

Welcome to Class #5

We continue to look at our reactive vs. responsive gestures in both formal practice (body scan, sitting and yoga) and informal practice (everyday life). Catching ourselves being carried away by habitual thinking or emotion (“cow paths”) is not a bad thing! Remember that each time you “catch” yourself, *you have already returned to mindful awareness*. Be easy with yourself at these moments. Practice saying, “Oh THAT” or “There it is again”, followed by a return to the breath. Then, take the next small step in your life with care and skill. No need to judge ourselves harshly. We are “resetting our dials” when we use awareness in this way. *When we are fully aware, we are best equipped to respond to whatever is happening now.*

The effects of this course of study and practice can be quite noticeable and at times quite subtle. Working too hard at it defeats the purpose, so remember to be *gently persistent without striving*.

Life is sometimes described as a “game to be won”; a “journey to deliver us to a particular place”; a set of “goals to be met”. In contrast, this course asks you to experiment for eight weeks with a different model: *unfolding* like a flower, *filling* like a lake; *becoming* like dawn, dusk, or a season of the year.

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