

Noticing your Helpers

Mindfulness Worksheet

Date / Time:

So far today, have you brought kind awareness to your:

☐ Thoughts? ☐ Heart? ☐ Body? ☐ None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



It's all too easy for us to slip into feeling like we're alone. In our moments of sadness or frustration, it's common to feel as though we don't have help and we're all on our own. Sometimes we feel as though we've always been alone.

The truth is, there are countless beings who have guided us to where we are today, right here and right now, even if we don't recognize them.

We came into this world thanks to a mother who brought us here and kept us alive in our earliest moments. Along the way we've been supported by family, teachers, friends, and even strangers.

One small complement from an acquaintance, or one grand criticism from a loved one may have changed the course of our lives, along with everything in between. Even those whom we find challenging, or those who we deem to have negatively impacted our lives, could be labeled as our teachers and thereby our helpers.

We have never been alone, and we're not alone right now. Mindfulness helps us recognize how much we are truly supported and cared for by all the beings in the world around us.

The following meditation and mindfulness exercise can help us notice our helpers.

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MEDITATION ON NOTICING OUR HELPERS

- Sit comfortably in a quiet place
- Whether you're on a chair or the floor, sit tall with a neutral spine
- Close your eyes, and breathe in and out through your nose
- Bring to mind anyone who has ever helped you in your life
- As you recall each one, imagine that they are seated in the sky ahead of you, looking down and smiling upon where you are right here, and right now
- Think all the way back to your mother, your family, or those who helped raise you
- Think about the traditional teachers, coaches and helpers in your life
- And then also invite in those who occupy non-traditional roles, such as someone who inspired you, or someone who challenged you
- Take as much time as you need to invite all your helpers to the space in the sky in front of you
- Once they are up there, feel their presence
- Feel their support and their love and their care for you
- Imagine that love and support and care shining down on you like rays of light
- Feel it in your body as if you are being held by all that warmth and kindness
- Generate a deep sense of gratitude for each of your helpers, resting in their warmth for as long as you'd like
- When you're ready to close the meditation, thank your helpers in your own words Notice their pride and their joy in your awareness

WHAT DID YOU NOTICE?

Describe your experience with the meditation in general

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Describe the process of looking back at your past and selecting your helpers

What feelings or emotions arose?

Have there been helpers in your life that you didn't always recognize, or whom you took for granted?

Do you carry any resentments towards people you thought should have helped you but didn't?

Have you ever thought of someone as unhelpful, but then later changed your mind?

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We often think of our helpers as those with whom we have positive relationships, do you have any helpers who challenged you, frustrated you, or caused you grief? Is that possible?

Is it possible that some of our helpers are 'accidental' helpers? They didn't mean to help us, but they did?

Is it possible that every single person we interact with is one of our helpers?

Are you ever truly all alone?

Who have you helped in the past? Would you know who they are?

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Who do you help right now?

If you could thank just one of your helpers today, who would it be and what would you say?

MINDFULNESS EXERCISE

To become more mindful of your helpers, try the following exercise. As you go about your day, try to see everyone everywhere as your helper.

Of course, the barista making your coffee, or the person who held the door open is helping you. But so too, is the person who cut you off in traffic, or the frustrating person at work. They are helping you see there's room to practice patience.

If you can hold awareness of all beings as your helpers, what changes for you throughout the day?



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REVIEW

Our culture worships and praises the individual. We point to athletes and entrepreneurs as examples of individuals who achieved things all on their own. We like to think that we too get things done on our own, but this is not the case for them, and this is not the case for us.

Each of us has had countless helpers in our lives, and these helpers are always with us. We are always in relationship with others, and never alone.

By becoming more mindful of the helpers in our life, we begin to understand our inter-connectedness. We begin to understand our own role in each of our relationships. Ultimately, we become more grateful and also more kind. We become the type of person who is best able to help others.

