**Follow-up Letter to Zoom Call 08**

Hello Friends,

Good to be with you on the call yesterday. As usual, I enjoyed being with everyone. I hope you're finding that as well. Here are the recordings:

[Gallery view](https://us02web.zoom.us/rec/play/DGQZtu-zEn5CeVaKPHcPbRvFtW_WjGfcNgfFLoChOcofASPVoEtE598njPjMDjCbWzroqKCZ4TGMtyAS.dutDAc7yQQhRuA5F?autoplay=true)

[Audio only](https://us02web.zoom.us/rec/play/KSvmeqDKUVsz82krwQ-u8SxE9waIXx-nEbOG7bLSMCDFGQX6rHtVb2T-oqY8xAHnnTntfdsiDjO-cXKT.NDb1x1TaBOsb-QzB?autoplay=true)

We discussed how to skillfully grieve and some other questions that came up. We also did Zoom Brahma Vihara practice. People pinned someone and went through the four heart practices of loving kindness, compassion, sympathetic Joy and equanimity. This was an adaptation of a Joanna Macy guided meditation which is very powerful that you can use in your groups. Finally we did a Mudita Sympathetic Joy practice that you might also try with your groups.

I hope you're watching these training calls if you aren't able to attend. And I hope you are enjoying your mentor pods as well as running your groups.

Our next call will be Monday, May 23rd at 1pm. Until then take good care.

With metta,

James