
The Moment is Now

from *The Center for Courageous Living*

SIX REASONS TO PRACTICE MINDFULNESS



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- #1 Meditation leads to feelings of greater well-being, balance, happiness, and peace, at least in the long run.
 - #2 The mere practice of sitting through unpleasant moments teaches us to befriend ourselves.
 - #3 Meditation gives us insight into habitual and often negative (or at least inaccurate) ways of thinking.
 - #4 Meditation helps us sense where we hold tension and pain and puts us in touch with our emotional reactions to pain.
 - #5 Formal practice sets us free from the tyranny of our emotions, thoughts, and sensations as we stop identifying with them.
 - #6 Through dedicated practice we observe the constantly changing nature of our experiences.

In the last newsletter the challenge of laziness was addressed. The key point was not that you should feel bad because you are caught in resistance to mindfulness practice, rather by simply dropping into this very moment - the simplicity of nowness which by nature is basically good - you overcome laziness. It all happens *now*.

Most everyone goes through cycles with formal mindfulness practice. Following a class or retreat you may feel very inspired to practice daily. As the weeks, months, years go by you may forget your original motivation as formal practice falls away. A fresh start can occur at any time. Before doing so it is important to touch into “why bother” - *make it honest and personal*.

Keep in mind that the six reasons above could lead you into a goal-driven practice. The attitude of non-striving is hard to cultivate when promises of peace, insight, and freedom are dangling in front of your nose. Knowing what motivates you and then letting it go as you proceed in formal mindfulness practice is what is recommended. Good luck!

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