Foreword by Jack Kornfield*



# MINDFULNESS AND LOVING AWARENESS MEDITATION



1

# MINDFULNESS AND LOVING AWARENESS MEDITATION

THIS PRACTICE COMBINES MINDFULNESS OF BREATHING WITH "MAITRI," OR FRIENDLINESS AND CARING TOWARDS OURSELVES.

WE BEGIN ATTENDING TO THE SENSATIONS OF THE BREATH. THEN, AS WE NOTICE THAT OUR AWARENESS HAS BEEN CARRIED AWAY BY THOUGHT, WE RELAX, LET GO OF THE THOUGHT, AND WITH THE EXHALE EXTEND WARMTH AND CARING TOWARDS OURSELVES. WE REPEAT THIS PROCESS AGAIN, AND AGAIN, AND AGAIN, ALWAYS RETURNING TO THE SENSATIONS OF THE BREATH, WHILE USING EACH DISTRACTION AS AN OPPORTUNITY TO PRACTICE MAITRI AND CULTIVATE SELF-COMPASSION.

# THE MINDFUL PAUSE



2

# THE MINDFUL PAUSE

THIS PRACTICE ALLOWS TO TAKE A SHORT "TIME OUT" WHEN WE NOTICE WE HAVE BEEN TRIGGERED AND EMOTIONALLY LOST OUR BALANCE IN OUR DAILY AFFAIRS.

IT ALLOWS US TO INTERRUPT A SITUATION THAT IS GOING THE WRONG WAY.

IT ENABLES US PAUSE, TO RELAX, AND TO REGAIN OUR FOCUS SO WE CAN RE-ENGAGE IN A KINDER AND MORE SKILLFUL WAY.

# THE MINDFUL PAUSE

## WHEN TRIGGERED:

1. NOTICE YOUR BODY
2. CHOOSE TO PAUSE
3. EXHALE GENTLY TO RELAX
4. FEEL YOUR HEART
5. EXTEND COMPASSION TOWARDS YOURSELF
6. TAKE A FEW MOMENTS TO REBALANCE
7. WHEN READY, RE-ENGAGE



# COMPASSIONATE INTENTION PRACTICE



3

# COMPASSIONATE INTENTION PRACTICE

THIS IS A PRACTICE FOR WHEN WE ARE FEELING CONFUSED OR UNSURE OF OURSELVES. INTENTIONS ARE DIFFERENT FROM GOALS. WHILE GOALS ARE DIRECTED TO FUTURE OUTCOMES, INTENTIONS CONNECT US WITH OUR HIGHEST VALUES AND GROUND US IN THE PRESENT MOMENT.

AT TIMES WHEN WE FEEL WE HAVE LOST OUR PERSPECTIVE OF WHAT IS IMPORTANT IN LIFE THIS PRACTICE ALLOWS US TO REFOCUS OUR INTENTION AND SET MEANINGFUL GOALS.

# COMPASSIONATE INTENTION PRACTICE

1. SENSE YOUR BODY
2. EXHALE GENTLY TO RELAX
3. HOLD AN IMAGE OF HOW YOU EXPERIENCE YOURSELF
4. FEEL YOUR HEART
5. OFFER COMPASSION TO YOURSELF
6. SENSE YOUR HEART'S INTENTION – THE DEEP INTUITIVE YEARNING FOR ALIGNMENT WITH YOUR MEANING AND PURPOSE
7. ALLOW BREATH TO MOVE YOU EVER SO GENTLY



# BODHICHITTA PRACTICE



4

# BODHICHITTA

- THE DEEP LONGING TO WAKE UP FOR THE WELLBEING OF ALL
- WHEN YOU DEDICATE YOUR LIFE'S WORK TO A BIGGER CONTEXT, THIS WILL GIVE YOU MORE HAPPINESS AND MEANING AND BE OF SERVICE TO OTHERS
- FOCUSING ON BODHICHITTA IS LIKE FOLLOWING THE NORTH STAR, GIVING DIRECTION TO YOUR LIFE IN ALL CIRCUMSTANCES
- WHEN YOU CULTIVATE YOUR CAPACITY TO EMBODY BODHICHITTA, YOUR HEART'S CAPACITY TO FEEL LOVE AND TO OFFER SPONTANEOUS COMPASSION GROWS

# BODHICHITTA PRACTICE

MAY ALL BEINGS BE HAPPY,

MAY ALL BEINGS BE SAFE,

MAY ALL BEINGS EVERYWHERE BE FREE.

MY LONGING IS TO BECOME A PERSON, WHO CONTRIBUTES TO  
THE WELLBEING AND FREEDOM OF OTHERS.

MAY I GROW INTO BEING SUCH A PERSON ON THE BODHISATTVA  
PATH.

MAY I RECEIVE THE SUPPORT I NEED TO MAKE THIS HAPPEN

MAY WISDOM AND COMPASSION MANIFEST IN ALL MY  
ACTIONS.

# MEDITATION ON SELF-COMPASSION



5

# MEDITATION ON SELF-COMPASSION

HERE WE OFFER COMPASSION TOWARDS  
OURSELVES IN A WAY THAT IS RELEVANT TO  
OUR PERSONAL EXPERIENCE, AT A TIME  
WHEN WE ARE SUFFERING AND IN DISTRESS.

THESE MEDITATIONS ARE CUSTOMIZED TO THE  
INDIVIDUAL BUT WILL OFTEN INCLUDE THE  
FOLLOWING PHRASES...

"MAY MY HEART BE FULL OF LOVE AND KINDNESS,  
MAY I BE FREE FROM INNER AND OUTER DANGER TO  
MY BODY, HEART, MIND, AND SOUL,  
MAY I TEND TO MYSELF DURING THIS TRYING TIME WITH  
LOVING CARE,  
MAY I BE ABLE TO RESPECT MY BODY AS IT IS RIGHT  
NOW,  
AND MAY I OFFER LOVE TO IT EVEN AS IT IS SO WOUNDED,  
MAY I BE ABLE TO HOLD MY FEAR WITH TENDER CARE,  
AS I TRY TO BE PATIENT WITH MY GREAT SENSE OF  
VULNERABILITY,  
MAY I AGAIN BE WELL AND HAPPY,  
MAY I BE FREE."



# MEDITATION ON COMPASSION FOR OTHERS



6

# MEDITATION ON COMPASSION FOR OTHERS

- DEVELOPING COMPASSION FOR YOURSELF ALLOWS YOU TO EXTEND COMPASSION TO OTHERS
- WITH ONGOING PRACTICE YOUR ABILITY TO FEEL AND OFFER COMPASSION TO OTHERS INCREASES
- COMPASSION CAN EXPAND IN A WIDENING SPIRAL, FROM YOURSELF, TO OTHERS, AND TO THE WORLD
- YOUR OWN WOUNDEDNESS CAN CREATE A WIDENED SPACE INSIDE YOUR OWN HEART, PAVING THE WAY FOR YOUR WISH TO OFFER COMPASSION TO OTHERS AND TO BECOME ENGAGED ON BEHALF OF THOSE WHO SUFFER IN THIS WORLD
- COMPASSION FOR OTHERS AND BODHICITTA PRACTICE STRENGTHEN ONE ANOTHER



# MEDITATION ON COMPASSION FOR OTHERS

"MAY I TEND TO YOU DURING THIS TRYING TIME WITH LOVING CARE.

MAY I OFFER YOU COMPASSION, ESPECIALLY WHEN YOU FEEL VULNERABLE

MAY I EXTEND CARING TOWARDS YOU, ESPECIALLY WHEN YOU FEEL SCARED  
AND LONELY.

MAY I BE PRESENT WITH YOU WHEN FEAR LEADS YOU TO CONTRACT AND SHUT  
DOWN.

MAY I MEET YOU WITH GENTLENESS AND FRIENDSHIP.

MAY I RECOGNIZE YOUR SENSE OF SHAME, GUILT AND INSECURITY WITH GENTLE  
UNDERSTANDING AND RESPECT.

MAY I BE AWARE THAT YOU AND I ARE BOTH PART OF AN INTERDEPENDENT  
FIELD OF WISDOM AND COMPASSION.

MAY YOU BE FREE FROM SUFFERING AND THE CAUSES OF SUFFERING.

MAY YOU RECEIVE THE SUPPORT YOU NEED.

MAY LIFE RISE UP TO MEET US ALL."

# THE COMPASSIONATE CHOICE PROCESS



7

# THE COMPASSIONATE CHOICE PROCESS

IN CONTRAST TO THE MINDFUL PAUSE AND THE COMPASSION IN ACTION PROCESS, THE COMPASSIONATE CHOICE PROCESS ALLOWS US TO GAIN A DEEPER, MORE EXTENSIVE UNDERSTANDING OF HOW WE HAVE BECOME STUCK. THIS PROCESS ALLOWS US TO CONNECT WHAT IS HAPPENING IN THE PRESENT MOMENT TO EVENTS FROM THE PAST. THEN UNDERSTANDING CAN LEAD TO COMPASSION. NOW WE CAN FIND OUR WAY FORWARD IN A SKILLFUL, COMPASSIONATE WAY TO GAIN A WIDER PERSPECTIVE EVEN IN A COMPLEX WAY.

# THE COMPASSIONATE CHOICE PROCESS

Emotional Awareness Worksheet		
Reactive Field	Trigger	Trigger
	Sensation	Sensation
	Emotion	Emotion
	Automatic Association	Automatic Response
	Emotional Conclusion	Cognitive Fusion
	Urge to Act	Urge to Act
Human Default Pathway	Physical Sensation Intensifies	Mindful Pause
	Urge to Act Intensifies	
	Awareness Contracts	Awareness with Self Empathy
	Reactive Behavior	Alternate Evaluation
	Outcome	Alternate Action
	Resulting Sensations & Emotions	Outcome
		Resulting Sensations & Emotions

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# THE SPIRAL OF COMPASSION



# THE SPIRAL OF COMPASSION

THIS MEDITATION ADDRESSES PAINFUL INTERACTIONS OR RIFTS BETWEEN OURSELVES AND OTHERS.

IT INCLUDES COMPASSION AND FORGIVENESS FOR OURSELVES AS WELL AS FOR THE PERSON WE FEEL HURT BY.

THERE ARE 12 STEPS IN THIS MEDITATION...

# THE SPIRAL OF COMPASSION

1. SET INTENTION
2. FOCUS ATTENTION WITH MINDFULNESS OF BREATHING
3. TURN GAZE INWARDS AND NOTICE ONESELF WITH KINDNESS
4. EXTEND COMPASSION TOWARDS SELF
5. EXTEND FORGIVENESS TOWARDS SELF
6. ACCEPTANCE OF WHO WE ARE
7. COMPASSION FOR THOSE WHO EXPERIENCE SIMILAR
8. COMPASSION TO THOSE WE HAVE A PROBLEM WITH
9. FORGIVENESS TO THOSE WE HAVE A PROBLEM WITH
10. ACCEPTANCE FOR HOW THE RELATIONSHIP IS AT THIS POINT
11. EXTEND WELL-WISHING AND LOVING KINDNESS TO ALL BEINGS
12. GRATITUDE FOR THIS OPPORTUNITY TO BE FREE



# BRIEF MINDFULNESS-ON-THE-GO PRACTICES



9



# CARD PROMPTS FOR ON-THE-GO PRACTICES



# BRIEF MINDFUL PAUSE PRACTICE

## *Brief Mindful Pause Practice*

### WHEN TRIGGERED . . .

1. Notice your body.
2. Choose to pause.
3. Exhale gently to relax.
4. Allow yourself to recognize that you are hurting and lost your balance.
5. Sense the breath of your heart.
6. Pause to offer compassion for yourself, and hold your suffering with kindness."
7. Return to breath as a refuge, noticing when you are ready to re-engage.

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