

## Welcome to Class #2

Most of you have now experienced your first full week of mindfulness practice using the body scan meditation and mindful eating. What was it like, introducing this practice into your daily routine?

You have set an intention to learn new skills that will help you be more present and aware. But doing things “anew” may bump up against well-worn habits: for example, what might you have to give up, in order to do your 45 minutes of mindfulness homework?

Habits are characterized by the minimal effort it takes to engage in them. New practices such as the body scan require you to put effort into making a new path in your life and in your brain. This kind of growth can entail physical or emotional discomfort. If you feel resistance to the homework, it may be an example of “moving beyond your comfort zone”. Remember, this discomfort is normal, and it is chosen by you; not imposed by anyone else.

We are not trying to “get rid of” experiences, or to “stop thinking” about anything. Nor are we trying to achieve any kind of bliss, or worry free state of mind. We are learning to become more aware of the body and mind as they are in any given moment. It is enough just to be aware. Sounds easy, right?

Through your daily practice, homework and your attendance at class mindfulness will make more and more sense, and may even come about with more ease. Remember, the benefits are to be discovered, rather than acquired or achieved.

Be kind to yourself, and have a good week!

A handwritten signature in black ink that reads "Geri". The signature is written in a cursive, flowing style.