

# The Moment is Now

A newsletter from  
*The Center for Courageous Living*

## Sense of Humor

Several weeks ago I stumbled upon this sign at a Vancouver park. Clever, I thought. It's good to find a sense of humor on public signage. After all, how many signs need to say, "Please pick up after your dog."

The message allowed me to laugh and feel my connection to a larger society which has placed excessive attention on "number one" - the best, fastest, richest, strongest, most beautiful, most famous. It's a set up for painful comparison and reinforcement for our ceaseless striving to be somewhere else, someone else, at some other time. How is one to ever feel content with such striving and comparison?

I once heard a story of a meditator asking his teacher which of the five senses was most important to cultivate on the spiritual path. The teacher replied, "Sense of humor."

And thus, I leave you with a joke.

*When the new patient was settled comfortably on the couch, the psychiatrist began his therapy session.*

*"As your a new patient with me, I do apologize, but I haven't had time to review your case file and I'm not really aware of your problem." The psychiatrist said, "So perhaps, you should start at the very beginning."*

*"But of course." Replied the patient, "In the beginning, I created the Heavens and the Earth ..."*



## Upcoming Programs & Retreats

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### **DAY OF MINDFULNESS Retreat in Boulder, JULY 31ST**

Open to anyone with prior meditation experience. July 31, 2010. 9:30 a.m. - 3:30 p.m., \$50. (\$65 at the door) For more information email [JANET](#)

### **MBSR Foundation Courses this Fall**

Beginning September 14th at the [Boulder Shambhala Meditation Center](#)  
Beginning September 16th at the [Denver Shambhala Meditation Center](#)