

THE MOMENT IS NOW



NEWSLETTER

GIVING OF YOURSELF FREELY

The pig and the cow had a conversation one day. The pig said to the cow, "How come you get grain, bought grain from the store, all the best of everything, and I get garbage from the table, garbage to eat?" And the cow said, "Well, I give every day, but you, we have to wait till you're dead to get anything good out of you."

In living mindfully we practice giving without expectation of anything in return. When thoughts of personal gain are involved in the giving, contentment and joy are lost in the mire of hope and fear. Our generosity has become tainted with a materialistic outlook.

What kind of giving inspires wakefulness? We can give the gift of presence, the gift of patience, or the gift of understanding. We can practice generosity of the heart by opening up, sharing and becoming a little more transparent in our interactions.

If you want to be happy this holiday season consider smiling at a stranger, inviting someone to move ahead of you in line, listening to a family member with undivided attention, or forgiving someone whom you have blamed. All of this is free yet priceless to others. It's our "milk," so let's be like the cow and give daily. It's our nature to want to do so.

Janet

"When you cease to make a contribution, you begin to die."

-Eleanor Roosevelt-

**"All you have shall some day be given;
Therefore give now, that the season of giving
may be yours and not your inheritors."**

Kahlil Gibran

MBSR Foundation Courses Schedule



Intro to MBSR WINTER RETREAT

at
SHAMBHALA MOUNTAIN CENTER

February 17-19, 2012

Enjoy the beauty, silence, and settled environment of SMC in February. Learn the tools of MBSR or return for a deepening of your practice. Everyone is welcome!

For more information or to register: **MBSR at SMC**