



Online webinar

Compassionate Breathing

Frits Koster





- History and background of Tonglen.
- Own experience.
- Compassionate Breathing or '*Tonglen-light*' in MBCL.

Valuable aspect in the practice of 'Tonglen'

Six valuable ingredients in Compassionate Breathing (tonglen light):

- Increasing inner resilience, 'learning to be more at ease with disease'.
- Discovering unconscious resistance and other types of reactivity.
- We learn to take pain and suffering less personally.
- When words fail us.
- Opening ourselves to inner wisdom and discovering strategies to follow.
- Difference between empathy (Joan Halifax - edge state) and compassion.

Matthieu Ricard – *empathy fatigue*.

A Tibetan meditation teacher:

"The more negativity we welcome with a sense of openness and compassion, the more goodness can be exhaled. So there is nothing to lose."

Pitfalls

- Resistance or fear: weird exercise.
- Working hard to get rid of something - transformational magic wand:
Relationality Jon Kabat Zinn – equanimous breathing.



MBCL events at the Mindfulness Network in 2021



- **MBCL online Foundation Course** (Bridgette O'Neill and Barbara Hussong):
Sat 6th March (9 - 5pm), Thursdays 18th, 25th March and 1st April (9am – 1pm).
<https://booking.mindfulness-network.org/course-information/?id=792>
- **MBCL online Teacher Training programme** (Erik van den Brink and Bridgette O'Neill):
orientation 24th Jul 2021 and then 6 days between 25th July and 13th Aug.
<https://booking.mindfulness-network.org/course-information/?id=820>
- **International MBCL online 8 week course** (Frits Koster): 21 and 28 September; 12, 19 and 26 October; 9 and 16 November and 7 and 14 December. Time: 6.30pm – 8.45pm.
<https://booking.mindfulness-network.org/course-information/?id=825>
- **Online Retreat** with Frits Koster and Jetty Heynekamp: 26 Apr 2021 - 2 May 2021.
<https://booking.mindfulness-network.org/course-information/?id=806>

