

PREPARATION PHASE: TAKING CARE OF MYSELF
(HRA PROJECT)

DAY 4/AFTERNOON

SESSION 8: COPING WITH THE FUTURE

OBJECTIVES:

1. Mothers will strengthen their visions of a positive future.
2. Mothers will reduce barriers related to unfinished business.
3. Mothers will reduce barriers related to be attached.
4. Mothers will increase their sense of being able to control the future.

RATIONALE:

Regardless of the term that is preferred, there is a spiritual aspect related to dying of AIDS. This sessions tries to address some of the issues that "spiritual" might encompass. It begins with exercises designed to unburden the women of unfinished business that can clog up and sour their remaining days. Desires which lead to clinging, grasping, disillusionment, and unfulfillment are worked on also. An imagined looking back on the more joyful and satisfying ways they spent the rest of their lives is fantasized. Strength giving relaxation is included. The primary attempt in this session is to let go of the past and connect with something more loving and more eternal.

PROCEDURES:

1. Introduce the participants and give out "Thanks" for use during the session. Use a script to introduce the session's topic. Fill out a Feeling Thermometer to link the subject matter to feelings. (20 minutes)
2. Use guided imagery to deal with unfinished business such as forgiving and being forgiven. (20 minutes)
3. Deal with wanting things and the discomfort that wanting brings through symbolically giving away what is important and through a meditation. (20 minutes)
4. Use a Feeling Thermometer to get at positive feelings and what they plan to do with the time that remains to them. Tells stories about how they plan to live the rest of their lives. (35 minutes)
5. Lead the group through a strength-giving relaxation. (10 minutes)
6. End with a contest to pick the best mantra, a lottery, and giving appreciation to each other. (15 minutes)

MATERIALS:

"Thanks"
Lottery Tickets
Lottery Prize
Scripts: The Spirit. Barbara & Maureen, Maria and Inez
Workbook and New Inserts:
Feeling Thermometer on Unfinished Business
Meditation on Letting Go
Feeling Thermometer On the Rest of Your Life
Relaxation on Strength

Notes to the Facilitator:

1. **Bold** letters tell you what the purpose of the exercise is and highlight points to make. **CAPITAL** letters tell you what to do. Small case letters tell you what to say. Once you have become familiar with what to say, use **your own words**. Do not read your lines to the group.
2. Begin each session 5 minutes ahead of time in order to cover any administrative matters.

Exercise 1: What About the Future?
(20 minutes)

[The purposes of this exercise are to increase self-esteem, introduce the topic of coping with the future, and set the stage for looking at barriers to living a full life. Positive introductions, a script and the Feeling Thermometer are used.]

FACILITATOR SAYS

Was your lunch pleasant?

OBTAIN RESPONSES.

Good.

At the beginning of the workshop I explained that there would be eight sessions for mothers alone.

The goal of these eight sessions would be to help you cope effectively with living with AIDS.

After that there would be sessions dealing with helping your family.

In those sessions we would work on topics such as establishing a positive family atmosphere, being an effective parent, dealing with safer sex, substance abuse, and planning for a guardian for your children.

Today's session is the last one devoted to helping you cope with living with AIDS.

We started with coping that made you feel better.

Then the last two sessions were on solving the problem of telling others about your diagnosis, and we learned how to use problem solving.

To start please **introduce** yourself and complete this sentence, "What makes me strong is"

I'll show you what I mean.

My name is and what makes me strong is

HAVE THE MOTHERS INTRODUCE THEMSELVES AND INDICATE WHAT MAKES THEM STRONG.

Very good.

GIVE OUT "THANKS" FOR RESPONDING.

Now I will give you some "Thanks" cards so that you can show your appreciation to others.

PASS OUT 20 "THANKS" TO EACH MOTHER.

Here is a little scene to set the stage for today.

I need two volunteers - one to play Barbara and the other to read the part of Maureen.

SELECT TWO VOLUNTEERS TO READ THE PARTS. DECIDE WHO WILL PLAY EACH ROLE. GIVE OUT THE SCRIPTS ONLY TO THE PLAYERS. HAVE THEM READ THE SCRIPT ALOUD.

THE SPIRIT

MAUREEN: I haven't seen you for a while. What have you been up to?

BARBARA: Taking care of a lot of things.

MAUREEN: Like making arrangements for the kids?

BARBARA: Oh, yes, that, but much more.

MAUREEN: Like what?

BARBARA: Inner things.

MAUREEN: What does that mean?

BARBARA: You might not understand because you haven't got AIDS.

MAUREEN: I'm sure I can never really understand what you are going through. I know I admire your courage. I've seen you in lots of pain, but you just keep going.

BARBARA: In some ways that's the easy part.

MAUREEN: If that's easy, what's the hard part?

BARBARA: Opening up my heart. Learning to really love. Taking care of the spirit.

MAUREEN: The spirit? I never thought I'd hear you talk like that. I didn't think you were a religious person.

BARBARA: I don't think I was. I don't want to say I'm religious now, but I have to tend to my spirit.

MAUREEN: Because you are afraid?

BARBARA: No. Because my spirit was too small, too proud. I had to work on letting the light in. Developing faith.

MAUREEN: Maybe I should come to you for lessons. I could use some of those things in my life.

BARBARA: No. You got to find it yourself. It's already in you. You just don't know it. Nobody else can give you anything. Be thankful I can't give it to you. Start looking now before it is too late.

THE END

Thank you. That was great!

GIVE OUT "THANKS" TO THE PLAYERS.

Today our topic is coping with the future.

In an earlier session I asked you to paint a mental picture of what you wanted to accomplish in the rest of your life.

That was your vision of the future.

Please take a moment and get that vision in your mind.

Take a few deep breaths and let that vision come to you.

PAUSE.

There are some obstacles to achieving your vision.

One is unfinished business that gets in the way.

The other is being attached to things - being disappointed that you can't have what you want.

To start working on them I want you to use the Feeling Thermometer.

HAND OUT THE FEELING THERMOMETER RELATED TO UNFINISHED BUSINESS.

I will read a few situations, and you record your temperature levels.

These situations are just to get you started.

They are all about unfinished business.

After my examples, you think of your own.

READ THE SITUATIONS FROM THE FEELING THERMOMETER.

1. You meet the person from whom you got HIV.
2. You remember hurting someone's feeling years ago.
3. You remember someone hurting your feelings.

ALLOW A FEW MINUTES TO RECORD THEIR TEMPERATURES.

Now what are some other situations where something still bothers you?

You haven't gotten over it.

ENCOURAGE RESPONSES OF UNFINISHED BUSINESS. THESE SITUATIONS COULD BE ONES WHERE SOMEONE HURT THEM OR WHERE THEY STILL FEEL GUILTY ABOUT SOMETHING THEY DID. GIVE OUT "THANKS" FOR SHARING EXAMPLES.

Thanks. Those were good examples of unfinished business.

Now we will go into unfinished business and attachments more deeply.

Exercise 2: How Do I Deal With Unfinished Business?
(20 minutes)

[The purpose of this exercise is increase effectiveness in moving past unfinished business such as past hurts and guilt. A script and meditation are the approaches employed to reach the goal.]

To start on unfinished business I want to do a little scene and need two actresses to read the parts - Maria and Inez.

SELECT VOLUNTEERS. DECIDE WHO WILL READ EACH ROLE. HAND OUT THE SCRIPTS AND DO THE SCENE.

MARIA AND INEZ

MARIA: Now that you found out you got AIDS what are you going to do?

INEZ: I hate that bastard, Ricky! Why didn't he tell me he had the virus?

MARIA: It's too late now. What about the kids?

INEZ: If I see him again, I'll kill him.

MARIA: You better be thinking about taking care of yourself.

INEZ: I hope he gets AIDS.

MARIA: Isn't there a lot you want to do in the time that is left?

INEZ: The one thing I want to do is to make him pay for what he's done to me.

MARIA: What will that do?

INEZ: Make me feel better.

MARIA: What about all the other things that need taking care of?

INEZ: I wonder where I can find him.

THE END

That was great!

GIVE OUT "THANKS."

Could Inez focus on the future?

ENCOURAGE RESPONSES.

What was her unfinished business?

ENCOURAGE RESPONSES RELATED TO DEALING WITH HER ANGER.

The script showed us one kind of unfinished business.

Most of us have some unfinished business which could use attention.

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Maybe there is a person who has hurt us a lot, and we really resent them.

One of your parents, a friend, a lover, a child of yours.

Maybe there is someone we have hurt and never asked forgiveness.

Some place in our heart we carry that guilt.

We are ashamed of the way we acted.

Maybe we are guilty and angry with ourselves.

"I hate myself! God, was I stupid!"

We are going to take a few minutes and work on that unfinished business.

Get yourselves comfortable.

Close your eyes if you wish.

Watch your breathing.

PAUSE.

Can you sense the natural rhythm of your breath?

PAUSE

Now let your heartbeat become steady and calm as you breathe in deeply.

PAUSE.

Feel your heart slowing down.

PAUSE

Feel your heart becoming warmer PAUSE and warmer.

Feel your heart glowing with warmth and opening with love.

PAUSE

Remember a time in your life when you forgave somebody for something they did to you.

Search back for a time when that happened.

PAUSE

Have you got it?

Capture the feeling of forgiving that person.

PAUSE.

Now look at your unfinished business and find the person who has caused you a lot of pain.

See that person before you - see them clearly. PAUSE

Put that person in your heart.

Say to that person, "I forgive you for any actions of yours that have caused me pain." PAUSE

Again, say, "I forgive you for what you have done." PAUSE

Don't rush it.

Go at your own pace.

Let that person settle into your heart. PAUSE

"I forgive you for all the pain you caused me." PAUSE

It's hard.

It may hurt.

Open your heart a little bit more. PAUSE

"I forgive you."

Allow that person to be forgiven.

Can you feel a lightness - like you have dropped a burden? PAUSE

Good. PAUSE

Now think of someone from whom you want to ask forgiveness.

Who did you hurt either intentionally or unintentionally?

PAUSE.

Picture that person in front of you. PAUSE

Say to them, "I ask your forgiveness for anything I have said or done, intentionally or unintentionally, that caused you pain."

PAUSE

"I ask you for forgiveness for the words that I spoke to you out of fear, or anger, or confusion."

Let the forgiveness come.

Don't let any anger block the forgiveness.

Feel free.

Open your heart to yourself.

Say to yourself, "I forgive you." PAUSE

Forgiving yourself can be hard.

Speak your name and say "I forgive you." PAUSE

Watch how your own feelings of not being worth it or feelings of guilt or feelings of shame try to block the forgiveness.

Open your heart to yourself and say to yourself, "I forgive you." PAUSE

Be open and loving of yourself.

Allow yourself the compassion, the care, the self-forgiveness.

Let yourself enter into peace. PAUSE

A deep peace. PAUSE

Now open your eyes.

You have some idea of what unfinished business is and how to take care of it.

So, let's move on.

Exercise 3: How Do I Handle Disappointment?
(20 minutes)

[The purpose of this exercise is to improve coping with disappointment by linking it to desire and practicing letting go of wants. Sharing feelings over disappointments and meditating on letting go are used.]

Another obstacle to coping with the future is being attached to things.

In other words, wanting things.

Why is this a problem?

Haven't you known someone whose whole life was eaten away because he or she did not get something they wanted?

They led a life of disappointment.

Can you think of a time that you wanted something badly but could not have it?

Like maybe as a young girl you wanted to be a dancer but discovered that you didn't have the talent.

ALLOW A MOMENT FOR RECOLLECTION.

What was it and how did you get over it?

ENCOURAGE SHARING.

Wanting and being disappointed can be a real problem for a mother living with AIDS.

There are many things you may want that will not be possible.

How can you deal with that?

If you are not attached to what you want, there is less pain.

What we are going to do next may be painful, but we hope it will help you deal with disappointment.

I would like each of you to think of three things that you really want.

This is your show; so you can put anything on your list.

A new car, a new toaster, a new lover, a new body, a college degree, a well child, a new apartment - what ever.

Just make sure that you really want these three things.

PASS OUT THREE CARDS TO EVERYONE.

Write on the cards the three things you want - a single want on each card.

ALLOW A FEW MINUTES FOR WRITING ON THE CARDS.

Each person will have a partner.

DIVIDE THE GROUP INTO PARTNERS.

Now tell your partner what the three things on your cards are.

ALLOW A MINUTE FOR SHARING.

Now figure out the order of importance - which one do you want most, next, and last.

WAIT A MINUTE.

Now I want you to throw away the one you want last.

GO AROUND WITH A WASTE BASKET AND HAVE THEM THROW AWAY THE ONE THEY WANT LEAST.

Throw away the one that is last on your list.

You cannot have it.

Tell your partner how you feel.

ALLOW A MINUTE FOR SHARING.

Now throw away the second one on your list.

You cannot have it.

GO AROUND WITH THE WASTEBASKET AND COLLECT THE SECOND MOST IMPORTANT ONE.

Tell your partner how you feel having thrown the second one most important want.

ALLOW A MINUTE FOR SHARING.

You cannot have the one you wanted most; therefore throw it in the wastebasket.

I know this is hard to do, but you cannot have it.

COLLECT THE MOST IMPORTANT CARDS IN THE WASTEBASKET.

Tell your partner how you feel now.

ALLOW A MINUTE FOR SHARING.

Who will share what kind of emotional reactions you had?

ENCOURAGE SHARING. GIVE OUT "THANKS." EMPHASIZE THE PAIN, DISTRESS, AND DISPLEASURE.

No matter how hard that was, everyone here survived.

The point is that most of our pain and unhappiness in life comes from wanting things - from desire.

Many people cannot free themselves from what they want.

The fact that you just practiced throwing away your wants and sharing your feelings means that you are a little more able to be free.

Not wanting doesn't mean you shouldn't have a vision of the future or that you shouldn't try to make your life enjoyable.

It means that the more you tell yourself "I have to have this" the more misery you will experience.

Now, of all times, it is important to let go.

Let go of anything that makes life harder for you.

To help us become free, we will try a little meditation on letting go.

LEAD THE GROUP THROUGH THE MEDITATION ON LETTING GO.

MEDITATION ON LETTING GO

Get yourself in a comfortable position.

PAUSE

If you want to close your eyes, that is fine.

Now, become aware of your breathing.

Don't try to change it - just get the feel of your breath coming in and flowing out.

In and out.

PAUSE

Can you feel the warm air flowing out and the cool air coming in?

PAUSE

Can you sense the quiet rhythm of your breathing?

PAUSE

Don't try to change your breath or control it.

Just follow it.

PAUSE

In and out - in and out.

Let your breath be as it is.

PAUSE

If it is fast, that's OK.

If it is slow, that's OK.

If it is deep, that's OK.

If it is shallow, that's OK.

PAUSE

Just keep observing your breath.

LONG PAUSE.

Let your breath be natural and free.

If your mind starts to try and control your breath, just watch the thought flow through your mind and out.

Let it go.

Don't follow the thought.

The breath - the breath.

PAUSE

Can you feel the space?

Can you feel the openness?

PAUSE

Nothing to do. Breathe.

PAUSE

Nothing to be. Breathe.

PAUSE

Nothing to hold on to. Breathe.

PAUSE

If you feel some other sensations in your body, like your back against the chair, don't describe them in your mind.

Just feel the sensation and let it go.

PAUSE

Breathing, breathing, breathing.

PAUSE

Can you feel the space opening up?

PAUSE

If a thought enters the space, watch it and let it go - don't try to control it.

PAUSE

Lots of thoughts flow by - commenting, remembering.

PAUSE

They think by themselves.

Nothing to criticize - not bad or good.

PAUSE

Are there feelings in your body you are aware of?

PAUSE

Can you simply feel them and let them go?

PAUSE

Stay with the breath.

PAUSE

Can you let go of the body?

PAUSE

Can you let go the mind?

PAUSE

Can you let go of fear?

PAUSE

Can you let go of wanting?

PAUSE

Be your breath.

PAUSE

No one to be.

No where to go.

Nothing to do.

Just breathe in and out.

PAUSE

Breathe in and out.

Be here - no place else.

Can you be silent?

LONG PAUSE

Let thoughts, feelings, names, word pictures, desires flow through you like the wind.

Let them go.

The wind....the wind.

Be aware of your breath.

PAUSE

Now yawn and stretch.

THE END

You are perfect and complete as you are.

You need nothing.

How do you feel now?

ENCOURAGE SHARING OF FEELINGS.

Can you see yourself letting go a little bit?

ENCOURAGE SHARING.

As I mentioned earlier, the cause of suffering is desire - wanting.

Wanting things, wanting to have a certain self image, wanting to be liked, wanting to undo the past, wanting to be somewhere else, wanting to stop death.

Here is the meditation you just did.

PASS OUT THE MEDITATION ON LETTING GO.

You can put it in your workbook.

What do you need to let go of?

Something that you don't really need - something that desiring it just makes life worse for you.

Do you realize that you are already perfect and complete?

Exercise 4: How Can I Make the Rest of My Life Full?

(35 minutes)

[The purpose of this exercise is to increase the experience of leading a full life. Focusing on future positive situations and actions - creating a future - is the approach taken.]

Next we want to explore how to live fully the rest of your life.

To start the next exercise it would be useful for you to respond to another Feeling Thermometer.

HAND OUT THE FEELING THERMOMETER.

I will read a few situations to get you thinking about things that might make you feel good.

Then you record what your feeling temperature level is.

Then I will ask you to come up with your own situations.

READ THE SITUATIONS.

1. Each day you spend quality time with your children.
2. Everyday you wake up with a smile on your face.
3. You take ten minutes each day to relax yourself.

ALLOW A FEW MINUTES TO RECORD TEMPERATURE READINGS AND TO COME UP WITH THEIR OWN SITUATIONS.

Will you share some situations that you would feel really good about in the future?

These would be situations that made you feel you were living a full life.

ENCOURAGE SHARING. FOCUS ON WHAT FEELS GOOD.

Now I want you to become a story teller.

Imagine that it is ten years from now and you are a story teller, telling the life of a woman who lived with AIDS - yourself.

You want to focus on the things she did that showed she lived a rich and rewarding life.

You would say, "This is the story of..... (and you would put your own name in there) and how she lived the rest of her days fully and happily."

For example, "This is the story of Ana and how she lived the rest of her days fully."

"Ana had a hard life and getting sick was a blow to her, but she went on to live her life as a proud and loving woman."

"She did what she could for her children."

"She lived life one day at a time."

"Even when things were bad she had a smile on her face and did not give up hope."

"Friends were amazed at her strength."

Tell all the good things she did in the rest of her life.

Have you got the idea?

You are to pretend you are a story teller in the future, telling the story of a woman who happens to be you.

Everyone will have a chance.

To make sure there is time for each storyteller to tell your story, we will divide the group in half.

DIVIDE THE GROUP IN HALF. A FACILITATOR GOES WITH EACH GROUP. HAVE EACH WOMAN PRETEND TO BE A STORY TELLER IN THE FUTURE TELLING HOW A WOMAN WHO LIVED WITH AIDS (HERSELF) LIVED THE REST OF HER LIFE FULLY. GIVE OUT "THANKS" AS STORIES ARE TOLD. ALLOW FOUR MINUTES PER STORY.

That was really good.

How did you like listening to each others stories?

ENCOURAGE SHARING OF REACTIONS.

Exercise 5: How Can I Gain Strength?
(10 minutes)

[The purpose of this exercise is to increase the mothers sense of inner strength. A strength oriented relaxation sequence is employed.]

We are near the end of the session and need to relax in a way that draws strength from the universe.

Just listen to my voice.

READ THE RELAXATION FOR STRENGTH.

RELAXATION FOR STRENGTH

Get comfortable in your chair and get ready to imagine.

If you imagine best with your eyes closed, feel free to close them.

Picture the blue sky. PAUSE

See the sun high in the sky. PAUSE

Imagine the warm sun shining on your head. PAUSE

Now feel the sun's energy streaming through your body.

Feel the sun warming your back, and your back becomes strong. PAUSE

Feel the sun warming your right arm, and your right arm becomes strong. PAUSE

Feel the sun warming your left arm, and your left arm becomes strong. PAUSE

Feel the sun warming your legs and your legs become strong. PAUSE

Feel the warm sun expanding you like yeast in bread. PAUSE

Feel the warm sun expanding the courage in your heart. PAUSE

Feel the warm sun strengthening your spirit. PAUSE

See your self at the top of a mountain.

At the top of the mountain the sun is stronger.

Raise your arms to the sun and open them. PAUSE

Take in the sun's power. PAUSE

Raise your arms to the sun and stretch. PAUSE

The sun's strength is within you. PAUSE

Shine your power on your children. PAUSE

Shine your power on your family. PAUSE

Shine your power on your friends. PAUSE

Shine your power on your ancestors. PAUSE

Shine your power on the spirits. PAUSE

Shine your power on your self. PAUSE

Breathe in deeply and feel the energy from the air. PAUSE

Breathe in deeply and feel the energy from the air fill your body. PAUSE

Now become aware of your breath. PAUSE

Let the power of your breath flow naturally. PAUSE

Feel the natural rhythm of your breath. PAUSE

In and out. PAUSE

In and out. PAUSE

Strength and peace. PAUSE

Strength and peace. PAUSE

Now yawn and stretch. PAUSE

Yawn and stretch. PAUSE

THE END

HAND OUT A COPY OF THE RELAXATION INSTRUCTIONS.

Here is a copy which you can put in your workbooks and use at home.

Exercise 6: Ending Session 8
(15 minutes)

[The purposes of this exercise are to end the first eight sessions with a sense of confidence, increased group cohesion, and a positive atmosphere. A review of what has been accomplished, a positive mantra, and group appreciation are used.]

We are at the end of the session.

Today we worked on coping with the future.

After we dealt with obstacles such as unfinished business and letting go, we built our futures.

In these eight sessions we have learned to cope with feelings, cope with situations through problem solving, and cope with the future.

This is the last Saturday by ourselves before the teens start coming to group. In the next phase of the training our objective will be to cope with the needs of your children.

At the end of each session we said a positive statement together.

For example we said

"NO MATTER WHAT ANYONE SAYS OR DOES TO ME OR WHAT I THINK OF MYSELF, I AM A GOOD PERSON."

What are some ideas for an ending statement that we can say together on our last day?

ENCOURAGE IDEAS.

Let's pick the one we are going to say today.

SELECT ONE AND GIVE THE PERSON WHO THOUGHT OF IT "THANKS."

Now we will stand and say the positive mantra together.

SAY THE POSITIVE MANTRA.

Now let's do another lottery.

Write your first name on a lottery ticket and put it in the cup.

Here is the lottery prize.

HOLD UP THE WRAPPED PRIZE. CARRY OUT THE DRAWING AND LOTTERY.

Now it is time to show appreciation to each other.

ENCOURAGE GIVING OUT "THANKS" AND COMPLIMENTS TO EACH OTHER. AS IT IS THE END OF THE SERIES FOR THE MOTHERS ALONE, TAKE PLENTY OF TIME.

Thanks a lot for your participation today.

You are a great group, and I look forward to seeing you in the future.

THE END OF SESSION 6

THE SPIRIT

MAUREEN: I haven't seen you for a while. What have you been up to?

BARBARA: Taking care of a lot of things.

MAUREEN: Like making arrangements for the kids?

BARBARA: Oh, yes, that, but much more.

MAUREEN: Like what?

BARBARA: Inner things.

MAUREEN: What does that mean?

BARBARA: You might not understand because you haven't got AIDS.

MAUREEN: I'm sure I can never really understand what you are going through. I know I admire your courage. I've seen you in lots of pain, but you just keep going.

BARBARA: In some ways that's the easy part.

MAUREEN: If that's easy, what's the hard part?

BARBARA: Opening up my heart. Learning to really love. Taking care of the spirit.

MAUREEN: The spirit? I never thought I'd hear you talk like that. I didn't think you were a religious person.

BARBARA: I don't think I was. I don't want to say I'm religious now, but I have to tend to my spirit.

MAUREEN: Because you are afraid?

BARBARA: No. Because my spirit was too small, too proud. I had to work on letting the light in. Developing faith.

MAUREEN: Maybe I should come to you for lessons. I could use some of those things in my life.

BARBARA: No. You got to find it yourself. It's already in you. You just don't know it. Nobody else can give you anything. Be thankful I can't give it to you. Start looking now before it is too late.

THE END

FEELING THERMOMETER: UNFINISHED BUSINESS

100 VERY UNCOMFORTABLE
90
80
70
60
50
40
30
20
10
0 TOTALLY COMFORTABLE

SITUATIONS

TEMPERATURE
LEVEL

1. You meet the person from whom you got HIV.

2. You remember hurting someone's feeling years ago.

3. You remember someone hurting your feelings.

MARIA AND INEZ

MARIA: Now that you found out you got AIDS what are you going to do?

INEZ: I hate that bastard, Ricky! Why didn't he tell me he had the virus?

MARIA: It's too late now. What about the kids?

INEZ: If I see him again, I'll kill him.

MARIA: You better be thinking about taking care of yourself.

INEZ: I hope he gets AIDS.

MARIA: Isn't there a lot you want to do in the time that is left?

INEZ: The one thing I want to do is to make him pay for what he's done to me.

MARIA: What will that do?

INEZ: Make me feel better.

MARIA: What about all the other things that need taking care of?

INEZ: I wonder where I can find him.

THE END

MEDITATION ON LETTING GO

Get yourself in a comfortable position.

PAUSE

If you want to close your eyes, that is fine.

Now, become aware of your breathing.

Don't try to change it - just get the feel of your breath coming in and flowing out.

In and out.

PAUSE

Can you feel the warm air flowing out and the cool air coming in?

PAUSE

Can you sense the quiet rhythm of your breathing?

PAUSE

Don't try to change your breath or control it.

Just follow it.

PAUSE

In and out - in and out.

Let your breath be as it is.

August 1995

PAUSE

If it is fast, that's OK.

If it is slow, that's OK.

If it is deep, that's OK.

If it is shallow, that's OK.

PAUSE

Just keep observing your breath.

LONG PAUSE.

Let your breath be natural and free.

If your mind starts to try and control your breath, just watch the thought flow through your mind and out.

Let it go.

Don't follow the thought.

The breath - the breath.

PAUSE

Can you feel the space?

Can you feel the openness?

August 1995

PAUSE

Nothing to do. Breathe.

PAUSE

Nothing to be. Breathe.

PAUSE

Nothing to hold on to. Breathe.

PAUSE

If you feel some other sensations in your body, like your back against the chair, don't describe them in your mind.

Just feel the sensation and let it go.

PAUSE

Breathing, breathing, breathing.

PAUSE

Can you feel the space opening up?

PAUSE

If a thought enters the space, watch it and let it go - don't try to control it.

PAUSE

August 1995

Lots of thoughts flow by - commenting, remembering.

PAUSE

They think by themselves.

Nothing to criticize - not bad or good.

PAUSE

Are there feelings in your body you are aware of?

PAUSE

Can you simply feel them and let them go?

PAUSE

Stay with the breath.

PAUSE

Can you let go of the body?

PAUSE

Can you let go the mind?

PAUSE

Can you let go of fear?

PAUSE

August 1995

Can you let go of wanting?

PAUSE

Be your breath.

PAUSE

No one to be.

No where to go.

Nothing to do.

Just breathe in and out.

PAUSE

Breathe in and out.

Be here - no place else.

Can you be silent?

LONG PAUSE

Let thoughts, feelings, names, word pictures, desires flow through you like the wind.

Let them go.

The wind....the wind.

August 1995

Be aware of your breath.

PAUSE

Now yawn and stretch.

THE END

August 1995

FEELING THERMOMETER ON THE REST OF MY LIFE

100 VERY UNCOMFORTABLE
90
80
70
60
50
40
30
20
10
0 TOTALLY COMFORTABLE

SITUATIONS

TEMPERATURE
LEVEL

1. Each day you spend quality time with your children.

2. Everyday you wake up with a smile on your face.

3. You take ten minutes each day to relax yourself.

RELAXATION FOR STRENGTH

Get comfortable in your chair and get ready to imagine.

If you imagine best with your eyes closed, feel free to close them.

Picture the blue sky. PAUSE

See the sun high in the sky. PAUSE

Imagine the warm sun shining on your head. PAUSE

Now feel the sun's energy streaming through your body.

Feel the sun warming your back, and your back becomes strong. PAUSE

Feel the sun warming your right arm, and your right arm becomes strong. PAUSE

Feel the sun warming your left arm, and your left arm becomes strong. PAUSE

Feel the sun warming your legs and your legs become strong. PAUSE

Feel the warm sun expanding you like yeast in bread. PAUSE

Feel the warm sun expanding the courage in your heart. PAUSE

Feel the warm sun strengthening your spirit. PAUSE

See your self at the top of a mountain.

At the top of the mountain the sun is stronger.

Raise your arms to the sun and open them. PAUSE

August 1995

Take in the sun's power. PAUSE

Raise your arms to the sun and stretch. PAUSE

The sun's strength is within you. PAUSE

Shine your power on your children. PAUSE

Shine your power on your family. PAUSE

Shine your power on your friends. PAUSE

Shine your power on your ancestors. PAUSE

Shine your power on the spirits. PAUSE

Shine your power on your self. PAUSE

Breathe in deeply and feel the energy from the air. PAUSE

Breathe in deeply and feel the energy from the air fill your body. PAUSE

Now become aware of your breath. PAUSE

Let the power of your breath flow naturally. PAUSE

Feel the natural rhythm of your breath. PAUSE

In and out. PAUSE

In and out. PAUSE

August 1995

Strength and peace. PAUSE

Strength and peace. PAUSE

Now yawn and stretch. PAUSE

Yawn and stretch. PAUSE

THE END

August 1995