

Pain class

1. Yoga Nidra
2. Metta for whoever would lift and foreground the heart: not self
3. Grow then rest in comfort spot
4. Then turn your attention to its annica
 - Let it change; feel that it is not unitary
5. Feel a bearable pain spot –
 - Annica again for hopefulness
 - Let it change; feel that it is not unitary
6. Uppekha
 1. In spite of my best efforts, things are as they are
 2. I can't always control others' thoughts actions or words around this
 3. May my heart be at ease –
7. Then Metta for self
 - Foreground that
8. Mudita
 - Foreground that

9. Dedicate merit

10. Explain / discussion

- I may not be able to stop the pain
- And the meditation doesn't cure
- **So why bother?**
 1. I can use the occasion of pain to build my heart's unshakeable strength towards self and others
 2. So that it can be in the foreground in all situations and with all beings
 3. And then the unavoidable pain, an occasion for metta, is less fear-making