



Carolina Mindfulness Collective

Goodness (Taking-Sending)

“Goodness”: conditioning attention to more habitually notice and cultivate mental states that are both pleasant and

Goodness

Simply put, practicing Goodness is a way of systematically exploring the natural love that is inherent within each individual and the natural compassion that connects us all in our shared humanity. Gradually, with practice, we discover that this loving compassion can become known as a central feature of our identity.

Accessing the great Goodness that saturates who we are can occur spontaneously through great joy and great sorrow — it also can be grown and cultivated intentionally through practice. When we practice Goodness, we are conditioning the systems of thought, emotion, belief, attitude, and behavior that give our personalities shape. This is constantly available, but often hard-won.

There are certainly many modes of feeling pleasure in the world; and not all of them are “good pleasures”. Goodness practice moves our intention toward experiencing pleasantness in a wholesome

way that aligns with our ethical and moral values in life. By doing so, we

“What, Why, When, How..”

A. *What* it is and is not (definition of the mechanism of action):

- Goodness is: conditioning attention to more habitually notice and cultivate mental states that are both pleasant and wholesome
- Goodness is not: wearing “rose-tinted glasses”; it is not hiding behind or getting lost in pleasure

B. *Why* practice it:

- It may be said that Goodness is what we are all made of — this practice is inviting it to the surface
- Like follows like: positive and loving mental states can be conditioned to arise more naturally and automatically
- Forming habits of Goodness is *beneficial* (for everyone)

C. *When* to practice it:

- Formal Practice: 10-12m of unbroken practice involving 100% of your attention (try to aim for the same time/place everyday)
- Informal Practice: apply the technique to shorter durations throughout the day and/or during situations and interactions

D. *How* to practice it (instructions for “Taking-Sending”):

- Stir: Visualize *taking* in the “heavy & thick” suffering of others on the in-breath; and *sending* out the “light & cool” energy of contentment to others on the out-breath (thinking these words in the mind at first) — choose specific people to visualize:
- Savor: as pleasant sensations of emotion may arise in the body; locate, appreciate, and enjoy them as long as they last



Find more Practice Resources here