

A psychiatric resident student asking about meditation study, my tai chi dance response back:

From: dhshapir@uci.edu
Subject: Re: greetings--NAMASTE FROM THE CAVE
Date: Fri, April 13, 2012 3:37 pm
To: "Rael Cahn" <rael.cahn@gmail.com>

THANKS FOR YOUR KIND NOTE. AS YOU MAY BE AWARE, I HAVE LONG SINCE RETIRED FROM UCI (AND MOST OF THE WORLD!) AND NOW LIVE IN A "CONTEMPLATIVE CAVE" FROM WHICH I RARELY EMERGE. I WAS, HOWEVER, INTRIGUED AND IMPRESSED BY YOUR MISSIVE. SOME COMMENTS AND THOUGHTS IN CAPS BELOW

> mindfulness meditation intervention for psychiatric patients with
> concurrent brain imaging (EEG and if monetarily possible
> PET/fMRI/SPECT) and would like to meet with you to discuss details
> about this work if you have the time and interest. OK, SO HERE'S THE TAI
CHI DANCE SUGGESTION BACK:

On the content, I think my colleague Roger and daughter Shauna are much more up on the literature than I am, and will be great advisors;

> your colleague Roger Walsh (have been part of the meditation group
> since starting last year) EXCELLENT, HE'S A WONDERFUL PERSON, AND
MENTOR...as well as your daughter Shauna AND SHE'S A WONDERFUL PERSON
AND DAUGHTER!! and my

D) IF WE MEET, I'M MORE INTERESTED IN TALKING ABOUT "YOU" AND YOUR JOURNEY/CAREER THAN I AM IN THE MEDITATION STUDY (ROGER AND SHAUNA AND YOU I'M SURE KNOW MORE ABOUT WHOSE DOING WHAT BRAIN RESEARCH NOW. I'M NOT SURE I HAVE MUCH TO OFFER THERE, THOUGH I'M NOT UNWILING TO LISTEN.

What I would be willing to do, if it is of interest to you, is to meet to share more about you and your meditative journey. Let me suggest a couple topics:

1. Spiritual Time and a "homework!"

B) THIS IS CURRENTLY A VERY SACRED TIME IN JUDAISM, FOLLOWING THE PASSOVER. IT IS THE SEVEN WEEKS (SYMBOLICALLY) IN THE WILDERNESS, WITH EACH WEEK HAVING A DIFFERENT SPIRITUAL ENERGY (THIS WEEK'S ENERGY IS CHESED: LOVING KINDNESS; NEXT WEEK'S IS GEVURAH (BOUNDARIES, STRENGTH). THE TASK IS TO NOTICE THAT ENERGY IN ITS FORMS DURING THE WEEK, AND SEE ITS SPIRITUAL POTENTIAL. THIS ALL ENDS ON SHAVUOT, MAY 29, WHEN WE "CLIMB" SINAI. THERE IS A WONDERFUL MEDITATION EXERCISE WHICH I INVITE YOU TO TRY ON THAT DAY (SEE ATTACHED NOTE TO MY FAMILY)

Homework 1:

YOU'D LIKE TO MEET. THE FIRST HOMEWORK IS WHAT WORD, PHRASE, TEACHING DID YOU RECEIVE (SEE B) ABOVE. MORE HOMEWORK: (SEE d AND E BELOW).

Homework 2:

E) I'D LIKE YOU TO HAVE PREPARED AT LEAST A FEW SENTENCES IN ANSWER TO THE QUESTION" WHAT IS YOUR VIEW ABOUT THE NATURE OF THE UNIVERSE AT THE DEEPEST LEVEL. (DON'T OVERTHINK!)

Homework 3:

Please read pp 53-66 from the Control Therapy Training Module <https://controlresearch.net/control-therapy-manual.html>

THE CONTROL THERAPY TRAINING MANUAL. (BEGINNING WITH C) MINDFULNESS MEDITATION AND GOING THROUGH THE "LARGER PERSPECTIVE : HOUR GLASS, AND KEEP A JOURNAL, DIARY, ABOUT YOUR ANSWERS TO THE QUESTIONS RAISED. (SEE ATTACHMENT TWO

G) YOU WILL NOTICE DIFFERENT PERSONALITY THEORIES (IN MODULE TWO . AFTER YOU READ THOSE, HERE IS A POP QUIZ: THERE IS A NATIVE AMERICAN STORY OF A GRANDMOTHER AND A YOUNG ADULT. THE YOUNG ADULT SAYS, THERE SEEM TO BE TWO WOLVES IN ME. ONE IS GREEDY, GRASPING, ANGRY; THE OTHER IS KIND, LOVING, GENTLE. WHICH ONE WINS?

TO WHICH THE GRANDMOTHER REPLIES: IT DEPENDS WHICH ONE YOU FEED!

WHAT PERSONALITY THEORY (OR COMBINATION) MIGHT THIS STORY REPRESENT?

H) IF THESE "HOMEWORK" TASKS INTEREST, YOU, and you would still like to meet I'd be happy to invite you down to a lunch in Laguna.

AGAIN, THANKS FOR YOUR KIND NOTE. WISHING YOU PEACE, BLESSINGS, NAMASTE....

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> Wishing you all the best,

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J's comment: I think this is a wonderful example of teaching in this final phase. It is full of good nuggets and beautifully captures your interest in the person over the technique..shows the grace and kindness with which you respond to a student inquiry.