

J A N U A R Y 2 0 1 2

the MOMENT IS NOW

NEWS FROM THE CENTER FOR COURAGEOUS LIVING



Cat Haiku

*The rule for today
Touch my tail, I shred your hand
New rule tomorrow*

January Refresher:

MBSR 3-hr. Practice Session

1/21/2012

9:30 a.m. - 12:30 p.m.

Denver Shambhala Center

\$30 - \$40 suggested donation

Pre-registration is required.

[REGISTER](#)

✧ 2012 Aspirations ✧

What do you wish for yourself this coming year?

When our aspirations are met with a balance of joyful enthusiasm and non-attachment to results, our efforts will naturally engage our curiosity.

Curiosity Beyond Limits

The beginning of a new calendar year gives reason to reflect on new goals and fresh approaches to familiar pursuits.

Here's one question to consider: *How much am I willing to not-know as I proceed into the coming year?*

Without a healthy dose of curiosity, patterned ways of approaching daily activity - from self-care to relationships to work life - will unlikely be freed from the deep habits forged over time. With curiosity infusing our daily life, preconceptions weaken and we

become fully present for the magic of life's mysterious unfolding.

According to Michael Carrol, author of *Awake at Work*, "Not-knowing starts by giving ourselves a break from constantly seeking to accomplish.

We shift from the feeling of *making* something happen to

letting something happen...We let our curiosity have a free rein."

Are you curious about what will happen this coming year? Will you be awake to what feels vivid, fresh, and new?

Happy New Year from Janet



Upcoming Classes & Retreats

*Please check our website for the most up-to-date information:
[The Center for Courageous Living](#)*

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MBSR Foundation Courses beginning in January, 2012, Denver & Longmont. Additional courses sponsored by the Epilepsy Foundation and by Cancer Support Community Colorado.

MBSR 1/2 Day Refresher Retreat January 21st, 2012 in Denver.

MBSR Retreat at Shambhala Mountain Center, February 17-19, 2012

Individual MBSR mentoring - in person or by phone. Please contact Janet for more info: **[MB-Well](#)**