

Welcome to Class #8

Throughout the two months of this Mindfulness Based Stress Reduction class each of us has experienced our own version of the “full catastrophe” that Jon Kabat-Zinn refers to in his book, Full Catastrophe Living. Life shifts and changes in ways we can never predict. Coming to class and scheduling time for practice may have been challenging, but also may have been rewarding. You are now part of a growing community of MBSR alumni in northern Minnesota, but also in our state, country and world.

This week I have compiled a resource list to help support your continued practice. I encourage you to stay in touch with the offerings of the Center for Spirituality and Healing at the University of Minnesota. They have great ongoing training and publications related to wellness, and the use of meditation in support of wellbeing. I hope you will consider a weekend or longer silent meditation retreat at some time in the future through the Twin Cities Vipassana Collective. It can be very nourishing and affirming to your practice.

As you explore mindfulness in your life, you will undoubtedly notice its association with Buddhism. Buddhism is one of many wisdom traditions that teach mindfulness. Mindful awareness is just another human capacity, so it is available to anyone, regardless of spiritual or non spiritual orientation.

It has been my privilege to offer this class, and to practice with all of you. I wish each of you continued and deepening practice whether seated in stillness or steeped in the never-ending activity of your lives!

Warmly, 