

THE MOMENT IS NOW

NEWSLETTER



PICK YOURSELF UP

When I was growing up my father liked to play records during our Saturday morning chores. He had a natural ability to rouse energy and enthusiasm in an area of family life that my brothers and I did not consider fun. One of his favorite songs to play on this occasion was *Pick Yourself Up*. I heard it so many times in those early years that the lyrics have been ingrained in my mind. Its message is uplifting:

*Nothing's impossible I have found,
For when my chin is on the ground,
I pick myself up,
Dust myself off,
Start all over again.*

*Don't lose your confidence if you slip,
Be grateful for a pleasant trip,
And pick yourself up,
Dust yourself off,
Start all over again.*

The act of “picking yourself up” is what we do in mindfulness practice. Engrossed in thoughts and storylines, we fall away from being present, sometimes into the dark hole of blame, criticism, doubt, and fear, or more commonly into the realm of fantasy. When we recognize that we have taken a fall, we learn how to pick ourselves up and start fresh.

Best advice: Do it with gentleness and an open heart. Falling is natural and, as we see in young children, can be a source of great delight!

UPCOMING PROGRAMS & RETREATS

Spring MBSR Foundation Course in Longmont!

for more info: [MBSR Solar Yoga](#)



MBSR 5-day Intensive RETREAT

at
Shambhala Mountain Center

JULY 26 - 31, 2011

Enjoy the beauty, magic, and healing environment of Shambhala Mountain Center in Northern Colorado. By far my favorite place to be on retreat!

For more information or to register: [SMC Retreat](#)

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