



COPING WITH STRESS:

Lesson 1 – Orange Juice Analogy

Orange Juice Analogy
The Power of Gratitude aka the Orange Juice Analogy
Body Scan Meditation
Evening Relaxation Meditation

Lesson 2 – What's Your Agenda

Meditation: Releasing Your Agenda

Lesson 3 – Resistance

Meditation: It Is What It Is

Lesson 4 – Open to Mystery

Meditation: Finding Your Symbol
Meditation: Surrender to Mystery

Lesson 5 – What Is Real

Meditation: Holding Center

TEACHINGS TO OUTLINE:

- 1. Orange Juice Analogy**
- 2. What's Your Agenda**
- 3. Resistance**
- 4. Open to Mystery**
- 5. What is Real**

MEDITATIONS TO WATCH/LISTEN & OUTLINE. LEARN ONE:

- 1. Body Scan**
- 2. Evening Relaxation**
- 3. Releasing Your Agenda**
- 4. It Is What It Is**
- 5. Finding Your Symbol**
- 6. Surrender to Mystery**
- 7. Holding Center**