

Welcome to Class #7

This week we are encouraged to continue expanding the sphere of awareness beyond the “locale” of our bodies. Sitting meditation with “*choiceless awareness*” will be practiced in class, and in next week’s homework.

We will continue to look at gestures of response vs. our habitual “reactions” in difficult relationship situations. A twinge of distress can become the signal to activate our newfound skills: a pause; a conscious breath; a sense of curiosity; a conscious softening of the body...etc.

The course has introduced many formal options for developing mindful awareness. As always, informal practice is ongoing, so every time you are aware in the moment, you have shed distraction, and literally, “come to life”.

Enjoy practicing this week without guided recordings. You are encouraged to explore your favorite practices, and to experiment with different schedules of awareness practice. When you want to explore areas of difficulty, you can work with your “less favorite” practices.

Your life choices are greatly expanded because you decided to follow through with this course.

A handwritten signature in cursive script that reads "Geri".