



In this exercise,
I will remind you that the fruits of mindfulness practice
Are well worth the hard work and disciplined effort
That it takes over the coming weeks

Please keep in mind that the power of mindfulness develops with disciplined practice

... That means that you may feel bored,
Tired,
And even annoyed many times
as you listen to the same guided meditations and mindfulness exercises,
over and over again
day by day and month after month

you don't have to like the mindfulness practices,
you just have to do them.

Remember, mindfulness isn't about liking the present moment.
It's not about feeling good, or pleasant, or comfortable.
It means paying attention to your experience without judgment

This means that you may experience doubt that mindfulness even works.
This is normal and understandable.
The mind typically reacts to uncomfortable practices that take discipline
With a sense of agitation, annoyance, or aversion.

sometimes the practices that people have the most resistance to
turn out to be the most effective and powerful for them.
so boredom, impatience or frustration need not be a problem at all.

they're just passing mind-states
that come and go,
like any and all mind-states,
such as anxiety or sadness or joy or gratitude.

So every time you listen to these exercises,
Whether you're at the doctors office, at home,
Or out on a walk,
you may find that you are hearing new things,



things you think you've never heard before,
even though obviously they've been here from the beginning.

If something you hear during these teachings
Or mindfulness practices
Catches your ear,
Please try to listen to it again
To make sure that you absorb it into your heart,
Into your bones,
Reinforcing the teachings or concepts
So that you integrate them into your daily life,
Improving the chances of ENJOYING the practice more
Because you feel the benefits outweigh the hard work and effort
To be present
In times of pain

since you yourself are never quite the same from one day to the next,
what you hear and understand may not be either.
all these practices are different doors into the same room:
awareness itself.