



KEY TEACHING POINTS:

1. The true measure of mindfulness
is in how you inhabit the regular, everyday moments of your life.
In how you face challenges
In how you relate with others
In how you treat yourself
from day to day
and from moment to moment
2. Can you remember to breath in tough times?
Can you soften any unnecessary tension in your body?
Can you put discomfort in perspective, knowing that you are not your discomfort?
3. Mindfulness is about being authentic, real, and open
To whatever is going on.
- 4 Mindfulness has nothing to do with making anything go away
Remember, what you resist - persists.
5. You are just looking for a place to ground your non-judgmental awareness
a momentary refuge where you can sense into the present moment
and perhaps discover some respite,
right in the middle of things
as they are
however they are.

TEACHINGS:

Mindfulness has nothing to do with making anything go away
Remember, what you resist - persists.
If you ignore pain or suppress what is actually happening,
Then a variety of energies will only get stronger,
Until it becomes larger and more painful than you ever imagined.

So what do you do?
These mindfulness practices are about bringing MORE attention



to your actual sensory experience.
It's about being with your pain in a wise, caring way.

If you want to alleviate your pain with mindfulness,
Then you do not want to try to suppress your pain .
And you also do not want to try to suppress your emotional state

This isn't about getting rid of anything or fixing anything at all
even though you may want to feel helpless and resentful
that medicine cannot fix what you feel is the matter

On the contrary
you are just looking for a place to ground your non-judgmental awareness
a momentary refuge where you can sense into the present moment
and perhaps discover some respite,
right in the middle of things
as they are
however they are

This sensing,
this non-doing, or just being,
can very quickly lead to things changing,
since things are always changing -
even your pain and,
More importantly, your relationship to it

I'd like you to practice this 'being with'
During a body scan.
For most people, it takes some time to get used to,
To be able to sense into different parts of the body.

It takes time to get good at this,
But i assure you,
It will come in handy,
Even when you're trying to fall asleep, reduce stress,
Alleviate anxiety, and deal with pain flare ups.



So why practice mindfulness?
Just to feel calm for 10 minutes?
Just to satisfy your doctor, therapist, or teacher?

The true measure of mindfulness
is in how you inhabit the regular, everyday moments of your life.
In how you face challenges
In how you relate with others
In how you treat yourself
from day to day
and from moment to moment

Of course, with any kind of physical or mental condition
that just adds to all the other stresses and pressures on us
That we all endure.
And sometimes we may find ourselves
bracing just to get through the day
or just to get through a minute
with a lot of tension in the body
Or the mind

mindfulness is really about learning how to work with this tension
so that it doesn't wind up eroding the entire quality of our lives

Can you remember to breath in tough times?
Can you soften any unnecessary tension in your body?
Can you put discomfort in perspective, knowing that you are not your discomfort?

we you investigate and see how much you are contracted,
defensive, self preoccupied,
caught up in destructive emotions, or self-defeating thinking?

Can you bring curiosity to most of your regularly occurring intense emotions?
Rather than feel righteous, resentful, angry, or sad?

And can you challenge yourself to take it to the next level -
can you be more open-hearted even - in the face of your discomfort?
more self-compassionate, accepting or accepting of others?
more balanced and optimistic?



This may sound impossible sometimes,
But each moment that you remember to take a breath
And evaluate with perspective,
It gets more and more possible
To live with this wisdom, compassion, and mindfulness.

When it's all said and done,
life itself is the real mindfulness teacher
and the real mindfulness practice