**Template Email Text for Course Follow Up Email**

(This template is to be adapted for your use and adapted over time as new resources become available.)

Hello!

I hope that this finds you well, and that you've found meaningful benefit from your participation in the mindfulness course (this weekend, these last weeks, etc). It is always such a gift to share the MLP course and it seems we always get more than we give.  Thank you all very much.

It would be very beneficial for us to have some feedback about your experience of the course. We are attaching an evaluation form for the course in case you didn’t get one at the end of the course. You may print out the form and mail it to us or you can simply copy the questions and respond by email - whatever is easiest for you.

We will also be very interested to hear how your practice unfolds and if you find the thirty days of mindfulness exercises in the new Companion Journal beneficial.

We look forward to staying connected with you, and hearing your feedback. There are several ways to stay connected.

• You will soon receive an invitation to join our Google group, where we connect all those who have taken an MLP course in the past, allowing people to share insights, articles, and questions.

• To see articles and announcements that we share, "Like" the Mindful Life Program Facebook page.

• As John mentioned, we have an MLP group on the Insight Timer app, and we would love to share that way of staying connected as well. Download the app and do a search for our group. It is a closed group, so we will have to send you an invite. Please send us the email address you used to log in.

• John has just created a profile on Live Stream (http://new.livestream.com) so that he can broadcast talks, meditations and other events. Sign up (for free) and follow John to be notified of his upcoming events that you can watch from wherever you are.

• John also posts insightful quotes daily on Facebook both on his own page and that of his non-profit, Way of Compassion Foundation. Feel free to send him a friend request on either page to see these posts or send an email to admin@wocompassion.org to have them in your email inbox each morning.

• And coming soon, we are hosting a new television program called Habits of Happiness. Episodes will be posted on our website as well!

Below are the links to the videos from the course. We hope that watching them again at home, you find even more value.

Alan Wallace - <https://www.youtube.com/watch?v=6t2sWDYgJFE>

John Gottman - The full four part video begins here -

[https://www.youtube.com/watch?v=LLXX8wzvT7c&list=PLZFyvqrY0RjklYs\_w\_7FtK\_GGC7xJ3UZZ](http://youtu.be/CbJPaQY_1dc)

John Francis - <http://www.ted.com/talks/john_francis_walks_the_earth>

Here are two other videos that we recommend –

Dan Gilbert - <https://www.ted.com/talks/dan_gilbert_asks_why_are_we_happy>

Ellen Langer - <https://www.youtube.com/watch?v=WBsDUuXlRYc>

Remember that we have upcoming opportunities to continue your learning and practice with us. We have a spring retreat in Colorado and more upcoming programs around the country as well as online.

As you move into the next weeks, we have a few reminders.

- We're including some highlights from your Companion Journal below as a gentle reminder for your upcoming weeks.

- If you haven't already, consider trying the thirty days of mindfulness exercises in your Companion Journal.

- We'd love to hear your feedback on the evaluation form about your experience.

Please let us know if either of us can be of help or support in any way!

Warm regards,

John and Laura

**Live Mindfully**

a. Be present – Be conscious of what you are doing and how you are feeling. Consistent medita­tion practice helps us to tame the ruminating mind.

b. See clearly – Be able to see and experience the moments/events with clarity and wisdom as they arise, rather than with projection and emotion. Gain insight into your tendencies, biases, and the way emotions influence your perceptions. The understanding of impermanence and the tools of attention, self-reflection, and insight are key.

c. Respond to events in a skillful way - rather than reacting out of habits/tendencies, respond in a way that cultivates genuine happiness for the long term. Instead of chasing after temporary pleasures and trying to avoid painful ones, have clarity about your values and choose actions that are healthy and truly beneficial to yourself and others.

d. Cultivate an open and wise heart – Water the seeds of equanimity, loving-kindness, compas­sion, and empathic joy. What we water grows. Neurons that fire together wire together.

**Key Points to Remember**

• Mindfulness is consciously attending to your environment, thoughts, speech and actions with as much wisdom and clarity as possible, without bias, exaggeration, or prejudgment, and the ability to initiate actions (of body, speech, and mind) which are beneficial to, and in alignment with, the life you define as meaningful.

• Your genuine happiness does not come from other people, activities or things, it comes from living a meaningful life - a life that is in alignment with your values and is beneficial.

• There is nothing wrong with hedonic pleasure, we just need to understand it’s true nature and not mistake it for genuine happiness. We often spend much of our life seeking a lasting happi­ness in people, activities, and things even though it is impossible for them to provide it. Genu­ine happiness is truly an inside job.

• Be gentle with yourself. Learning to fully accept and love yourself allows you to heal and be of great benefit to the world. There is absolutely nothing beneficial about beating yourself up.

• Remember, just like you, others are generally doing the best they can. No one woke up today and intentionally decided to be mean, difficult, or unreasonable. People can only give what they have. If they are suffering, that is what they have to give.

• Feelings are to be felt. They are temporary and will pass. They come from the inside, not the outside and usually restrict our ability to see the moments clearly.  They are not the enemy nor are they the truth. Both running from them and chasing them create much suffering.

• Most problems are nothing more than thoughts. You can develop the ability to choose one thought over another. Often, the only problem is that we think there is one.

• For every one thing we are unhappy about or focused on, there are hundreds of wonderful things going our way. Remember the big picture.

•  “It is only when we begin to relax with ourselves that meditation becomes a transformative process. Only when we relate with ourselves without moralizing, without harshness, without de­ception, can we let go of harmful patterns. Without maitri (metta), renunciation of old habits be­comes abusive. This is an important point.” -Pema Chödrön

• “The only thing that separates the person you are, from the person you want to be, are the actions you take.” -John Bruna