

STRENGTHENING

your

SPIRITUAL

SELF

3-S⁺ WORKBOOK AND JOURNAL

Session 1

WHO AM I?

Addict self :

a habit pattern of the mind
it causes suffering
it does not reflect your true nature.

True nature:

your spiritual nature
always there – can't be taken away –
but addict self makes it difficult to experience.

Spiritual Path:

Morality – doing no harm to yourself or others
Mastery of the Mind – controlling mental habit patterns
Wisdom – knowing your true nature and
being committed to your personal spiritual path.

Spiritual qualities = spiritual “muscles” needed for the Path:

Strong determination	Tolerance	Gratitude
Effort	Wisdom	Courage
Equanimity	Renunciation	Forgiveness
Morality	Generosity	Serenity
Loving kindness	Truth	

You already have these spiritual muscles –
you just need to give them a good “work out” to strengthen them.

GOAL OF SESSION #1:

Introduction to the 3-S program – for people of all faiths.

Make a commitment to your spiritual path (see Commitment Worksheet).

Learn about habit patterns of the mind.

Become aware of the addict self's "auto pilot" that takes control of your mind and prevents you from being on your spiritual path.

BUILDING YOUR SPIRITUAL MUSCLES:

During session: Role-play using your spiritual muscles

At-home practice assignments:

1. Three times daily 'Self Check-In':

Cue: _____ (e.g., telephone ringing)

Instructions: Interrupt yourself at least three times each day, using your cue (for example, the telephone ringing) to see "who is in control" – simply become aware of whether or not the addict self auto pilot is turned 'on' (is in control of your mind) when you are interrupted by your cue?

2. Spiritual Stretch:

Instructions: Begin each day with your spiritual stretch. See diagram for instructions.

3. Spiritual quality assigned: **STRONG DETERMINATION**

Instructions: Find your own strong determination and express it during the week by completing your assignments and staying on your spiritual path.

3-S+ WORKSHEET: Session #1

COMMITMENT TO MY SPIRITUAL PATH

1. I am committed to strengthening and using a spiritual path in my recovery from addiction.
2. Being on a spiritual path requires that I be committed to doing no harm to myself or others.
3. I understand that training my mind for a spiritual path requires strong determination and effort on my part, and I am committed to working diligently on my spiritual practice (both during sessions and between sessions).

Signed: _____

Dated: _____

Session 2

TRAINING

Mastery of the Mind #1

“Right” Effort –

Taking back control from the ‘addict self’ takes practice

“Right” Mindfulness –

Become aware of all your thoughts, feelings, behaviors

“Right” Concentration –

Meditation retrains your mind toward your spiritual path

Meditation instructions:

- Find a quiet place where you will not be disturbed
- Sit with your back straight (on cushion on floor or in a chair)
- Close your eyes
- Breathe normally through your nose (do not try to regulate the breath)
- Concentrate on the sensations in and around your nostrils (the rim and insides of your nose) and on your upper lip just below your nostrils that is caused by the breath passing in and out
- Just keep your concentration fixed there – this is your **anchor** – simply observe the sensations caused by the breath as it passes over your ‘anchor’ point
- (Examples of sensations you might experience: tickle, tingle, pressure, perspiration. Also notice if the breath is long or short, does it pass mainly through one nostril or both, is it warm or cool)

If your mind wanders, note ‘mind has wandered away’, and immediately return it to your anchor. Continue to observe the changing sensations around your nostrils and upper lip caused by the in and out breath.

Techniques to use if you have difficulty returning to your anchor:

- Count your breaths (up to 10), but don’t get caught up in counting. The goal is to stay focused on your ‘anchor’ not on numbers.
- At the beginning of a breath, make a commitment to noticing everything you can about the sensations caused by just that one breath. Then do the same for the next breath -- commit yourself to your practice, just one breath at a time.

GOAL OF SESSION #2:

Begin the training in 'Mastery of the Mind'.

Learn how to be mindful and how to meditate on the breath

BUILDING YOUR SPIRITUAL MUSCLES:

During session: Meditation on in- and out-breath

At-home practice assignments:

1. Three times daily 'Self Check-In':

Cue: _____ (e.g., telephone ringing)

Instructions: Interrupt yourself at least three times each day, using your cue (for example, the telephone ringing) to see "who is in control" – simply become aware of whether or not the addict self is turned 'on' (in control of your mind) when you are interrupted by your cue?

2. Spiritual Stretch:

Instructions: Begin each day with your spiritual stretch. See diagram for instructions.

3. Spiritual quality assigned: **EFFORT**

Instructions: Find your own **EFFORT** and express it during the week by completing your assignments and staying on your spiritual path.

4. Meditation:

Instructions: Meditate on the in- and out-breath for at least 10 minutes each day.

Session 3

TRAINING

Mastery of the Mind #2

What to do when the addict self intrudes into daily life

Identify – Interrupt – Refocus

Before the addict self intrudes:

Identify the addict self's sabotage habits
Identify the addict self's early warning signs

If it intrudes – interrupt it!

Slow it down before it takes control again:
Monitor ongoing thoughts and emotions with Self Check-Ins
Change your routine to interrupt the addict auto pilot
Shout 'STOP' to yourself
Observe and name 'addict' feelings – e.g., "craving is here"

Then, refocus on your spiritual path:

*Recite self-affirmation, prayer, or mantra
Sing spiritual song/hymn
Remember the saying – "the whole earth is medicine"
Turn your attention to a "spiritual object"
Meditate on the in- and out-breath

*My Personal Self-Affirmation/Prayer for my spiritual path is:

GOAL OF SESSION #3:

Continue training in 'Mastery of the Mind'.

Learn how to handle addict self intrusions

BUILDING YOUR SPIRITUAL MUSCLES:

During session: Identified thoughts, feelings, and behaviors associated with the addict self and created a personal self-affirmation/prayer for remaining in spiritual self (see Addict Self Intrusions Worksheet)

At-home practice assignments:

1. Three times daily 'Self Check-In':

Cue: _____ (e.g., telephone ringing)

Instructions: Interrupt yourself at least three times each day, using your cue (for example, the telephone ringing) to see "who is in control" – simply become aware of whether or not the addict self is turned 'on' (in control of your mind) when you are interrupted by your cue?

2. Spiritual Stretch:

Instructions: Begin each day with your spiritual stretch. See diagram for instructions.

3. Spiritual quality assigned: **EQUANIMITY** (having a calm and balanced mind)

Instructions: Find your own **EQUANIMITY** and express it during the week by completing your assignments and staying on your spiritual path.

4. Meditation:

Instructions: Meditate on the in- and out-breath for at least 10 minutes each day (preferably morning and evening) – increasing the amount of time by 5 minutes each week to a goal of 60 minutes daily.

5. Self-affirmation/Prayer:

Instructions: Practice reciting your self-affirmation/prayer during the week; use it when the addict self tries to take control.

3-S+ Worksheet: Session #3: Handling addict self intrusions

Identify – Interrupt – Refocus

IDENTIFY

BREAKING A HABIT = BREAKING IT DOWN INTO ITS PARTS:

Identify the Addict Self's ...

Feelings: _____

Thoughts: _____

Behaviors: _____

BE PREPARED FOR ADDICT SELF INTRUSIONS:

Predict ways the addict self may try to sabotage your spiritual progress:

Place a check mark next to items below that describe your addict self's sabotage tricks:

Missing 3-S therapy sessions	___	Missing daily methadone dose	___
Missing drug counseling	___	Missing urine tests	___
Denying any drug use	___	Minimizing harm caused by drug use	___
Isolating yourself	___	Going to high risk places	___
Being with high risk people	___	Doing high risk activities	___

Don't be discouraged if the addict self intrudes. Intrusions are to be expected. Being aware of them, and being willing to interrupt them, is a sign of spiritual progress.

INTERRUPT

IF YOU CAN'T PREVENT ADDICT SELF INTRUSIONS, INTERRUPT THEM:

1. Self-Check-In. I will check in with myself at least 3 times daily to catch it in the act.
2. Change routine. When you change your routine frequently, you interrupt the addict self's auto pilot long enough to be able to return to your Spiritual path.

I will change my routine as follows: _____

(Examples: wear watch on other wrist or ring on different finger; take a different route home, sit in a different chair, move frequently used items, set an hourly beeper).

3. Thought Stopping. When addict thoughts intrude, I will silently shout 'STOP'.
4. Observe and Name. When addict feelings intrude, I will not get caught up in them. Instead I will name the feeling and let it pass away.

REFOCUS

ONCE YOU HAVE IDENTIFIED AND INTERRUPTED THE ADDICT SELF INTRUSION, REFOCUS ON YOUR SPIRITUAL PATH:

1. Recite a short prayer or affirmation _____
2. Sing or hum a spiritual song, hymn, or chant. _____
3. Focus on an object that reminds you of your spiritual path _____
4. Meditate on the in- and out-breath – your anchor.

Session 4

TRAINING

Mastery of the Mind #3 Getting maximum benefit from HIV/AIDS medical care

HIV Infection

- HIV makes copies of itself and attacks immune system
- Viral load = # of copies of HIV in blood
- CD4 Count = # of immune system T4 cells remaining

HIV Treatment

- Medications now available that may reduce viral load and thus increase CD4 count
- Medications must be taken exactly as prescribed; if not, medication-resistant strains of HIV can emerge
- Superinfection = HIV+ patient may be reinfected with medication-resistant form of HIV

Addict Self

- may be activated by stress of being HIV-positive
- interferes with following medical recommendations
- wants immediate gratification
- self-medicates

versus

Spiritual self

Responds to being HIV-positive with

- Right Effort
- Mindfulness
- Concentration
- Follows medical recommendations exactly
- Gratitude for medical care
- Willingness to ask for help
- Commitment to do no harm to self or others

GOAL OF SESSION #4:

Continue training in 'Mastery of the Mind'.

Learn how to get maximum benefit from HIV medical care by following medical recommendations mindfully.

BUILDING YOUR SPIRITUAL MUSCLES:

During session: Practiced overcoming barriers to taking medications exactly as prescribed

At-home practice assignments:

1. Three times daily 'Self Check-In':

Cue: _____ (e.g., taking your medications)

Instructions: Interrupt yourself at least three times each day, using your cue (for example, the telephone ringing) to see "who is in control" – simply become aware of whether or not the addict self is turned 'on' (in control of your mind) when you are interrupted by your cue?

2. Spiritual Stretch:

Instructions: Begin each day with your spiritual stretch. See diagram for instructions.

3. Spiritual quality assigned: **GRATITUDE**

Instructions: Find your own **GRATITUDE** and express it during the week by completing your assignments and staying on your spiritual path.

4. Meditation:

Instructions: Meditate on the in- and out-breath for at least 10 minutes each day (preferably morning and evening) – increasing the amount of time by 5 minutes each week to a goal of 60 minutes daily.

5. Self-affirmation:

Instructions: Practice reciting your self-affirmation during the week; use it when the addict self tries to take over control.

6. Use medication mindfulness rituals to help you remember to take medications exactly as prescribed (if you are not currently prescribed any medications, use a daily medication mindfulness ritual to remember to take your vitamins) – see below:

Medication Mindfulness Ritual

Step 1. Do a 'Self Check-In' -- reflect on what self (addict or spiritual) had been active immediately prior to this time.

Step 2. Acknowledge the healing power of your spiritual nature by engaging in a brief ritual based on your own religious/spiritual beliefs (for example, say a prayer, light a candle, bow your head, or simply focus your attention on your anchor and meditate on the in and out breath for the count of 5).

Step 3. Get out each medication mindfully, count out the appropriate number of pills, and place each pill in front of you. As you pick up the medication bottle/container or pill organizer, notice how it feels in your hand. Notice its weight. As you open the lid, notice the sensations of your fingers tightening around it. As you hold each pill in your hand, observe its color, its shape, its texture.

Note: Do not take medication one at a time directly from the bottle, as you may forget which ones you have already taken. (If you use a pill organizer, activate your spiritual self each time you fill it.)

Step 4. Mindfully experience each sensation that arises in your body as you swallow each pill.

Step 5. Give thanks – fill your heart with gratitude not only for the medications that may prolong your life, but also for the opportunity to train your mind to walk a spiritual path.

Session 5

TRAINING

Morality #1– do no harm to self or others

“Right” Speech

“Right” Action

“Right” Livelihood

Addict Self:

Harmful speech, action, livelihood

Addict self → Serious medical harm
such as HIV, hepatitis, and other STDs

Spiritual self:

provides motivation to ...

prevent harm to self and others

learn how to prevent HIV, hepatitis, other STDs

Mindful Action vs Automatic Reaction:

the addict self just reacts.

the spiritual self acts – **mindfully** –

The spiritual self can...

‘Stare Down’ the craving monster --

examine it as if under a microscope,

observe how sensations arise and pass away --

recite **‘this too shall pass’**

GOAL OF SESSION #5:

Begin training in 'Morality/Ethics'.

Increase motivation to prevent harm to self and others, with a focus on medical harms such as HIV, hepatitis, and other STDs

BUILDING YOUR SPIRITUAL MUSCLES:

During session: Transform craving by observing its impermanence

At-home practice assignments:

1. Three times daily 'Self Check-In':

Cue: _____ (e.g., telephone ringing)

Instructions: Interrupt yourself at least three times each day, using your cue (for example, the telephone ringing) to see "who is in control" – simply become aware of whether or not the addict self is turned 'on' (in control of your mind) when you are interrupted by your cue?

2. Spiritual Stretch:

Instructions: Begin each day with your spiritual stretch. See diagram for instructions.

3. Spiritual quality assigned: **MORALITY** (doing no harm to self or others)

Instructions: Find your own **MORALITY** and express it during the week by completing your assignments and staying on your spiritual path.

4. Meditation:

Instructions: Meditate on the in- and out-breath for at least 10 minutes each day (preferably morning and evening) – increasing the amount of time by 5 minutes each week to a goal of 60 minutes daily.

5. Self-affirmation:

Instructions: Practice reciting your self-affirmation during the week; use it when the addict self tries to take over control.

6. Use medication mindfulness rituals to help you get maximum benefit from your HIV medical care.

7. Attend a risk reduction educational session - mindfully:
An educational session on how to prevent transmission of infectious diseases has been scheduled for you on:

Date: _____ Time _____ Location _____.

8. Transcend drug craving or inappropriate sexual desire:

Instructions: If drug craving or inappropriate sexual desire arises, carefully examine it. Stare down the craving monster! First, acknowledge its presence – for example, note ‘craving has arisen’. Then investigate the sensations in your body associated with the craving or desire. What does it feel like – hot/cold, pressure, pain – where are the sensations located? Now dissect, dissolve, and disintegrate these sensations by penetrating them deeper and deeper with your mind. Notice how these sensations arise and pass away. Say to yourself ‘this too shall pass.’ Eventually the craving/desire will stop if you continue to observe it mindfully, rather than reacting to it. Know that this is the “monster’s” true nature – it is actually impermanent and insubstantial. Starve, don’t feed, the Craving Monster!

Session 6

TRAINING

Morality #2 – every day ethics

“Right” Speech

“Right” Action

“Right” Livelihood

Remember the meaning of
‘first you harm yourself, then you harm others’ –
anger hurts you before it hurts the person you are angry with.

Remember the meaning of
‘you are heir to all your actions’ –
the consequences of all your actions, good and bad,
will eventually be experienced by **you**

Treat yourself with compassion
only then can you
treat others with compassion.

Repetitive thoughts
background music of the mind –
we don’t pay much attention to them, but they’re always there.

Addict self repetitive thoughts
lead to behaviors that harm self and others.

Spiritual self repetitive thoughts
lead to acts of compassion for self and others.

Remember...
all beings are just like you,
they too want to be happy and free from suffering.

GOAL OF SESSION #6:

Continue training in 'Morality/Ethics'.

Learn about every day ethics in speech, action, and livelihood

BUILDING YOUR SPIRITUAL MUSCLES:

During session: Learned *metta* meditation ('metta' means loving kindness):

Instructions: After your meditation on the in- and out-breath, imagine your body being filled with love and compassion ...

Recite silently:

Understanding that all beings, like myself, have a desire for happiness,
I now develop loving-kindness towards all beings.

Recite (3 times):

May I be happy and free from suffering,
May all beings be happy and free from suffering, too.

Then visualize different individuals (beginning with someone you neither love nor hate) or imagine people in different parts of the world, and while doing so repeat three times:

May I be happy and free from suffering,
May ...(other's name)... be happy and free from suffering too.

At-home practice assignments:

1. Three times daily 'Self Check-In':

Cue: _____ (e.g., telephone ringing)

Instructions: Interrupt yourself at least three times each day, using your cue (for example, the telephone ringing) to see "who is in control" – simply become aware of whether or not the addict self is turned 'on' (in control of your mind) when you are interrupted by your cue?

2. Spiritual Stretch:

Instructions: Begin each day with your spiritual stretch. See diagram for instructions.

3. Spiritual qualities assigned: **LOVING KINDNESS and TOLERANCE**

Instructions: Find your own **LOVING KINDNESS and TOLERANCE** and express them during the week by completing your assignments and staying on your spiritual path.

4. Meditation:

Instructions: Meditate on the in- and out-breath for at least 10 minutes each day (preferably morning and evening) – increasing the amount of time by 5 minutes each week to a goal of 60 minutes daily.

5. Self-affirmation:

Instructions: Practice reciting your self-affirmation during the week; use it when the addict self tries to take control.

6. Use medication mindfulness rituals to help you get maximum benefit from your HIV medical care.

7. Transcend drug craving or inappropriate sexual desire:

Instructions: If drug craving or inappropriate sexual desire arises, carefully examine it. Stare down the craving monster! First, acknowledge its presence -- for example, note 'craving has arisen'. Then investigate the sensations in your body associated with the craving or desire. What does it feel like – hot/cold, pressure, pain – where are the sensations located? Now dissect, dissolve, and disintegrate these sensations by penetrating them deeper and deeper with your mind. Notice how these sensations arise and pass away. Say to yourself 'this too shall pass.' Eventually the craving/desire will stop if you continue to observe it mindfully, rather than reacting to it.

8. Practice 'metta'

Instructions: (a) Add metta statements to the end of your daily meditation on the in- and out-breath; and
(b) when you have an encounter with someone that leads to a negative emotion repeat your 'metta' statement (may I be happy and free of suffering; may ...(name).. be happy and free of suffering, too) until the emotion passes. Remember 'you are heir to your actions'.

Session 7

TRAINING

Morality #3 – social responsibility

HIV is spread by contact with the body fluids (blood, genital secretions, breast milk) of an infected person

Make a commitment:

“NO ONE WILL EVER GET HIV FROM ME”

Visit website: www.hivstopswithme.org

How to keep this commitment:

- Be aware that the addict self spreads HIV
- Bear witness to the suffering of HIV -- Have the courage to tell your personal story
- Notify all your drug- and sexual partners
- Become an advocate for HIV testing
 - Encourage others to be tested, not only your drug- and sexual partners
 - Be able to explain the ‘window period’
 - HIV blood test detects the presence of HIV antibodies
 - After HIV infection it may take up to 6 months for person to develop detectable antibodies
 - A person who tests HIV-negative may therefore be positive; need to stop engaging in risk behavior and be retested 6 months after last risky behavior
 - Become an advocate for HIV prevention
 - Share your knowledge and skills

HAVE THE COURAGE TO MAKE A DIFFERENCE

GOAL OF SESSION #7:

Continue training in 'Morality/Ethics'.

Learn how you can make a difference -- being on a spiritual path means taking personal responsibility for stopping the spread of HIV/AIDS

BUILDING YOUR SPIRITUAL MUSCLES:

During session: Learned how to bear witness to the suffering caused by HIV and how to encourage others to get tested.

Instructions: After your meditation on the in- and out-breath, imagine your body being filled with love and compassion ...

Recite silently:

Understanding that all beings, like myself, have a desire for happiness, I now develop loving-kindness towards all beings.

Recite (3 times):

May I be happy and free from suffering,
May all beings be happy and free from suffering too.

Then visualize different individuals (beginning with someone you neither love nor hate) or imagine people in different parts of the world, and while doing so repeat three times:

May I be happy and free from suffering,
May ...(other's name)... be happy and free from suffering too.

At-home practice assignments:

1. Three times daily 'Self Check-In':

Cue: _____ (e.g., telephone ringing)

Instructions: Interrupt yourself at least three times each day, using your cue (for example, the telephone ringing) to see "who is in control" – simply become aware of whether or not the addict self is turned 'on' (in control of your mind) when you are interrupted by your cue?

2. Spiritual Stretch:

Instructions: Begin each day with your spiritual stretch. See diagram for instructions.

3. Spiritual qualities assigned: **COURAGE**

Instructions: Find your own **COURAGE** and express them during the week by completing your assignments and staying on a spiritual path.

4. Meditation:

Instructions: Meditate on the in- and out-breath for at least 10 minutes each day (preferably morning and evening) – increasing the amount of time by 5 minutes each week to a goal of 60 minutes daily.

5. Self-affirmation:

Instructions: Practice reciting your self-affirmation during the week; use it when the addict self tries to take control.

6. Use medication mindfulness rituals to help you get maximum benefit from your HIV medical care.

7. Transcend drug craving or inappropriate sexual desire:

Instructions: If drug craving or inappropriate sexual desire arises, carefully examine it. Stare down the craving monster! First, acknowledge its presence -- for example, note 'craving has arisen'. Then investigate the sensations in your body associated with the craving or desire. What does it feel like – hot/cold, pressure, pain – where are the sensations located? Now dissect, dissolve, and disintegrate these sensations by penetrating them deeper and deeper with your mind. Notice how these sensations arise and pass away. Say to yourself 'this too shall pass.' Eventually the craving/desire will stop if you continue to observe it mindfully, rather than reacting to it.

8. Practice 'metta'

Instructions: (a) Add metta statements to the end of your daily meditation on the in- and out-breath; and (b) when you have an encounter with someone that leads to negative emotion repeat your 'metta' statement (may I be happy and free of suffering; may ...(name).. be happy and free of suffering too) until the emotion passes. Remember 'you are heir to your actions'.

9. Encourage at least one person to get tested for HIV.

Session 8

TRAINING

Wisdom #1

“Right” Thinking (intention)
“Right” View (understanding)

Know that everything begins with the mind
You are not your addict self – this is not your true nature
Addict self is a habit pattern of the mind
Habit patterns can be changed

BLUEPRINT

Create a **Blueprint** for your Spiritual Path
Remain mindful of your Ultimate Destination
Build on a solid foundation = Morality
Use good building materials = Spiritual qualities
Create traffic lanes = Habitual ways of thinking and acting
Have many on-ramps = sights, sounds, smells, tastes, touch

Need to have a **DAILY PLAN** for
Weakening the addict self and
Strengthening the spiritual self

DAILY PLAN

Every moment of the day:
Make a commitment to your Spiritual path
Use all your senses
to fill your mind with your Spiritual self
in all your daily activities

GOAL OF SESSION #8:

Begin training in 'Wisdom'.

Learn that the addict self is a habit pattern of my mind that can be replaced by my spiritual self which will provide a path to my true nature. To do this I must create a blueprint for my Spiritual path and learn to fill my mind with my Spiritual self in all my daily activities.

BUILDING YOUR SPIRITUAL MUSCLES:

During session: Learned how to create a daily plan for filling the mind with my spiritual self (see Daily Plan Worksheet):

At-home practice assignments:

1. Three times daily 'Self Check-In':

Cue: _____ (e.g., telephone ringing)

Instructions: Interrupt yourself at least three times each day, using your cue (for example, the telephone ringing) to see "who is in control" – simply become aware of whether or not the addict self is turned 'on' (in control of your mind) when you are interrupted by your cue?

2. Spiritual Stretch:

Instructions: Begin each day with your spiritual stretch. See diagram for instructions.

3. Spiritual quality assigned: **WISDOM**

Instructions: Find your own **WISDOM** and express it during the week by completing your assignments and staying on your spiritual path.

4. Meditation:

Instructions: Meditate on the in- and out-breath for at least 10 minutes each day (preferably morning and evening) – increasing the amount of time by 5 minutes each week to a goal of 60 minutes daily.

5. Self-affirmation:

Instructions: Practice reciting your self-affirmation during the week; use it when the addict self tries to take over control.

6. Use medication mindfulness rituals to help you get maximum benefit from your HIV medical care.

7. Transcend drug craving or inappropriate sexual desire:

Instructions: If drug craving or inappropriate sexual desire arises, carefully examine it. Stare down the craving monster! First, acknowledge its presence -- for example, note 'craving has arisen'. Then investigate the sensations in your body associated with the craving or desire. What does it feel like – hot/cold, pressure, pain – where are the sensations located? Now dissect, dissolve, and disintegrate these sensations by penetrating them deeper and deeper with your mind. Notice how these sensations arise and pass away. Say to yourself 'this too shall pass.' Eventually the craving/desire will stop if you continue to observe it mindfully, rather than reacting to it.

8. Practice 'metta':

Instructions: (a) Add metta statements to the end of your daily meditation on the in- and out-breath; and (b) when you have an encounter with someone that leads to negative emotion repeat your 'metta' statement (may I be happy and free of suffering; may ...(name).. be happy and free of suffering too) until the emotion passes. Remember 'you are heir to your actions'.

9. Talk to others about HIV prevention – testing and harm reduction.

10. Use your Daily Plan for filling the mind with your spiritual self:

Instructions: Using the Daily Plan you developed in the session (included in this Workbook) begin filling your mind with your spiritual self in all your daily activities. Make changes to the Plan as needed to fill your mind more and more.

3-S+ Worksheet Session #8: BLUEPRINT FOR CONSTRUCTING A SPIRITUAL PATH

What is the anticipated Ultimate Destination of your Spiritual path? (e.g., enlightenment, union with God, heaven, nirvana)

How is your Path constructed?
Foundation = Morality; Paving Stones = the 14 spiritual qualities

Generosity Morality Renunciation Wisdom	Effort Tolerance Truth Strong determination	Loving Kindness Equanimity Gratitude	Courage Forgiveness Serenity
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What will keep you on your Path? (Traffic lanes = habitual thoughts/actions)

Cognitive Scripts (habitual thoughts)	Action Plans (habitual acts)
Scripts to be rehearsed	Behaviors to be rehearsed
<u>Self-affirmation:</u>	<u>Meditation:</u> Goal: 60 minutes daily
<u>Prayer:</u>	<u>Physical exercise:</u> Spiritual Stretch: 1-2 times daily Other: (e.g., Yoga/T'ai Chi)
<u>Metta statements:</u> May all beings be happy and free from suffering.	<u>Harm Reduction:</u> No Drug Use No sharing of paraphernalia No unsafe sex ... help others get tested for HIV
<u>Song/hymn:</u>	<u>Acts of kindness/compassion:</u> (e.g., even towards those who are neither kind nor compassionate towards you)
<u>Other:</u>	<u>Other:</u> 1. Medication adherence 2.

How will you access your Path? (On-Ramps = Multisensory cues-to-action)

Sight:	'Who Am I? magnet	Other _____
Sound:	Chimes	Other _____
Smell:	Lavender	Other _____
Taste:	Flavored tea	Other _____
Touch:	Prayer beads	Other _____

3-S+ Worksheet Session 8: **DAILY PLAN**

FOR FILLING THE MIND WITH THE SPIRITUAL SELF

Upon arising:

- Recite spiritual script (affirmation, prayer, or *metta* statements)
- Renew commitment to your spiritual path and the spiritual quality being worked on
- Place a note on bathroom mirror – e.g., “I am my spiritual nature,” or “today I will act ‘as if’ I am my spiritual self” or _____
- While bathing, play (or sing) the spiritual self’s song/hymn identified in Session 3
- When dressing, use your scent cue (e.g., lavender sachet in a drawer) to remind you to recite your spiritual script
- Other:
 - _____
 - _____

Early morning:

- Practice your meditation on the in and out breath, ending with *metta* statements
- Practice your Spiritual stretch mindfully
- Do your medication mindfulness ritual – prepare and take your medications mindfully
- When preparing and eating breakfast:
 - Look at the “who am I” magnet on refrigerator and remind yourself of your true nature
 - Before eating breakfast say a prayer of gratitude
 - Use taste and scent cues (e.g., coffee/tea) to eat breakfast mindfully
- Before leaving the house, use one of your tactile cues (e.g., use beads while reciting your spiritual script; hug a family member mindfully; interact mindfully with pet)
- In car: Leave spiritual self reminder on visor; play inspirational music or listen to audio-book of ‘spiritual’ material while driving;
- Other:
 - _____
 - _____

During the day:

- While working, remain mindful and do no harm in speech, action, livelihood
- Forgive others and ask others for forgiveness if you cause harm
- Encourage others to get tested for HIV
- When eating lunch:
 - Say a prayer of gratitude
 - Use taste and scent cues to eat lunch mindfully

(... continued on next page ...)

DAILY PLAN (Continued)...

- Frequently during the day:
 - Do self check-ins
 - Be on guard for addict self intrusions -- identify, interrupt, refocus
 - Use your addict self interruption techniques – change routine (e.g., wear watch on other wrist), thought stopping, observe and name addict thoughts and emotions until they subside
 - Return frequently to your anchor (sensations around nostrils caused by the breath)
 - Remind yourself ‘this too shall pass’ during times of stress
 - Be mindful of what you can and cannot control
 - Do not allow your mind to wander in your ‘free time’ during the day – continuously recite your spiritual script in every ‘spare’ moment -- synchronize it with your breathing and walking
 - Appreciate the beauty of nature; remember the whole earth is medicine.
- Other:
 - _____
 - _____

Evening:

- Do your medication mindfulness ritual – prepare and take your medications mindfully
- When eating dinner:
 - Say a prayer of gratitude
 - Use taste and scent cues to eat dinner mindfully
- Select entertainment compatible with spiritual self (friends, books, music, TV/movies)
- Transform any drug craving and harmful sexual desire by observing it systematically
- Other:
 - _____
 - _____

Upon retiring:

- Spiritual stretch
- Reflect on the day gratefully; lessons learned
- Pray, meditate before going to sleep
- Other:
 - _____
 - _____

Session 9

TRAINING

Wisdom #2

Social Stigma

To be branded with a mark of disgrace
HIV and addiction -- dual stigmas

Internalized Stigma and Self-fulfilling Prophecy

If you believe what others say about you, you may activate your addict self and engage in those very behaviors that others have condemned you for

Wisdom's Right View

How others view you (through the filter of stigma)
is not your true nature
Recite these words:

**'This is not me; this is not mine
I am my spiritual nature'**

Wisdom's Right thinking

Forgiveness

You are heir to your actions
Take responsibility for your thoughts and actions
If you harm another, make amends, ask for forgiveness, but
don't expect to receive it, and move on.
If others harm you, forgive them, and move on.
Remember -- hatred harms most the one who hates

Train your mind in forgiveness

GOAL OF SESSION #9:

Continue training in 'Wisdom'.

Learn not to get caught up in the cycle of hatred and ignorance. Know who you really are and fill your heart and mind with forgiveness.

BUILDING YOUR SPIRITUAL MUSCLES:

During session: Practiced asking for and offering forgiveness.

At-home practice assignments:

1. Three times daily 'Self Check-In':

Cue: _____ (e.g., telephone ringing)

Instructions: Interrupt yourself at least three times each day, using your cue (for example, the telephone ringing) to see "who is in control" – simply become aware of whether or not the addict self is turned 'on' (in control of your mind) when you are interrupted by your cue?

2. Spiritual Stretch:

Instructions: Begin each day with your spiritual stretch. See diagram for instructions.

3. Spiritual quality assigned: **FORGIVENESS**

Instructions: Find your own **FORGIVENESS** and express it during the week by completing your assignments and staying on your spiritual path.

4. Meditation:

Instructions: Meditate on the in- and out-breath for at least 10 minutes each day (preferably morning and evening) – increasing the amount of time by 5 minutes each week to a goal of 60 minutes daily.

5. Self-affirmation:

Instructions: Practice reciting your self-affirmation during the week; use it when the addict self tries to take over control.

6. Use medication mindfulness rituals to help you get maximum benefit from your HIV medical care.

7. Transcend drug craving or inappropriate sexual desire:

Instructions: If drug craving or inappropriate sexual desire arises, carefully examine it. Stare down the craving monster! First, acknowledge its presence -- for example, note 'craving has arisen'. Then investigate the sensations in your body associated with the craving or desire. What does it feel like – hot/cold, pressure, pain – where are the sensations located? Now dissect, dissolve, and disintegrate these sensations by penetrating them deeper and deeper with your mind. Notice how these sensations arise and pass away. Say to yourself 'this too shall pass.' Eventually the craving/desire will stop if you continue to observe it mindfully, rather than reacting to it.

8. Practice 'metta':

Instructions: (a) Add metta statements to the end of your daily meditation on the in- and out-breath; and (b) when you have an encounter with someone that leads to negative emotion repeat your 'metta' statement (may I be happy and free of suffering; may ...(name).. be happy and free of suffering too) until the emotion passes. Remember 'you are heir to your actions'.

9. Talk to others about HIV prevention – testing and harm reduction.

10. Use your Daily Plan for filling the mind with your spiritual self:

Instructions: Using your Daily Plan begin filling your mind with your spiritual self in all your daily activities. Make changes to the Plan as needed to fill your mind more and more.

11. Practice forgiveness. Ask for forgiveness of at least one person you have harmed, and forgive at least one person who has harmed you.

Session 10

TRAINING

Wisdom #3

Renunciation = give up whatever separates you
from your spiritual nature

Give up the addict self-identity:

- Give up addict thoughts
- Give up addict speech
- Give up addict emotions
- Give up addict behavior

Generosity = give to yourself and others
your true spiritual nature

Accept your spiritual self-identity:

Know your spiritual self's five ENEMIES

- Craving (for sensual pleasure)
- Aversion (ill-will/hatred)
- Sluggishness (laziness)
- Agitation (restlessness)
- Doubt (about your Path)

Know your spiritual self's five FRIENDS

- Faith (devotion to your spiritual path)
- Effort (determination and hard work)
- Awareness (your mindfulness)
- Concentration (your meditation anchor)
- Wisdom (experience balance of mind)

Begin acting '**as if**' you are your spiritual self
As they say in AA/NA, 'Fake it, 'til you make it!'

GOAL OF SESSION #10:

Continue training in 'Wisdom'.

Learn that I must renounce (give up) my addict self and take on my spiritual self. This requires getting to know my spiritual self's 5 enemies and 5 friends.

BUILDING YOUR SPIRITUAL MUSCLES:

During session: Learned how to visualize taking on the role of my spiritual self.

At-home practice assignments:

1. Three times daily 'Self Check-In':

Cue: _____ (e.g., telephone ringing)

Instructions: Interrupt yourself at least three times each day, using your cue (for example, the telephone ringing) to see "who is in control" – simply become aware of whether or not the addict self is turned 'on' (in control of your mind) when you are interrupted by your cue?

2. Spiritual Stretch:

Instructions: Begin each day with your spiritual stretch. See diagram for instructions.

3. Spiritual qualities assigned: **RENUNCIATION AND GENEROSITY**

Instructions: Find your own **RENUNCIATION AND GENEROSITY** and express them during the week by completing your assignments and staying on your spiritual path.

4. Meditation:

Instructions: Meditate on the in- and out-breath for at least 10 minutes each day (preferably morning and evening) – increasing the amount of time by 5 minutes each week to a goal of 60 minutes daily.

5. Self-affirmation:

Instructions: Practice reciting your self-affirmation during the week; use it when the addict self tries to take over control.

6. Use medication mindfulness rituals to help you get maximum benefit from your HIV medical care.

7. Transcend drug craving or inappropriate sexual desire:

Instructions: If drug craving or inappropriate sexual desire arises, carefully examine it. Stare down the craving monster! Notice how the sensations associated with craving arise and pass away. Say to yourself 'this too shall pass.' Eventually the craving/desire will stop if you continue to observe it mindfully, rather than reacting to it.

8. Practice 'metta':

Instructions: (a) Add metta statements to the end of your daily meditation on the in- and out-breath; and (b) when you have an encounter with someone that leads to negative emotion repeat your 'metta' statement (may I be happy and free of suffering; may ...(name).. be happy and free of suffering too) until the emotion passes. Remember 'you are heir to your actions'.

9. Talk to others about HIV prevention – testing and harm reduction.

10. Use your Daily Plan for filling the mind with your spiritual self:

Instructions: Using your Daily Plan begin filling your mind with your spiritual self in all your daily activities. Make changes to the Plan as needed to fill your mind more and more.

11. Practice forgiveness. Ask for forgiveness of at least one person you have harmed, and forgive at least one person who has harmed you.

12. Act 'as if' you are your spiritual self:

Instructions: (a) Renounce the addict self – commit to abstinence. (b) Take on the role of your spiritual self, much like an actor takes on a role. Get to know your spiritual self's five friends and five enemies, and then go about your day acting 'as if' you are your spiritual self. Take on this self-identity in your daily life.

Session 11

TRAINING

Wisdom #4

Serenity and Insight

Law of Impermanence

Everything that is born, dies
Everything is constantly changing
Nothing stays the same

We suffer because we cannot accept this law

We grieve loss of life, health, and property
We try to cling to what is impermanent and always changing

Stages of Grief

- Denial
- Depression
- Anger
- Acceptance
- Bargaining
- Hope

HIV/AIDS

Grief and Fear in response to HIV diagnosis
can activate the addict self and
can prevent you from experiencing your true spiritual nature

Wisdom's Right View –

Train your mind to experience its innate serenity
and use it to gain insight into your true spiritual nature

Wisdom's Right Thinking –

Reflect mindfully on each line of the Serenity Prayer
God, grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.

GOAL OF SESSION #11:

Continue training in 'Wisdom'.

Learn to train your mind to experience the serenity and insight into your true nature that naturally reside there rather than responding to HIV diagnosis with grief and fear.

BUILDING YOUR SPIRITUAL MUSCLES:

During session: Learned how meditate on each line of the serenity prayer.

At-home practice assignments:

1. Three times daily 'Self Check-In':

Cue: _____ (e.g., telephone ringing)

Instructions: Interrupt yourself at least three times each day, using your cue (for example, the telephone ringing) to see "who is in control" – simply become aware of whether or not the addict self is turned 'on' (in control of your mind) when you are interrupted by your cue?

2. Spiritual Stretch:

Instructions: Begin each day with your spiritual stretch. See diagram for instructions.

3. Spiritual qualities assigned: **SERENITY**

Instructions: Find your own **SERENITY** and express them during the week by completing your assignments and staying on your spiritual path.

4. Meditation:

Instructions: Meditate on the in- and out-breath for at least 10 minutes each day (preferably morning and evening) – increasing the amount of time by 5 minutes each week to a goal of 60 minutes daily.

5. Self-affirmation:

Instructions: Practice reciting your self-affirmation during the week; use it when the addict self tries to take over control.

6. Use medication mindfulness rituals to help you get maximum benefit from your HIV medical care.

7. Transcend drug craving or inappropriate sexual desire:

Instructions: If drug craving or inappropriate sexual desire arises, carefully examine it. Stare down the craving monster! First, acknowledge its presence -- for example, note 'craving has arisen'. Then investigate the sensations in your body associated with the craving or desire. Notice how these sensations arise and pass away. Say to yourself 'this too shall pass.' Eventually the craving/desire will stop if you continue to observe it mindfully, rather than reacting to it.

8. Practice 'metta':

Instructions: (a) Add metta statements to the end of your daily meditation on the in- and out-breath; and (b) when you have an encounter with someone that leads to negative emotion repeat your 'metta' statement (may I be happy and free of suffering; may ...(name).. be happy and free of suffering too) until the emotion passes. Remember 'you are heir to your actions'.

9. Talk to others about HIV prevention – testing and harm reduction.

10. Use your Daily Plan for filling the mind with your spiritual self:

Instructions: Using your Daily Plan begin filling your mind with your spiritual self in all your daily activities. Make changes to the Plan as needed to fill your mind more and more.

11. Practice forgiveness. Ask for forgiveness of at least one person you have harmed, and forgive at least one person who has harmed you.

12. Act 'as if' you are your spiritual self:

Instructions: (a) Renounce the addict self – commit to abstinence. (b) Take on the role of your spiritual self, much like an actor takes on a role. Get to know your spiritual self's five friends and five enemies, and then go about your day acting 'as if' you are your spiritual self. Take on this self-identity in your daily life.

13. Meditate daily on the serenity prayer.

Instructions: Get comfortable in your chair, legs uncrossed, hands resting comfortably in your lap. Close your eyes, and take a few slow, deep, breaths through your nose. As you do this, feel the sensation of the breath in the area just below your nose and above your upper lip. Focus your attention here, on your anchor, as you do in our usual meditation practice. Do this for a few moments in silence.

As soon as your attention is focused on your anchor, imagine that as you focus on your anchor, as you penetrate it with your one-pointed mind, you feel yourself being led into a place of deep peace and serenity. Know that this is your birthright. This is the serenity of your spiritual nature. It is always there. You have only to clear away what is blocking you experiencing it.

Now silently, recite:

– **God grant me the serenity**

Reflect on the meaning of these words in silence – you are stating your sincere desire to experience the peace and serenity of your true spiritual nature – reflect on this for a moment in silence.

And now recite, silently, the next line:

– **to accept the things I cannot change,**

Reflect on the meaning of these words now – you are stating your willingness to accept the law that what is born dies, what begins, ends. You surrender yourself to this law, knowing that there is nothing here you can change. Reflect on this for a moment in silence.

And now recite, silently, the next line:

– **the courage to change the things I can,**

Reflect on the meaning of these words now – you are stating your willingness to train your mind and to engage in positive moral action because by doing this you clear away obstacles that prevent you from experiencing your serenity – your peace of mind. Reflect on this for a moment in silence.

And now recite, silently, the next line:

– **and the wisdom to know the difference.**

Reflect on the meaning of these words now. You are stating your commitment to your training in wisdom, with its two components, right view and right thinking. You are committed to knowing your true nature and to training your mind to experience it. Reflect on this for a moment in silence.

Now, return your focus to your anchor. As you focus on the sensation caused by the in and out breath, feel the serenity of your Spiritual nature. Know that it is there, that it is always there, you have only to train your mind to experience it.

When you are ready, open your eyes, and return your attention to the room.

Session 12

Maintaining the Spiritual Path

Truth

Truth is essential for maintenance of your Path

Be honest with yourself

Be honest with others

Be honest with your environment – treat it gently

Know that you can take refuge ...

In your spiritual guide(s)

In your spiritual teachings

In your spiritual community

There are resources in your community to help you

Above all ...

Do No Harm To Self or Others

Remain vigilant for addict self intrusions

Remain mindful of your true spiritual nature, and

Remember your 'anchor' when facing a storm

Be Happy !

GOAL OF SESSION #12:

Maintaining the spiritual path

Learn that TRUTH is essential for staying on my spiritual path, and that there are people and places and things I can turn to help me stay on my spiritual path.

BUILDING YOUR SPIRITUAL MUSCLES:

During session: Made a list of community resources to help me.

At-home practice assignments:

1. Three times daily 'Self Check-In':

Cue: _____ (e.g., telephone ringing)

Instructions: Interrupt yourself at least three times each day, using your cue (for example, the telephone ringing) to see “who is in control” – simply become aware of whether or not the addict self is turned ‘on’ (in control of your mind) when you are interrupted by your cue?

2. Spiritual Stretch:

Instructions: Begin each day with your spiritual stretch. See diagram for instructions.

3. Spiritual quality assigned: **TRUTH**

Instructions: Find your own **TRUTH** and express it during the week by completing your assignments and staying on your spiritual path.

4. Meditation:

Instructions: Meditate on the in- and out-breath for at least 10 minutes each day (preferably morning and evening) – increasing the amount of time by 5 minutes each week to a goal of 60 minutes daily.

5. Self-affirmation:

Instructions: Practice reciting your self-affirmation during the week; use it when the addict self tries to take over control.

6. Use medication mindfulness rituals to help you get maximum benefit from your HIV medical care.

7. Transcend drug craving or inappropriate sexual desire:

Instructions: If drug craving or inappropriate sexual desire arises, carefully examine it. Stare down the craving monster! Notice how the sensations associated with craving arise and pass away. Say to yourself 'this too shall pass.'

8. Practice 'metta':

Instructions: (a) Add metta statements to the end of your daily meditation on the in- and out-breath; and (b) when you have an encounter with someone that leads to negative emotion repeat your 'metta' statement until the emotion passes.

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10. Use your Daily Plan for filling the mind with your spiritual self:

Instructions: Using your Daily Plan begin filling your mind with your spiritual self in all your daily activities. Make changes to the Plan as needed to fill your mind more and more.

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12. Act 'as if' you are your spiritual self:

Instructions: Take on the role of your spiritual self, much like an actor takes on a role. Get to know your spiritual self's five friends and five enemies, and then go about your day acting 'as if' you are your spiritual self. Take on this self-identity in your daily life.

13. Meditate daily on the serenity prayer.

14. Follow-up on community resources:

Instructions: During the week, make contact with one or more of the community resources you identified during the session.

3-S Worksheet: Session #12

TAKING REFUGE

Getting the support you need on your spiritual path

Spiritual guide (s)

Spiritual teachings

Scriptures _____

Books _____

Videotapes _____

Audiotapes _____

Spiritual Community:

Friends and family also on a spiritual path:

Name _____ Telephone _____

Name _____ Telephone _____

Name _____ Telephone _____

Name _____ Telephone _____

Name _____ Telephone _____

Community resources:

(example: places of worship, meditation groups, fellowship groups, such as AA/NA)

Name and location	Meeting day and time
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Reading List (Optional)

a Kempis, T. (1984). *The Imitation of Christ*. New York: Vintage Spiritual Classics.

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Bien, T., & Bien, B. (2002). *Mindful Recovery. A Spiritual Path to Healing from Addiction*. New York: John Wiley & Sons.

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- Suzuki, S. (1970). *Zen Mind, Beginner's Mind*. New York: John Weatherhill, Inc.
- Teresa of Avila. (1961). *Interior Castle*. In E. a. T. b. E. A. Peers (Ed.). New York: Doubleday.
- Thubten Zopa, R. (1993). *Transforming Problems into Happiness*. Boston, MA: Wisdom.

Other recommendations:

- 1.
- 2.
- 3.
- 4.
- 5.