



# October 2010

The Moment is Now

A Newsletter from *The Center for Courageous Living*

## From Laziness to Happiness

### What is laziness?

No matter what we desire or where we want to go in life laziness presents problems. If you aspire to be more mindful, to cultivate positive qualities and improve your health along the way, you will have to get up off the couch or pull yourself away from the computer in order to make time for formal practice. Laziness is a common obstacle to mindfulness practice.

Laziness has many forms. Ordinary laziness is sluggish, sleepy, and immobile. Busy laziness is filling every moment with the “to do list” even when you don’t have to or overextending to the point of exhaustion. Disheartenment occurs when we feel outnumbered by our thoughts leading to a “why bother” laziness. When we avoid the simplicity of being fully present, of dropping our interpretations and judgments, we miss the ever-present opportunity to touch wholeness and oneness.

### Happiness can only be found in the present moment.

Laziness can lead to depression - a lessening of the vitality of the moment. Recognizing how laziness manifests in our experience is a stepping stone for waking up. Noticing habits such as mindlessly flipping through TV channels after work, rehashing (*ad nauseam*) the dramas of the day, squeezing in one more appointment in an already full schedule, or adding negativity to the natural mishaps of life can all be reminders to step out of the cocoon of habit and open to a bigger world. *Breathe. Feel your feet on the ground. Recognize thoughts as thoughts.* When we drop into being we discover joy and happiness are always available regardless of the conditions of our life.

## *Upcoming Programs & Retreats*

**OCTOBER 22-24**

**MBSR RETREAT AT [SHAMBHALA MOUNTAIN CENTER](#)**

**OCTOBER 31, 9:30 A.M. - 1:30 P.M.**

**SILENT PRACTICE SESSION AT [SOLARYOGA](#)**

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