

TOOLS TO STAY CONNECTED & COPE WITH STRESS

Contact [Jocelyn Eve](#) for questions & ideas to enhance this resource list.

Necessity is the mother of creativity.

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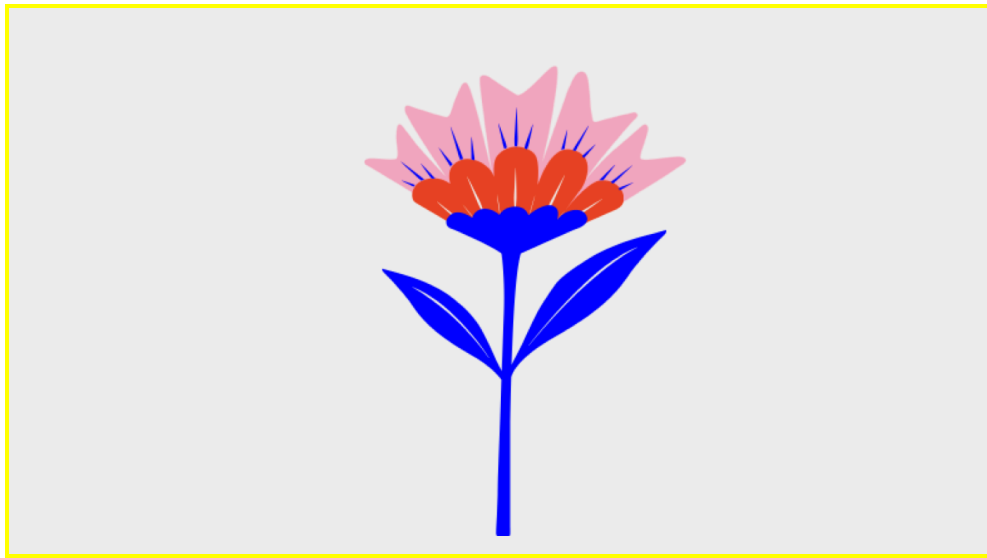
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MEDITATION TALKS AND EVENTS

Join weekly Gatherings with Renowned Teachers Discussing Resources and Practices to Serve Medical Professionals During COVID-19.

[Mindful Healthcare Speaker Series — Register](#)

Cambridge Insight Meditation Programs: Generous Scholarships available!

<https://cambridgeinsight.org/programs/>

Center for Mindful Self Compassion:

-Free daily 45-minute meditation sessions (sign up here:

<https://www.signupgenius.com/go/10c0c4aa4af29ab9-free>)

IMCW Meditation calendar (offered with dana):

<https://imcw.org/Calendar/Event-Calendar/categoryId/39>

Alexis Santos virtual meditation teachings / retreat

- <https://www.alexissantos.io>

Dharma/Meditation related Google Calendar

Calendar of dozens of [virtual meditations](#) and sanghas, compiled by Tricycle Magazine

<https://columbiauniversity.zoom.us/j/855867544>

Jon and Upayadhi, seasoned mindfulness teachers, offer 2 daily mindfulness sittings (8 AM EST and 6 PM EST). They are wonderful and I cannot recommend their community sittings enough: Space2meditate.com

OCleveland Insight's Virtual Sangha (Sangha is the Buddhist word for community). they offer sittings on Tue and Thur at 7 PM: <http://imcleveland.org/calendar.html>

<https://surrenderedhealing.contactin.bio/>

Oren Sofer Wise speech -Foundations of Mindful Communication-[Six week FREE online course](#)

Oren Sofer's Round Up of Mindfulness Offerings during COVID19

[Wednesday Night Livestream](#) www.facebook.com/tarabrach

IMS Daily Facebook Lives (see Facebook [page](#))

Dharma talk and guided sit from Zohar Lavie:

- 2020-03-14 Coronavirus and the support of the Dharma - Part 1 31:38
 - <https://dharmaseed.org/teacher/522/talk/61227/>
- 2020-03-14 Coronavirus and the support of the Dharma - Part 2 30:05
 - <https://dharmaseed.org/teacher/522/talk/61228/>

Free Daily meditation practice, on-line through Tricycle Magazine:

(Sharon Salzberg, Koshin Paley Ellison...)

<https://tricycle.org/trikedaily/online-meditation/>

Creating a home-retreat (by Tara Brach and Jack Kornfield), includes schedules, linked Dharma talks and guided meditations: [Creating a Home Retreat: Finding Freedom Wherever You Are](#)

Join Zeenat Potia (Cambridge Insight Meditation Center Teacher) virtually via Zoom video conference for our weekly Beginners' [Drop-In Program](#). To join by phone, dial +1 646 876 9923 and enter the Meeting ID: 395 845 316.

Barre Center for Buddhist Studies- offered to share their daily meditation practice with the community via Zoom. Join us from **10:30-11:15 EDT each day**. Here's the [Zoom meeting link](#)

Shambhala Sunday Gatherings: A new [series](#) of free online community gatherings every Sunday

<https://plumvillage.org> has online retreats with Thich Nhat Hanh and others

<https://www.dalailama.com> has talks from the Dalai Lama

Morning & Evening meditation support: <https://www.space2meditate.com>

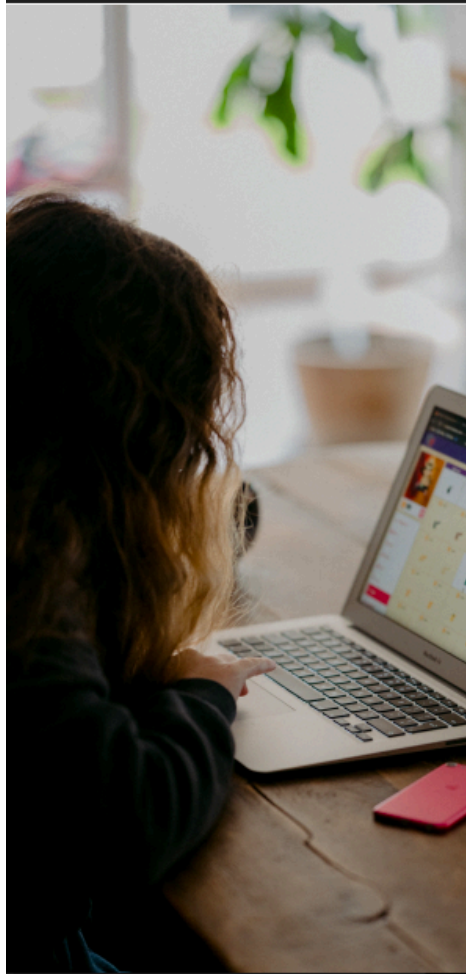
Eckhart Tolle, spiritual buddy of Oprah, offers a talk to chill out excessive thinking:
<https://www.brightstarevents.net/news/eckhart-tolle-freedom-from-thought-and-excessive-thinking>

H.H. Dalai Lama can talk as much as he likes, about whatever he likes:
<https://www.brightstarevents.net/news/h-h-dalai-lama-human-education-in-the-third-millennium>

Snatam Kaur creates such lovely chants to soothe your soul:
<https://www.brightstarevents.net/news/sat-naaraa-in-peace-mantra>

Krishna Das, the king of kirtans (aka sing-alongs) with Robert Thurman:
<https://www.brightstarevents.net/news/jewel-in-the-lotus-om-mani-padme-hung-krishna-das-robert-a-f-thurman-exploring-buddhist-mantra>

MENTAL HEALTH



Try Something New!

The Summer NITEO Activities are a chance to embark on a new adventure and build skills & supports along the way.

All Activities will be held via Zoom Meeting ID 276-451-0766, unless otherwise specified in the calendar.

Get started by texting: JOIN ACTIVITIES to 617-483-3827

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
		Poetry & Music 2:00-2:45 pm	What the History 3-3:45 pm	
Self-Care with Maggie 12:30-1:15 pm	Write & Share 3-3:45 pm	Jackbox Games 3-3:45 pm	Movement 3-3:45 pm Zoom: 844-232-8101	Game Social 3-3:45 pm
Sweat 4-4:45 pm Zoom: 844-232-8101	Avatar: Last Airbender 4-4:45 pm	Hot Drinks & Hot Topics 4-4:45 pm	Book Club 4-4:45 pm	Netflix Club 4-4:45 pm
Quarantine Talk 4-4:45 pm Zoom: 777-951-1143				
SGN with Sam 4-4:45 pm				

<https://www.covidgriefnetwork.org/>

[NAMI Resource-COVID-19 \(National Alliance Mental Illness\)](#)

<https://www.lookingglasscounseling.net/c19support>

[Coronavirus Anxiety Workbook](#)

[McLean Hospital Confronting Loneliness Article](#)

Tap away stress with Nick Ortner (this the tapping/EFT -- "it's SUPER helpful to calm down")

<https://www.thetappingsolution.com/blog/stress-anxiety-tap-along/>

Center for Psychiatric Rehabilitation - Boston University

NITEO Activities: <https://cpr.bu.edu/living-well/college> Email erogers@bu.edu with questions.

Free videos:

- <https://zoom.us/rec/play/78Ylc-z9-j03H4fBuQSDBqQoW9Xue6ms1Scc-KJbyB6xBncBNwCvY7dDN-p1P0Pizde7bfq8QR2heOgC?continueMode=true&fbclid=IwAR3n2qMBx-elOsHPdzX1cexrua8yWPTRICmaRDfidsYF5Ke8RwlmYJbshuk> (co-regulation video)
- <https://erintelford.com/resources> (breathwork)
- <https://innerflowcounselling.com/felt-sense-vocabulary/> (increasing our capacity to describe sensation)
- <https://www.youtube.com/watch?v=V1OtxPbFAec> (trauma-sensitive yoga class)

Reminders for ED Recovery Amidst Coronavirus

- Packaged and frozen meals can be part of a healthy diet- there is no need to fear them!
- It's pro-recovery to make sure that you have enough food in your home right now to sustain you for a while (I also want to acknowledge that not everyone has the ability to do so due to financial concerns-which is so hard).
- If you are triggered by feelings of scarcity talk this out with your therapist and develop a coping plan.
- Keep your recovery appointments! If you've been displaced due to the virus and can't see your therapist-reach out to someone locally for temporary help.
- Try to maintain a sense of structure (but not rigid structure). Set a loose and flexible schedule for yourself.
- Add in some additional self-care and support if needed due to higher anxiety-think about what would feel soothing to you and try to incorporate that into your daily routine.
- Don't isolate! Eating disorders love isolation. Reach out to people online, via social media, Facetime, phone, or text. You are NOT a burden.

JENNIFER ROLLIN, MSW, LCSW-C

APPS

<https://www.wecroak.com-> “We’ll send you five invitations to stop and think about death. Our invitations come at random times and at any moment, just like death. When they come, you can open the app to reveal a quote about death from a poet, philosopher, or notable thinker.

Headspace (meditation) (Free for teachers and healthcare workers)

Calm App Meditation (Free for now)

Cambridge Health Alliance Center for Mindfulness and Compassion (Free streaming practices)

[Insight Timer App](#)

Thich Nhat Hanh’s <https://plumvillage.app> and <https://tnhaudio.org> are free.

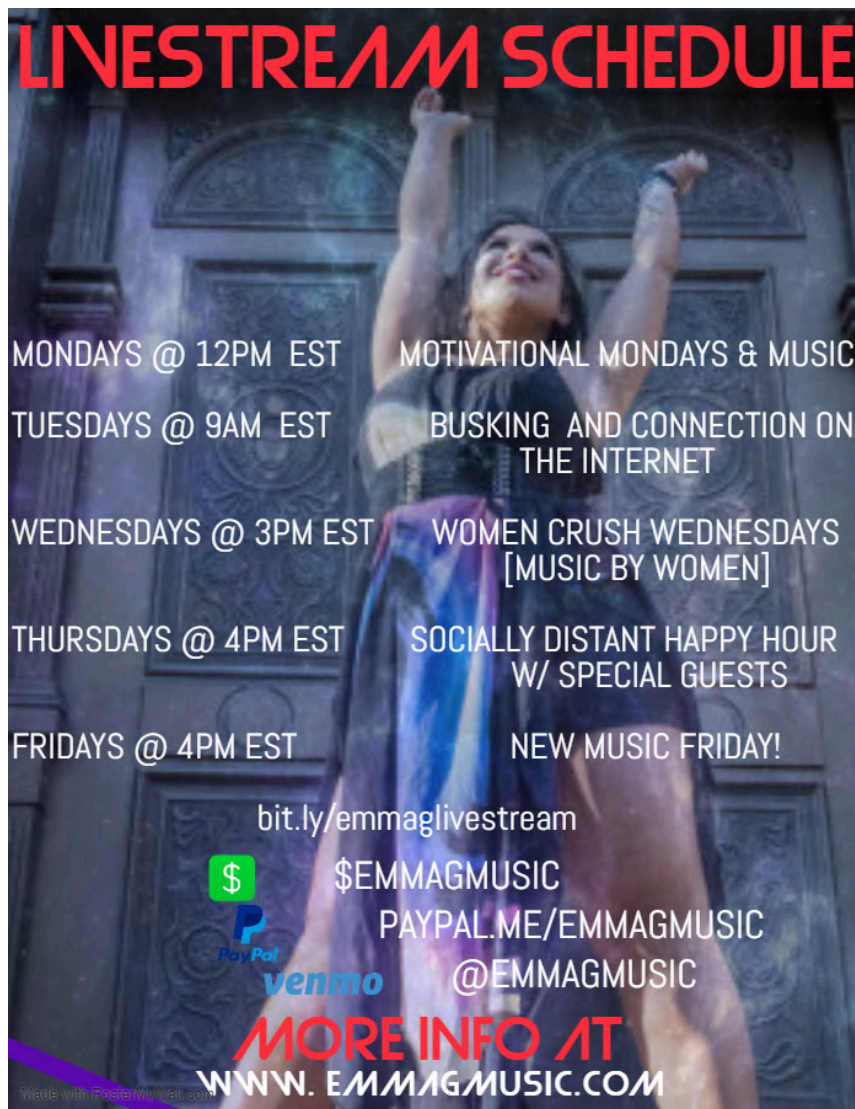
ONLINE SHOWS, ACTIVITIES, AND EVENTS

Got time on your hands? Learn about Time Banks <https://timebanks.org>

Meditation/climate Activist Group called Awakening For Earth
www.awakeningforearth.com)

<https://www.stayathomefest.com/>

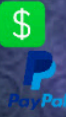
<https://www.youtube.com/watch?v=qjQ80Njm96g&feature=youtu.be&fbclid=IwAR26mufJOT0lb2Z2X8hB3JC0trmh26wTguiM-73d045hIWSSHDefebTMztU>




LIVESTREAM SCHEDULE

MONDAYS @ 12PM EST	MOTIVATIONAL MONDAYS & MUSIC
TUESDAYS @ 9AM EST	BUSKING AND CONNECTION ON THE INTERNET
WEDNESDAYS @ 3PM EST	WOMEN CRUSH WEDNESDAYS [MUSIC BY WOMEN]
THURSDAYS @ 4PM EST	SOCIALLY DISTANT HAPPY HOUR W/ SPECIAL GUESTS
FRIDAYS @ 4PM EST	NEW MUSIC FRIDAY!

bit.ly/emmaglivestream

 \$EMMAGMUSIC
[PAYPAL.ME/EMMAGMUSIC](https://www.paypal.com/merchot?p=EMMAGMUSIC)

 @EMMAGMUSIC

MORE INFO AT
WWW.EMMAGMUSIC.COM

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Virtual Field Trips: Opportunities for students stuck at home amid COVID-19 crisis

British Museum, London

Guggenheim Museum, New York

National Gallery of Art, Washington, D.C

Musée d'Orsay, Paris

National Museum of Modern and Contemporary Art, Seoul

Rijksmuseum, Amsterdam

Van Gogh Museum, Amsterdam

A list of free, online, boredom-busting resources:

<https://chatterpack.net/blogs/blog/list-of-online-resources-for-anyone-who-is-isolated-at-home>

Broadway plays you can see from home:

<https://www.playbill.com/article/15-broadway-plays-and-sals-you-can-watch-on-stage-from-home>

MANAGING COVID-19: TIPS AND TRICKS

Articles/Readings on Managing/Coping with Emotional Reactions

[Coping with COVID-19](#) [\(Council on Relationships\)](#)

[Living In Increments: Coping with uncertainty in the time of COVID](#)
(<https://medium.com/@ariadnelabs/living-in-increments-coping-with-uncertainty-in-the-time-of-covid-19-8c96f972e648>)

[Managing Fears and Anxiety around Corona Virus](#) [\(uhs.berkeley.edu\)](#)

[Mental Health and Coping During COVID-19](#) [\(CDC\)](#)

[Taking Care of Your Mental Health in the Face of Uncertainty](#) [\(AFSP\)](#)

[The Coronavirus: Coping with Fear and Uncertainty](#) [\(PsychCentral\)](#)

[Tips for Managing Your Anxiety about Coronavirus](#) [\(Edward-Elmhurst Health – Linden Oaks\)](#)

Articles & Readings on Communicating and Supporting Children

[5 Ways to Help Children with Coronavirus Anxiety](#) [\(PESI\)](#)

[BrainPop on Coronavirus](#)

[My Kid's School is Closed, So Now What? Supporting your Children's Social, Emotional, and Mental Health During the COVID-19 Pandemic](#) [\(Confident Parents, Confident Kids\)](#)

[Resources to assist teaching Children about COVID-19](#) [\(Spectrum of Life Post\)](#)

[Talking to Kids about Corona Virus](#) [\(Long Island Behavioral Health\)](#)

Supporting Kids at Home

[Giant List of Ideas for Being Home with Kids](#)

[List of Educational Companies Offering Free Subscriptions Due to School Closings](#)

[Resources for addressing social and emotional needs](#) [\(Collaborative for Academic, Social, and Emotional Learning – CASEL\)](#)

Junior Achievement – Financial Literacy at Home Plans

Scholastic is giving away its content online for kids who are studying at home!

<https://classroommagazines.scholastic.com/support/learnathome.html>

There are so many wonderful resources online at the 92nd Street Y:

<https://www.92y.org/92yathome>

Hotlines

- [Boston Area Rape Crisis Center](#) 24/7 Hotline and Webchat available.

Ask How Can You Help:

[Boston Resource Sharing COVID-19](#)

<https://www.bostondsa.org>

Indivisible keeps taking action and making it easy for us to get involved:

<https://indivisible.org/>

Check In With Your Neighbors

Next Door <https://nextdoor.com>

[Transformative Mutual Aid Meet Up](#) led by Founder of the Icarus Project

[Pod Mapping tool for exploring support systems](#)

[Tip Sheet for Managing Coronavirus Concerns for People Who Have **OCD**](#)

[Tips and Tricks for Thriving during **Self-Isolation**](#)

[Befriending Fear & Anxiety Tips](#)

[Great article about resisting pressure to be productive](#)

[Stress Relief](#) in times of crisis (great podcasts, IG, and **tons** of resources included here by somatic therapists, and other healing collaborators).

Increased levels of anxiety, fear, isolation, depression, anger, etc are all a part of what are what some may be experiencing in relation to the coronavirus pandemic. [In response Chicago Torture Justice Center have created worksheets for wellness with a trauma informed lens that can be downloaded/printed.](#)

https://www.virusanxiety.com/?fbclid=IwAR2UbXtZ6ffq_fjTkHWJoPv9FfityDVdRQNpAnfBAzPemNFSWi8YI-r5dAs

Feeling Anxious? Try This: <https://www.youtube.com/watch?v=j2-aXfufGUs&t=2s>

Hobbies & Activities to do at home:

- Create a [Public Art Project](#).
- Puzzles, online puzzles
- Art journaling; web search for art journaling, or "soothing art activities"
- Creating relaxing playlists
- Cooking/baking
- Reading books
- Take a bath.
- Write a letter to a friend you have lost touch with
- Boost your immune system through [dance](#) (begins at 11 minutes).
- Watch Funny Videos.
- Mind-body practice using [yoga videos](#),
- Yoga after disaster: <https://www.youtube.com/watch?v=hs73lvN0l8A>
- Qi gong: <https://www.youtube.com/watch?v=v1WQw1L4Yek> ,
https://www.youtube.com/watch?v=C3fh_ljHo1A ,
<https://www.youtube.com/watch?v=j3Gg-jRzC4c>
- WATCH Ted Talks
- Discover Youtube [Channels](#) that speak to you like this one created by therapist Jerred Endsley
- LEARN something new. Many companies are offering [free access to these education services](#).
- [Hof Breathing Method Video](#) another recommended [Hof breathing video](#).

- Check out astrologers on YouTube.
- Creative expression: writing, singing, dancing.
- The NY Metropolitan Opera is doing [daily free streams](#) of the greatest operas (begins daily 7:30pm, available until 3pm the following day)
- Barre, 7 Min Workout, HITT free apps
- Sing with strangers online! <https://choirchoirchoir.com>
- Go on virtual tours of museums!
<https://hellogiggles.com/news/museums-with-virtual-tours/>
- [Use Your Time in Isolation to Learn Everything You've Always Wanted To: Free Online Courses, Audio Books, eBooks, Movies, Coloring Books & More](#)
- FOR FUN: Check out this Aquarium in Chicago who will share a variety of animal activities, and yes, Wellington will return! While this may be a strange time for us, these days are relatively normal for the penguins and other animals at Shedd.
<https://www.facebook.com/sheddaquarium/>
- Gardening-digging in and feeling the dirt boosts your mood and immune system!
<https://www.familytimeinc.com/2019/06/29/benefits-of-dirt-and-mud-play/>
- A live webcast of a farm sanctuary in Wisconsin:
<https://explore.org/livecams/farm-sanctuary/wisconsin-pasture-farm-sanctuary>
- Try the GLAD gratitude practice! Think of: 1. Something you are grateful for 2. Something You Learn 3. Something You Achieved. 4 delighted you. (GLAD) technique offered by Adam C-S's friend. Keep a journal or share with a friend!
- 45 Things You Can Do Inside Without a Screen:
<https://www.bustle.com/p/45-things-you-can-do-at-home-that-dont-involve-a-screen-22624777>
- Virtual Traveling
 - [Tour the National Parks](#)
 - [Koala Cams](#)
 - [Street Art Tours](#)
 - [Museum Tours](#)
- [Online Cooking Courses](#) with Food52

Managing Fears and Anxiety around the Coronavirus (COVID-19)

https://www.harvard.edu/sites/default/files/content/coronavirus_HUHS_managing_fears_A2%5B5%5D.pdf

Stress Survival guide

crazyheadcomics

BODY

- healthy sleep
- move your body
- get your nutrients
- deep breathing
- relax muscles
- take a lil nap
- listen to calming music
- take a bath

MIND

- talk about what's stressing you out
- keep a stress journal
- prioritize your time, write lists of what needs to be done, and when.
- break big tasks into smaller steps
- set healthy habits and rituals
- ask for some help
- consider seeing a counselor if it's too much

SOUL

- engage in positive self talk
- practice saying "no" more
- take a hiatus from social media
- accept that stress is a normal part of life
- try mindfulness
- let yourself rest if you're close to a burnout - your mental health comes first

MEDIA RECOMMENDATIONS

Favorite books

- We all respond differently, this friend likes jumping into her fears!
 - If anyone wants thematic fictional reading (pandemics): The Passage (vampire), World War Z (zombies), The Doomsday Book (time travel and bubonic plague) are some of my favorites!
 - 'The Plague', and Marquez great novel, 'Love In A Time Of Cholera'.
 - Octavia Butler "-Parable of the Sower"
 - Poetry by Cleo Wade
- "The Moon Appears When the Water is Still - Reflections of the Dhamma"
 - A book of Poetry compiled by Ian McCrorie
 - http://krishnamurti.abundanthope.org/index_html_files/The-Moon-Appears-When-the-Water-is-Still.pdf

Favorite movies:

- Yesterday (a sweet film)

Favorite phone apps:

- DownDog yoga, Dharma Seed, Headspace, Next Door

Favorite IG handles/twitter feeds:

- @colinbeavan -environmental activist & Meditation teacher
- Heyamberrae - "feelings, well-being & living with wonder"
- Cleowade
- @seanecorn Sunday Yoga church

Bedtime Rituals

- Hypnosis Storytelling for Bedtime to Heal Yourself - <https://www.youtube.com/watch?v=gxJUKhPoH8U>

Go on youtube and search for calming nature video and you will find the solace you need, for hours and hours! Start with this one, Samuel Barber's Adagio for Strings, with nature images. Breathe it in: <https://www.youtube.com/watch?v=KylMqxLzNGo>

If you want to get another weekly dose of inspirational stuff, subscribe to CNN's The Good Stuff: <https://www.cnn.com/specials/us/the-good-stuff>

Kitten Academy on YouTube runs a 24 hour live-stream of a kitten nursery and foster home in CT. They take great care of the kittens and cats! <https://www.youtube.com/kittenacademy>

YOGA/MOVEMENT

Cambridge Health Alliance is offering a wide-range of free virtual groups and virtual yoga for anyone in the community. More information here and consider joining their mailing list for updates.

@SeanCorn Sunday Yoga Church Live steam (lasts for 24 hours)

@Wild_brave_soul dancing, yoga Monday & Wednesday night at 10:45 EST.

CorePowerYoga (Keep Up Your Practice) – On Demand Sequences

PopSugar Active App (Free for now)

JP Centre is offering donation-based live online yoga classes:
<https://www.jpcentreyoga.com>

Other studios are doing the same if you'd like to check on your favorite studio's webpage.

For trauma survivors, the Trauma Center is offering donation-based live online yoga as well: <https://www.traumasensitivelyoga.com/online-tctsy.html>

Four Corners Yoga: (Free Virtual-Dorchester based)

*Brenna Mathews is offering free & sliding scale options for virtual yoga classes.
@brennamathews for schedule. (love her restorative & hatha classes)

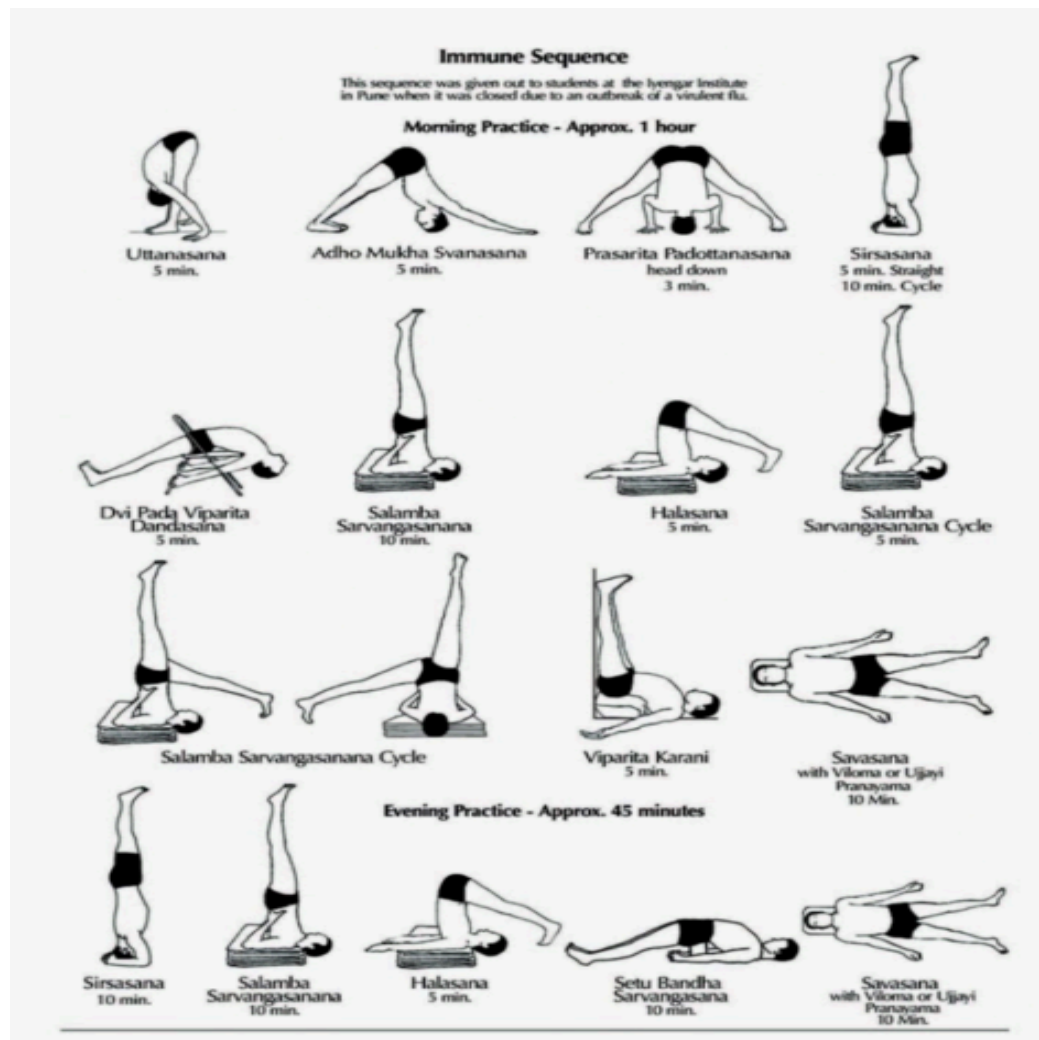
Modo Yoga on IG, four different classes a day

Boost your immune system through dance (begins at 11 minutes).

Mind-body practice using yoga videos,

Yoga after disaster: <https://www.youtube.com/watch?v=hs73lvN0l8A>

Qi gong: <https://www.youtube.com/watch?v=v1WQw1L4Yek> ,
https://www.youtube.com/watch?v=C3fh_ljHo1A ,
<https://www.youtube.com/watch?v=j3Gg-jRzC4c>

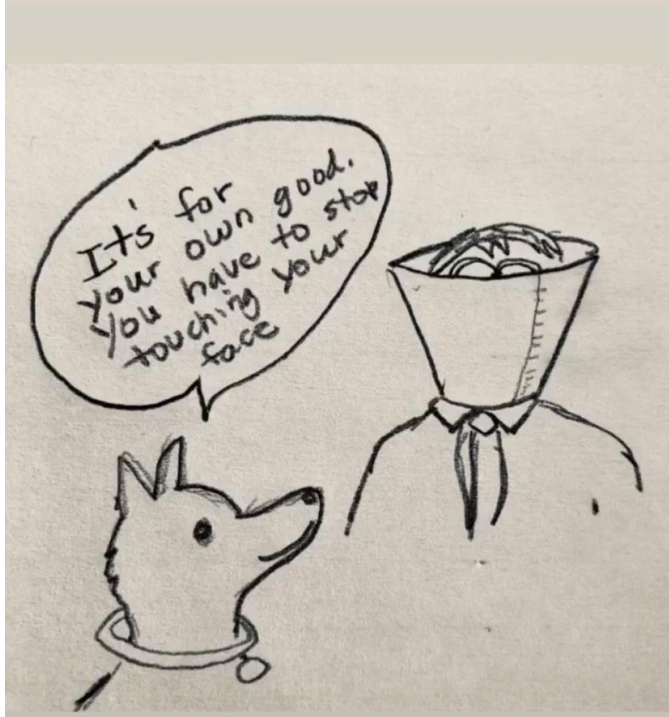


Iyengar Yoga Association (UK)

Support your immune system with this home practice sequence from the Iyengar Yoga Institute in Pune. If you're not able to do these, ask your local Iyengar yoga teacher for modifications!

#immunesystem #health #yoga

CORONAVIRUS MEMES



maybe: clare
@clur19



Wash your hands like you're 19 and trying to get the X that a bouncer wrote on your hand in Sharpie completely scrubbed off

The signs combating Coronavirus

@werelivingearly



aquarius

"emergenC is your friend"



pisces

giving away all of their Clorox wipes



aries

colorful latex gloves



taurus

wet wipes on repeat



gemini

calling every single person they know



cancer

masks while self-quarantining (just to be safe)



leo

"umm.. soap and water lol"



virgo

has stock piled purell for weeks



libra

"an apple a day..."



scorpio

"...what virus?"



sagittarius

cheap plane tix



capricorn

"don't come near me for the next 6 months"

POEMS

Sometimes we take a journey - physically or mentally or emotionally - when the very love and happiness we want so much can be found by just sitting down. We spend our lives searching for something we think we don't have, something we think will make us happy. But the key to our deepest happiness lies in changing our vision of where to seek it. As the great Japanese poet and Zen master Hakuin said, "Not knowing how near the Truth is, people seek it far away. What a pity! They are like one who, in the midst of water, cries out in thirst so imploringly.

Life is just as it is, despite our protests.

SHARON SALZBERG
LOVINGKINDNESS (INTRODUCTION)

Ishihara Yoshiro: "Wheat"

Let a stalk of wheat
be your witness
to every difficult day.

Since it was a flame
before it was a plant,
since it was courage
before it was grain,
since it was determination
before it was growth,
and, above all, since it was prayer
before it was fruition,
it has nothing to point to
but the sky.

Remember the incredibly gentle wheat stalk
which holds its countless arrows fixed
to shoot from the bowstring—
you, standing in the same position
where the wind holds it.

Excerpt from Seeds for a Boundless Life from Zenkei Blanche Hartman

If you try step-ladder practice, you may realize that it is a mistake. If we do not have some big, warm satisfaction in our practice, then it's not true practice. Even though you sit trying to have the right posture and counting your breath, it may still be lifeless zazen, because you're just following instructions; you're not kind enough with yourself. You think that if you follow the instructions given by some teacher, then you will have good practice. But the purpose of meditation is to encourage you to be kind with yourself. Do not count your breaths just to avoid your thinking but to take the best care you can of your breathing. If you are very kind with your breathing, one breath after another, you will have a refreshed, warm feeling in your zazen. When you have a warm feeling for your body and your breath, then you can take care of your practice, and you will be fully satisfied. When you are very kind with yourself, naturally you will feel like this.

Don't Go Back To Sleep by Rumi

The breeze at dawn has secrets to tell you.
Don't go back to sleep.

You must ask for what you really want.
Don't go back to sleep.

People are going back and forth
across the doorsill
where the two worlds touch.

The door is round and open.

Don't go back to sleep.

“Don't Make Lists”

Every day a new flower rises
from your body's fresh soil.
Don't go around looking
for fallen petals
in a fairy tale, when you've
got the golden plant

right here, now,
shooting forth in light from your eyes,
your awakening crown.
Don't make lists,
or explore ancient accounts.
Forget everything you know
and open.
by Dorothy Walters

Nancy Shaffer: "Because We Spill Not Only Milk"

Because we spill not only milk
Knocking it over with an elbow
When we reach to wipe a small face
But also spill seed on soil we thought was fertile but isn't,
And also spill whole lives, and only later see in fading light
How much is gone and we hadn't intended it

Because we tear not only cloth
Thinking to find a true edge and instead making only a hole
But also tear friendships when we grow
And whole mountainsides because we are so many
And we want to live right where black oaks lived,
Once very quietly and still

Because we forget not only what we are doing in the kitchen
And have to go back to the room we were in before,
Remember why it was we left
But also forget entire lexicons of joy
And how we lost ourselves for hours
Yet all that time were clearly found and held
And also forget the hungry not at our table

Because we weep not only at jade plants caught in freeze
And precious papers left in rain
But also at legs that no longer walk
Or never did, although from the outside they look like most others
And also weep at words said once as though
They might be rearranged but which
Once loose, refuse to return and we are helpless

Because we are imperfect and love so

Deeply we will never have enough days,
We need the gift of starting over, beginning
Again: just this constant good, this
Saving hope.

"Love is a micro-moment of positive resonance between two people. And it is more than that. Love is an appreciation of excellence and beauty for a person, place, or thing. This makes love a verb. We do the loving, actively, in each moment. It brings to mind the idea that there are no enlightened people, only enlightened moments. Mature love also has an important and often overlooked aspect of acceptance or tolerance for that which we find distasteful. When I think of love in this way, I am overwhelmed to find that I am surrounded by love at all times."

- Rosie Jaye

Have you considered the possibility
that everything you believe is wrong,
not merely off a bit, but *totally* wrong,
nothing like things as they really are?
If you've done this, you know how durably fragile
those phantoms we hold in our heads are,
those wisps of thought that people die and kill for,
betray lovers for, give up lifelong friendships for.
If you've not done this, you probably don't understand this poem,
or think it's not even a poem, but a bit of opaque nonsense,
occupying too much of your day's time,
so you probably should stop reading it here, now.
But if you've arrived at this line,
maybe, just maybe, you're open to that possibility,
the possibility of being absolutely completely wrong,
about everything that matters.
How different the world seems then:
everyone who was your enemy is your friend,
everything you hated, you now love,
and everything you love slips through your fingers like sand.

- "One Hundred and Eighty Degrees" by Federico Moramarco

Enough
Enough. These few words are enough.
If not these words, this breath.
If not this breath, this sitting here.
This opening to the life
we have refused
again and again
until now.
Until now

- David Whyte

**I have lived restricted
for so many years
the days they vanish
the years disappear
One day I feel
from the ocean a breeze
It warms my inside
and melts my ice
There are doors forgotten
that lead somewhere
though I never dared
believe they existed
By Kjell Walfridsson: "Restricted Living"**

For the Interim Time - John O'Donohue
When near the end of day, life has drained
Out of light, and it is too soon
For the mind of night to have darkened things,

No place looks like itself, loss of outline
Makes everything look strangely in-between,
Unsure of what has been, or what might come.

In this wan light, even trees seem groundless.
In a while it will be night, but nothing
Here seems to believe the relief of darkness.

You are in this time of the interim
Where everything seems withheld.

The path you took to get here has washed out;
The way forward is still concealed from you.

"The old is not old enough to have died away;
The new is still too young to be born."

You cannot lay claim to anything;
In this place of dusk,
Your eyes are blurred;
And there is no mirror.

Everyone else has lost sight of your heart
And you can see nowhere to put your trust;
You know you have to make your own way through.

As far as you can, hold your confidence.
Do not allow confusion to squander
This call which is loosening
Your roots in false ground,
That you might come free
From all you have outgrown.

What is being transfigured here in your mind,
And it is difficult and slow to become new.
The more faithfully you can endure here,
The more refined your heart will become
For your arrival in the new dawn.

The Gardener

Mary Oliver

Have I lived enough?
Have I loved enough?
Have I considered Right Action enough,
 have I come to any conclusion?
Have I experienced happiness with
 sufficient gratitude?
Have I endured loneliness with grace?

I say this, or perhaps I'm just thinking it.
 Actually, I probably think too much.

Then I step out into the garden,
where the gardener, who is said to be a simple
man, is tending his children, the roses.

TheSilverPen.com

*“It takes courage, of course, to step out of the fray, as it takes courage
to do anything that’s necessary,*

*whether tending to a loved one on her deathbed or turning away
from that sugarcoated doughnut.*

And with billions of our global neighbors in crying need, with so much in every life that has to be done, it can sound selfish to take a break or go off to a quiet place.

But as soon as you do sit still, you find that it actually brings you closer to others, in both understanding and sympathy”.

~ Pico Iyer, [*The Art of Stillness*](#)

WITH THIS OPEN TIME
YOU DO NOT HAVE TO WRITE THE NEXT BESTSELLING NOVEL
YOU DO NOT HAVE TO GET IN THE BEST SHAPE OF YOUR LIFE
YOU DO NOT HAVE TO START THAT PODCAST

WHAT YOU CAN DO INSTEAD IS OBSERVE THIS PAUSE AS AN
OPPORTUNITY
THE SAME SYSTEMS WE SEE CRUMBLING IN SOCIETY
ARE BEING CALLED TO CRUMBLE IN EACH OF US
INDIVIDUALLY
THE SYSTEMS THAT TAUGHT US WE ARE MACHINES
THAT LIVE TO PRODUCE & WE ARE DISPOSABLE IF WE ARE
NOT DOING SO
THE SYSTEMS THAT TAUGHT US MONETARY GAIN TAKES PRIORITY
OVER HUMANITY
THE SYSTEMS THAT CREATE OUR INSECURITIES THEN CAPITALIZE
OFF OF THEM

WHAT IF WE BECAME CURIOUS WITH THIS FREE TIME,
& HAD NO AGENDA OTHER THAN TO EXPERIENCE BEING?
WHAT IF YOU CREATED ART FOR THE SAKE OF CREATING?
WHAT IF YOU ALLOWED YOURSELF TO REST & CRY & LAUGH
& PLAY & GET CURIOUS ABOUT WHATEVER ARISES IN YOU?

WHAT IF OUR TRUE PURPOSE IS IN THIS SPACE?

AS IF MOTHER EARTH IS SAYING: WE CAN NO LONGER CARRY
ON THIS WAY. THE TIME IS NOW - I AM REMINDING YOU WHO
YOU ARE. WILL YOU REMEMBER?

EMMA ZECK

Message from White Eagle, Hopi indigenous on 03/16/2020:

VISION QUEST

"This moment humanity is going through can now be seen as a portal and as a hole.

The decision to fall into the hole or go through the portal is up to you.

If you repent of the problem and consume the news 24 hours a day, with little energy, nervous all the time, with pessimism, you will fall into the hole. But if you take this opportunity to look at yourself, rethink life and death, take care of yourself and others, you will cross the portal.

Take care of your homes, take care of your body. Connect with your spiritual House.

When you are taking care of yourselves, you are taking care of everything else. Do not lose the spiritual dimension of this crisis, have the eagle aspect, that from above, and see the whole; see more broadly.

There is a social demand in this crisis, but there is also a spiritual demand. The two go hand in hand. Without the social dimension, we fall into fanaticism. But without the spiritual dimension, we fall into pessimism and lack of meaning.

You were prepared to go through this crisis. Take your toolbox and use all the tools available to you.

Learn about resistance of the indigenous and African peoples: we have always been and continue to be exterminated. But we still haven't stopped singing, dancing, lighting a fire and having fun. Don't feel guilty about being happy during this difficult time.

You do not help at all being sad and without energy. You help if good things emanate from the Universe now. It is through joy that one resists. Also, when the storm passes, each of you will be very important in the reconstruction of this new world.

You need to be well and strong. And, for that, there is no other way than to maintain a beautiful, happy and bright vibration. This has nothing to do with alienation.

This is a resistance strategy. In shamanism, there is a rite of passage called the quest for vision. You spend a few days alone in the forest, without water, without food, without protection. When you cross this portal, you get a new vision of the world, because you have faced your fears, your difficulties ...

This is what is asked of you:

Allow yourself to take advantage of this time to perform your vision seeking rituals. What world do you want to build for you? For now, this is what you can do: serenity in the storm. Calm down, pray every day. Establish a routine to meet the sacred every day.

Good things emanate; what you emanate now is the most important thing. And sing, dance, resist through art, joy, faith and love. "

Resist - Be reborn

Some good advice from a UU minister:

Pandemic. A poem by Rev. Lynn Ungar.

What if you thought of it

as the Jews consider the Sabbath— the most sacred of times?

Cease from travel.

Cease from buying and selling. Give up, just for now,

on trying to make the world different than it is.

Sing. Pray. Touch only those

to whom you commit your life.

Center down.

And when your body has become still, reach out with your heart.

Know that we are connected

in ways that are terrifying and beautiful. (You could hardly deny it now.)

Know that our lives

are in one another's hands.

(Surely, that has come clear.)

Do not reach out your hands.

Reach out your heart.

Reach out your words.

Reach out all the tendrils
of compassion that move, invisibly,
where we cannot touch.

Promise this world your love--
for better or for worse,
in sickness and in health,
so long as we all shall live.

Lockdown (Brother Fr. Richard Hendrick, OFM. March 13th 2020)

Yes there is fear.
Yes there is isolation.
Yes there is panic buying.
Yes there is sickness.
Yes there is even death.
But,
They say that in Wuhan
after so many years of noise,
You can hear the birds again.
They say that after just a
few weeks of quiet,
The sky is no longer thick
with fumes,
But blue and grey and clear.
They say that in the
streets of Assisi,
people are singing to each
other across the empty squares,
keeping their windows open
so that those who are alone
may hear the sounds of
family around them.

They say that a hotel
in the West of Ireland
is offering free meals
and delivery to the
housebound.

Today a young woman
I know is busy spreading fliers
with her number
through the neighbourhood
so that the elders may have someone to call on.
Today Churches, Synagogues, Mosques and Temples
are preparing to welcome
and shelter the homeless,
the sick, the weary.

All over the world, people are slowing down and reflecting.
All over the world, people are looking at their neighbours
in a new way

All over the world, people are waking up to a new reality,
To how big we really are.

To how little control
we really have.

To what really matters.

To Love.

So we pray and we
remember that

Yes, there is fear.

But there does not have
to be hate.

Yes there is isolation.

But there does not have
to be loneliness.

Yes there is panic buying.

But there does not have
to be meanness.

Yes there is sickness.

But there does not have
to be disease of the soul.

Yes there is even death.

But there can always

be a rebirth of love.
Wake to the choices
you make as to how to live now.
Today, breathe.
Listen, behind the factory
noises of your panic
The birds are singing again
The sky is clearing,
Spring is coming,
And we are always
encompassed by Love.
Open the windows
of your soul
And though you may
not be able to touch
across the empty square,

Sing."

The House Was Quiet and The World Was Calm -WALLACE STEVENS

The house was quiet and the world was calm.
The reader became the book; and summer night

Was like the conscious being of the book.
The house was quiet and the world was calm.

The words were spoken as if there was no book,
Except that the reader leaned above the page,

Wanted to lean, wanted much most to be
The scholar to whom his book is true, to whom

The summer night is like a perfection of thought.
The house was quiet because it had to be.

The quiet was part of the meaning, part of the mind:
The access of perfection to the page.

And the world was calm. The truth in a calm world,
In which there is no other meaning, itself

Is calm, itself is summer and night, itself
Is the reader leaning late and reading there.

Be Exactly What You Are

Jeff Foster, *The Way of Rest*

Don't try to trust; simply trust that you cannot trust right now.

Don't force gratitude; just be grateful that you aren't grateful, love that the demand for gratitude is illusory.

Love your inability to love fully, accept your non-acceptance, surrender to your absolute failure to surrender today.

This is freedom, right where you are - the freedom to feel unfree, to taste life totally at the point of creation, to be exactly what you are, no matter what.

Whatever arises, however unwanted, however disappointing, however ephemeral, say, "This is none other than Life Itself! I bow to you!"

Little Things by Julia Carney, 1845

Little drops of water
Little grains of sand,
Make the mighty ocean,
And the pleasant land.

So the little moments,
Humble though they be,
Make the mighty ages
Of eternity.

So our little errors
Lead the soul away
From the path of virtue,
Far in sin to stray.

Little deeds of kindness,
Little words of love,
Make our earth happy,
Like the Heaven above.

Stepping out of Self-Deception

By Rodney Smith

Excerpt from *Chapter 6: Selfless Intention*

“Another reason our intention is often partial is that we think a spiritual journey is literally a journey away from here and now. We glance away from reality toward our destination of enlightenment, contentment, and tranquility, and calculate our continued progress. We measure our development as if we knew exactly where we were going, and we compare the qualities of the present moment to our imagined objective. The contentment or love we feel never lives up to the promised land, and we begin to feel an ever-growing sense of fatigue and lethargy.

This accumulated pain of failed expectation begins to take its toll, and since the here and now carries this pain, the here and now is avoided. We try to compensate by staying busy or increasing the intensity of our life with entertainment and drama. Rather than face the pain head-on, we stay one activity away, like a cartoon character running a few frames ahead of its body.

By far the most difficult reason for our lack of dedicated intention is the nature of silence itself. When we stop moving, stillness arises, and stillness holds nothing of “me” within it. It swallows us in an instant. The purpose of much of our thinking has been to keep this silence at bay by imposing a layer of noise between this gulf of quiet and us. All our becoming is an attempt to fill this absolute hole of nothingness with something, anything, to disturb it. Silence overwhelms everything the sense-of-self holds dear, so for most of us, abiding in stillness is too much to ask.”

Excerpt from *Chapter 7: The Effort Needed*

“The way spiritual practice evolves over time is analogous to being in a room full of mirrors. As we approach the mirrors we see our pox marks, scars, and warts reflected. We see our selfishness and vanity and how many of our altruistic actions concern our self-image. We want nothing more than to run and hide from what we see, but where do we hide when everywhere we turn is another mirror?”

J. Khrishnamurti

The truth can never deteriorate because it can only be found from instant to instant, in every relationship, in every word, in every gesture, in a smile, in tears.

Viktor Frankl

Between stimulus and response there is a space.

Not Quite So Tall

From time to time and at a distance

You have to bathe in your own grave.

No doubt everything's fine

and everything's very bad, no doubt.

The passengers come and go,

the streets and children grow;

at last we buy the guitar

that wept alone in the store.

All's well, all is awful.

Glasses are filled and then

are empty again, of course,

and at times in the early morning

mysteriously they die.

The glasses and those who were drinking.

We have grown so much that now

we don't even greet our neighbors

and so many women love us

that we don't know how to manage.

What handsome clothes we wear!

What pompous opinions we air!

I knew a yellow man

who thought he was orange,

and a black one dressed as a white,

You see and you see so many things,

I've seen swindlers entertained

by impeccable gentlemen

and this took place in English;

and I've seen good people hungry,

hunting for bread in the rubbish.

I know no one believes me,

But I've seen it with my own eyes.

You have to bathe in your own grave

and from the enclosing earth

take a look upward at your pride.

Then, you learn to measure.

You learn to speak, you learn to be.

Perhaps we will not be so crazy,

perhaps we will not be so wise.

We will learn how to die,

to be clay, to be eyeless,

to be a forgotten name.

There are some poets so big

they don't fit in doorways

and some merchants so sharp

they don't remember being poor.

There are women who won't pass

through the eye of an onion —

and so many things, and so many things,

and so they are, and so they won't be.

If they like, they can disbelieve me.

I only wanted to teach them something.

I'm a professor of life,

a vague student of death

and if what I know is no use

I have said nothing and everything.

- Pablo Neruda

["Blessing for Unrequited Love" by David Whyte](#)

["Trust" by Oren Jay Sofer](#)

[ABLEISM Resources](#)

- Excerpted resource list from Sangha co-founder Jocelyn's [website](#)

[Invisible Disability Project](#) : This is Me Video Series

Stories about: [Ableism](#), [Stigma](#), [Diversity](#), and more.

Flip the Script by [Calling Out Ableism First](#)

[Unseen Zine](#): Writing on Disability & Culture

McLean's [Deconstructing Stigma](#) campaign, showcasing stories of individual's mental health experiences. The goal of the campaign is to foster compassion and reduce stigma about mental health to increase knowledge and encourage people to seek treatment, if needed. This project is presented online as well as through exhibits like those at Logan International Airport in Boston and the Nehru Science Center in Mumbai, India.

ANTI-WHITE-SUPREMACY & ANTI-PATRIARCHY RESOURCES

Anti-racism resources, especially for White folks. Anti-sexism resources, especially for men.

Anti-racism:

<http://www.whitesupremacyculture.info/>

<https://whiteworkingmom.com/>

[White Awareness, anti-racism curriculum for White folks with numerous excellent articles attached](#)

[Radical Dharma, by Lama Rod Owens, Rev. angel Kyodo williams, and Jasmine Syedullah, available for free loan through archive.org](#)

[Anti-racism resources for White people](#)

[Meditation as Support for White Anti-Racist Action, online course through Inward Bound Mindfulness Education](#)

[Ten Percent Happier Podcast, Dan Harris interviews Sebene Selassie: "You Can't Meditate This Away" \(Race, Rage, and the Responsibilities of Meditators\)](#)

[Ten Percent Happier Podcast, Dan Harris interviews Lama Rod Owens: An Uncomfortable \(But Meaningful\) Conversation About Race](#)

[Tricycle Magazine: Essays and articles on Dharma and Racial Justice](#)

Books

- [The Warmth of Other Suns: The Epic Story of America's Great Migration](#) by Isabel Wilkerson
- [A Spectacular Secret: Lynching in American Life and Literature](#) by Jacqueline Goldsby
- [The New Jim Crow: Mass Incarceration in the Age of Colorblindness](#) by Michelle Alexander
- [So You Want to Talk About Race](#) by Ijeoma Oluo
- [Born a Crime: Stories from a South African Childhood](#) by Trevor Noah
- [How To Be An Antiracist](#) by Ibram X. Kendi
- [White Fragility](#) by Robin DiAngelo
- [Biased](#) by Dr. Jennifer Eberhardt
- [Wilmington's Lie: The Murderous Coup of 1898 and the Rise of White Supremacy](#) by David Zucchino
- [Raising White Kids: Bringing Up Children In A Racially Unjust America](#) by Jennifer Harvey
- [Waking Up White](#) by Debby Irving
- [Citizen: An American Lyric](#) by Claudia Rankine

- [Brutal Imagination](#) by Cornelius Eady
- [Race Against Time: A Reporter Reopens The Unsolved Murder Cases of the Civil Rights Era](#) by Jerry Mitchell
- [They Were Her Property](#) by Stephanie E. Jones-Rogers
- [I'm Still Here: Black Dignity in a World Made for Whiteness](#) by Austin Channing Brown
- [Me and White Supremacy](#) by Layla F. Saad
- [Between the World and Me](#) by Ta-Nehisi Coates

Podcasts

- [How To Be Antiracist](#) with Brene Brown and Ibram X. Kendi
- My [podcast episode](#) with Jamie Foxx, Michael B. Jordan, and Bryan Stevenson about *Just Mercy*
- [Still Processing](#), a *New York Times* culture podcast with Jenna Wortham and Wesley Morrison
- [Seeing White](#), a Scene on the Radio podcast
- [Code Switch](#), an NPR podcast tackling race from all angles
- [Jemele Hill is Unbothered](#), a podcast with award-winning journalist Jemele Hill
- [Hear To Slay](#), "the black feminist podcast of your dreams," with Roxane Gay and Tressie McMillan Cottom
- [Pod Save The People](#), organizer and activist DeRay Mckesson explores news, culture, social justice, and politics with analysis from fellow activists Brittany Packnett, Sam Sinyangwe, and writer Dr. Clint Smith III
- [1619](#) (New York Times)
- [About Race](#)
- [Intersectionality Matters!](#) hosted by Kimberlé Crenshaw
- [Momentum: A Race Forward Podcast](#)
- [Pod For The Cause](#) from The Leadership Conference on Civil & Human Rights

Articles

- "The Death of George Floyd, In Context," by Jelani Cobb of [The New Yorker](#)
- "Of Course There Are Protests. The State Is Failing Black People," by Keeanga-Yamahtta Taylor for the [New York Times](#)
- "This Is How Loved Ones Want Us To Remember George Floyd," by Alisha Ebrahimji for [CNN](#).
- The *New York Times Magazine's* award-winning [The 1619 Project](#) is as important as ever. Take some time to read (or re-read) the entire thing, particularly [this essay](#) by Nikole Hannah-Jones
- "You shouldn't need a Harvard degree to survive birdwatching while black," by Samuel Getachew, a 17-year-old and the 2019 Oakland youth poet laureate, for the [Washington Post](#)
- "It's exhausting. How many hashtags will it take for all of America to see Black people as more than their skin color?" by Rita Omokha for [Elle](#)
- "The Case for Reparations," by [Ta-Nehisi Coates](#) for [The Atlantic](#)
- "How to Make This Moment the Turning Point for Real Change," by Barack Obama in [Medium](#)
- "Black Male Writers For Our Time," by [Ayana Mathis](#) in [New York Times, T](#)
- "I Was The Mayor Of Minneapolis And I Know Our Cops Have A Problem," by R.T. Rybak
- "Don't understand the protests? What you're seeing is people pushed to the edge," by Kareem Abdul-Jabbar in [Los Angeles Times](#)
- ["America's Racial Contract Is Killing Us"](#) by Adam Serwer | Atlantic (May 8, 2020)
- [Ella Baker and the Black Freedom Movement \(Mentoring a New Generation of Activists\)](#)
- ["My Life as an Undocumented Immigrant"](#) by Jose Antonio Vargas | NYT Mag (June 22, 2011)
- [The 1619 Project \(all the articles\)](#) | The New York Times Magazine
- [The Combahee River Collective Statement](#)
- ["The Intersectionality Wars"](#) by Jane Coaston | Vox (May 28, 2019)
- [Tips for Creating Effective White Caucus Groups developed by Craig Elliott PhD](#)
- ["Where do I donate? Why is the uprising violent? Should I go protest?"](#) by Courtney Martin (June 1, 2020)

- ["White Privilege: Unpacking the Invisible Knapsack"](#) by Knapsack Peggy McIntosh
- ["Who Gets to Be Afraid in America?"](#) by Dr. Ibram X. Kendi | Atlantic (May 12, 2020)
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Watch:

- [The Hate U Give](#), a film based on the [YA novel](#) offering an intimate portrait of race in America
- [Just Mercy](#), a film based on civil rights lawyer Bryan Stevenson's work on death row in Alabama
- The [1965 debate](#) between James Baldwin and William F. Buckley
- My hour on the history of Confederate statues in Nat Geo's [America Inside Out](#)
- [Becoming](#), a Netflix documentary following Michelle Obama on her book tour
- [Let It Fall](#), a documentary looking at racial tensions in Los Angeles and the 1992 riots over LAPD officers' brutal assault on Rodney King
- [When They See Us](#), a Netflix miniseries from Ava DuVernay about the Central Park Five
- [13th](#), a Netflix documentary exposing racial inequality within the criminal justice system
- [I Am Not Your Negro](#), a documentary envisioning the book James Baldwin was never able to finish
- [Selma](#), a film that chronicles the marches of the Civil Rights Movement
- [Whose Streets?](#), a documentary about the uprising in Ferguson

Anti-patriarchy:

[How we can address patriarchy. by Lama Rod Owens](#)

[The Feminist in Cell Block Y, one hour CNN special on feminist group in men's prison](#)

[MEN by Scene on Radio. 12 part podcast series exploring masculinity](#)

Heartbreak Support Group - Info and Resources

This is a subgroup of the [Dharma at a Distance](#) virtual meditation group, and is for anyone coping with or healing from interpersonal heartbreak.

It is designed to be a safe, non judgemental, and inclusive space for sharing and finding support with other practitioners.

It is also an opportunity to practice listening deeply, holding our own and each other's experiences with presence and compassion.

[A living document of our shared values and group agreements can be found [here](#).]

Meeting Info:

We're currently meeting on Sundays from 4:30-5:30pm. Additional/alternate meeting times may also be offered; they'll all be posted on our [35&U Virtual Sits Calendar](#).

We'll normally begin with a brief check in, followed by a reading, meditation, and/or guided practice to help settle us into the space and facilitate sharing.

Sharing and listening will make up the bulk of our time together.

[Click here to join the recurring zoom meeting](#). Password: heart. (Full meeting join info can be found in the google calendar event.)

Heartbreak can mean different things for different people, and show up in a variety of ways. All who might benefit from support are welcome.

Please feel free to contact Jeremy (jeremyfrias@gmail.com) if you have any questions, want to be added to the email list for updates and reminders, or would like to join our private slack channel. I encourage and welcome direct feedback, but if for whatever reason you would be more comfortable giving feedback anonymously, [you can do so here](#).

Resources:

Books:

- [*When Things Fall Apart: Heart Advice for Difficult Times* by Pema Chodron](#)
- [*Love Hurts: Buddhist Advice for the Heartbroken* by Lodro Rinzler](#)
- [*The Wisdom of a Broken Heart: How to Turn the Pain of a Breakup Into Healing, Insight, and New Love* by Susan Piver](#)

A more updated list of resources can be found on the [heartbreak group page of the Dharma at a Distance website](#).