

Dear Mindfulness Group Member:

Here is your week two summary. Our second class is called Be Right Where You Are. In this class we introduce the core concept of staying with your present-moment experience.

In class two, we discussed having a curious stance towards our own personal *habits of mind*. Perhaps you find yourself in planning mind where you are constantly rehearsing the future. Or you might find yourself in rehashing mind, constantly playing back previous events. Try noticing your own habits of mind without judgment. A deeper awareness of what your mind is doing offers the opportunity to return fully to THIS MOMENT. The only moment in which we can actually live, be happy, and grow.

We introduced the formal practice of Mindfulness of Breathing and the techniques 2 Feet, 1 Breath and 3Ps.

For your homework this week, complete a 15 minute Body Scan each day. And try the informal practices above at least once each day.

This week's mindfulness tip is to use a consistent posture for your meditation practice. We call this *stimulus control*, where a certain stimulus such a specific meditation posture, over time results in a conditioned response, in this case a sense of ease. This takes weeks or even months to develop. But just like Pavlov's dogs that salivate when they hear a bell, experienced meditators know that settling into their specific meditation posture can trigger a sense of mental and physical ease during a hectic day even before the practice begins.

Keep up your practice! We look forward to seeing you in the next class.

Warmly,