

STRESSCARE

Wellness Through Mindfulness

Workbook

Table of Contents

- Orientation Message For New Students: *Welcome*
- Orientation Tasks To Be Completed At Home: *Before Your First Class Meeting*
- Guidelines For The Weekly Classes: *Basic Structure and Expectations*
- Orientation Task #1—Read: *Technology Requirements for Online Classes*
- Orientation Task #2—Read: *Preparation and Etiquette for Online Classes*
- Orientation Task #3—Read: *How to Join a Zoom Meeting*
- Homework Message To Students
- Home Assignment #1—Practice: *One Hour For Yourself*
Worksheet: One Hour For Yourself
- Home Assignment #2—Practice: *Body & Breath, Perception & Responding*
- Home Assignment #3—Practice: *Pleasure & Connection*
Worksheet: Pleasant Events Calendar
- Home Assignment #4—Practice: *Stress & Reactivity*
Worksheet: Unpleasant Events Calendar
- Home Assignment #5—Practice: *Suffering & Delight*
Worksheet: Stress Reactivity Calendar
- Home Assignment #6—Practice: *Communication*
Worksheet: Difficult Communications Calendar
- All-day Retreat Message To Students: *A Day of Mindfulness - Overview*
- All-day Retreat Task #1—Read: *Gathering in the Online Live Retreat Hall*
- All-day Retreat Task #2—Read: *Setting up Your Personal Retreat Hall*
- All-day Retreat Task #3—Read: *What to Bring to Retreat*
- All-day Retreat Task #4—Print: *Online Live Retreat Schedule*
- Home Assignment #7—Practice: *Everyday Practice*
Worksheet: 24-Hour Food Chart
- Home Assignment #8—Practice: *This is it!*
Worksheet: Meditation Log
- Concluding Message To Students
(End.)

Orientation Message For New Students

Welcome to the 8-Week Course

StressCare's Online Live 8-Week MBSR is an interactive web-based program—your full attention and participation will be required. Classes are held on Zoom, an online meeting platform.

All instructions for your course are in this Workbook PDF and on the StressCare "For Current Students" page at www.stresscaretraining.org/for-current-students. Your instructor will give you the password.

This Workbook guides 8-Week MBSR students through the weekly home assignments throughout the course. All assignments and worksheets are contained in this Workbook PDF.

There is an abridged Online Workbook accessible from the "For Current Students" page, for your convenience. The Online Workbook serves as a reference in situations where you don't have the printed Workbook on hand.

Orientation Tasks To Be Completed at Home

Before Your First Class Meeting

Complete the following tasks before your first class meeting, the Orientation. These tasks will guide you in setting up your Workbook, computer and personal space for the online class meetings.

Note: All worksheets are included in this Workbook PDF. For your convenience, you will also find the home assignments and student messages in the Online Workbook. However, the worksheets are not displayed online. Links for individual worksheet PDFs are located at the bottom of each online home assignment page, as a convenience if needed.

- Print this Workbook PDF (40 pages) before the first online meeting.
- As a convenience, you may refer to the Online Workbook for the weekly home assignments. (Read the note above.)
- Recommended: Familiarize yourself with the Online Workbook. The Online Workbook serves as a reference for your convenience.
- Put your printed Workbook pages in a folder or 3-ring binder.
- Plan to use a journal (not included) or loose paper for additional notes.
- Read: Guidelines For The Weekly Classes: *Basic Structure and Expectations*
- Complete: Orientation Tasks #1, #2, & #3:

Orientation Task #1—Technology Requirements for Online Classes

Orientation Task #2—Preparation and Etiquette for Online Classes

Orientation Task #3—How to Join a Zoom Meeting

Guidelines For The Weekly Classes

Basic Structure and Expectations

Complete the exercises in this Workbook week by week, and be prepared to discuss them. Your instructor will assign homework in each class.

- **Use your printed StressCare Workbook PDF** for your weekly home assignments. Use a journal or loose paper for additional notes.
- **As a convenience**, you may refer to the Online Workbook to get the weekly home assignments.
- **Use StressCare's Guided Meditation Audio** for the Workbook exercises. Download or stream Guided Meditations on the "For Current Students" page or the auxiliary student website, www.StressCare4U.com.
- **Always bring your printed Workbook pages** and a writing instrument to your online class meetings. Bring your journal notes if you have them.
- **Complete the suggested weekly readings** in Jon Kabat-Zinn's book, *Full Catastrophe Living*, 2013 Edition. The book is not included in the course materials. Reading is recommended but not required.
- **If you must miss a class meeting, contact your instructor**, Karin Pfluger, at karin@stresscaretraining.org—or leave a confidential voicemail at (510) 843-1575.

Orientation Task #1

Technology Requirements for Online Classes

This online course requires internet access. It is the participant's responsibility to ensure that you have adequate equipment and internet connection.

- **Participation will be via your computer** (PC or Mac), with interactive audio, video and chat. Tablets and phones may not display all of your classmates on one screen, and are not recommended.
- **Classes meet online using Zoom**, a web-based video conferencing platform. Participants shall download Zoom onto their computer before the first class meeting (see below).

System Requirements

- Internet connection — broadband wired or wireless (WiFi)
- Audio and video — the built-in speakers, microphone and webcam on your computer are usually sufficient
- Optional — USB plug-in or wireless speakers, microphone, or webcam
- Recommended — headphones or earphones/earbuds to enhance sound quality and reduce feedback noise
- Get all system requirements on the Zoom website: <https://support.zoom.us/hc/en-us/articles/201362023-System-Requirements-for-PC-Mac-and-Linux>

Required Preparation

- Download Zoom by clicking on <https://zoom.us/download>
- Join a Test Meeting on Zoom, at <https://zoom.us/test>
- Test your camera and microphone at <https://zoom.us/test>
- Test your headphones/earphones with the computer you will be using

Zoom Support Center get help at <https://support.zoom.us/hc/en-us>

Orientation Task # 2

Preparation and Etiquette for Online Classes

Follow the steps below before joining your first class meeting.

Give yourself ample time to read and prepare, so you can successfully join the online classes. We look forward to seeing you “there.”

1. Set up your computer

- Set up your computer, download Zoom, and join a “test meeting” - see Orientation Task #1 to learn more.
- Headphones or earphones/earbuds are recommended.

2. Set up your space

- Choose a space where you will be undisturbed.
- You will need floor space for the yoga, walking, and lying-down meditations. Space for walking should be at minimum the length of a yoga mat (about six feet.)
- Set up a comfortable seat in front of your device so your face will be visible on screen, and lit from the front, if possible.

3. Bring the following to each class meeting:

- Yoga mat, camping mat, or thick blanket for the floor
- Light blanket to cover the body
- Pillows for support
- Water (hydration)
- Journal, Workbook, and writing instrument
- Optional: *Full Catastrophe Living* by Jon Kabat-Zinn

Preparation and Etiquette for Online Classes, cont'd.

4. Be present

- Set aside this time to be fully present for class. Consider leaving your cell phone in another room. Rest inside yourself!

5. Join the class meeting

- Join the class from your email link, or from the Zoom website using the class Meeting ID - see Orientation Task #3 for more details.

6. Etiquette during class

- Classes begin and end promptly. The Zoom meeting will open 15 minutes early, and you may join the meeting any time between then and the start of class. The teacher video will be off until class time. It is important to be ready a few minutes before class begins.
- Join with video and audio. Your microphone will be muted upon entry - do not unmute your mic. While you are muted you can still hear everything that is going on.
- Acquaint yourself with the controls: Mute/Unmute, Video On/Off, Raise Hand, Chat, and GalleryView/SpeakerView.
- Keep your microphone muted and your video on during class.
- Use Gallery View.
- Use the Chat function sparingly.
- In class discussions, raise your (real) hand to let the teacher know you want to talk. When the teacher calls on you, unmute yourself. When you are done speaking, mute yourself again.
- If you need to leave your seat for a moment or for a bio-break, leave your computer in place and your video on.
- Bio-breaks are at your discretion—simply leave and return to your seat with mindfulness.

Orientation Task #3

How to Join a Zoom Class Meeting

Online classes are held on Zoom. Follow these easy steps to join an online Zoom class meeting:

- First, set up your computer and download Zoom
(See Orientation Task #1)
- Next, read about our protocol for online classes
(See Orientation Task #2)
- Then, check your email. You will get an email invite from StressCare, 24 hours before the start of each class, with a clickable link and other meeting info.
- Open the email, and click on the meeting link
- You'll automatically be taken to the meeting
- Close open programs or browser windows

Alternate method:

- Follow steps 1 through 3 above
- Get the Meeting ID from the email invite
- Go to the Zoom website (at <https://zoom.us>) - at the top of the home page, click "Join a Meeting"
- Type in the Meeting ID, and click the "Join" button to be taken to the meeting
- Close open programs or browser windows

Homework Message To New Students

Complete the exercises in each week's home assignment, and be prepared to discuss them. Your instructor will assign homework in each class.

If you encounter resistance along the way, don't worry—welcome to the club! This is common, and is part of the process. Be kind to yourself, notice when you're not. Your effort is best when not too tight, and not too loose. Forge ahead patiently and gently, step by step.

If you have homework difficulties or questions, contact your instructor, Karin Pfluger, at karin@stresscaretraining.org.

Home Assignment To Be Completed For Class #1

One Hour For Yourself

Using the “For Current Students” page, complete the following:

- Download the Guided Meditation Audio—four meditation tracks—to your device(s), and make sure you can play them.
- Or, test and plan to stream the Audio.

Spend some time considering what brings you to this course:

- What do you want for yourself? Reflect on the commitment of time and attention that is necessary. How can you keep this, and your own health and well-being, as a priority?
- Make journal notes.

Make one hour for yourself each day this week.

- Make this time in your schedule and stick to it. What you do is entirely up to you.
- Make notes in the *One Hour For Yourself* worksheet on the next page. Make additional journal notes if needed.

One Hour For Yourself

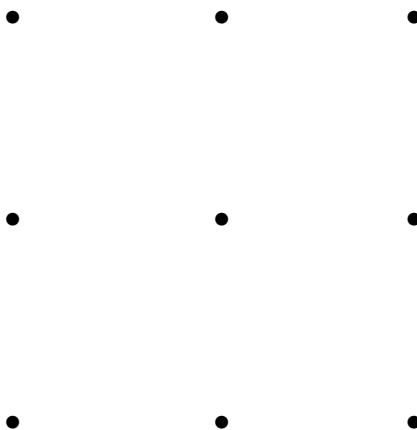
Reserve one hour each day this week that's just for you. (That's at least six days before the next class meeting.) Make a written note of what happened during that time each day; what you noticed, sensed, felt, thought, learned.

| |
|------------------|
| Monday |
| Tuesday |
| Wednesday |
| Thursday |
| Friday |
| Saturday |
| Sunday |

Home Assignment To Be Completed For Class # 2

Body & Breath Perception & Responding

- Do the Body Scan once each day, using the Guided Meditation Audio.
- Eat one meal mindfully this week.
- Suggested reading: *Full Catastrophe Living*, introduction, chapters 1-5, & 10.
- Do the Nine-Dots Exercise: Connect all nine dots (below) using only straight lines, and no more than four. Do not lift the point of the pencil while drawing the lines. The lines may cross one another, but do not retrace. Don't seek out the answer from Google—attend to your own process. Optional: Make journal notes.



Home Assignment To Be Completed For Class # 3

Pleasure & Connection

- Do the Body Scan once each day, using the Guided Meditation Audio.
- Do Sitting Meditation once each day for ten minutes, using the Audio.
- Complete the Pleasant Events calendar on the next two pages.
- Select one activity that you do every day such as washing your face, brushing your teeth, washing a few dishes, taking out the garbage, or walking the dog—and do this activity mindfully each day.
- Suggested reading: *Full Catastrophe Living*, chapters 11-16.

We take long trips.
We puzzle over the meaning of a painting or a book,
when what we're wanting to see and understand
in this world, we *are* that.

-- Rumi

PLEASANT EVENTS

| What happened during the event? | What sensations did you feel in your <u>body</u> – eg., abdomen, chest, throat? | What <u>feelings and emotions</u> did you have? |
|---------------------------------|---|---|
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |

PLEASANT EVENTS (cont'd.)

| What <u>thoughts</u> were in your mind? | What did you <u>learn</u> —a detail, an insight, something new? | What are your thoughts and feelings <u>now</u> as you write this? |
|---|---|---|
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |

Happily may I walk.
May it be beautiful before me.
May it be beautiful behind me.
May it be beautiful below me.
May it be beautiful above me.
May it be beautiful all around me.
In beauty it is finished.

-- Navaho Night Chant

Don't go outside your house to see flowers,
my friend, don't bother with that excursion.
Inside your body there are flowers.
One flower has a thousand petals
that will do for a place to sit.
Sitting there you will have a glimpse of beauty
inside the body and out of it,
before gardens and after gardens.

-- Kabir

Home Assignment To Be Completed For Class # 4

Stress & Reactivity

- Do the Body Scan every other day using the Audio; on alternate days do Yoga On The Floor, using the Audio.
- Do Sitting Meditation once each day for 10 minutes on your own, with attention on breathing, or using the Audio.
- Complete the Unpleasant Events calendar on the next two pages.
- During the course of your day, notice those moments in which you are not aware, not present, not paying attention, going on "automatic pilot."
- What are the events or circumstances that distract you, pull you off center?
Optional: Make journal notes.
- Suggested reading: *Full Catastrophe Living*, chapters 17-20.

UNPLEASANT EVENTS

| What happened during the event? | What sensations did you feel in your <u>body</u> – eg., abdomen, chest, throat? | What <u>feelings and emotions</u> did you have? |
|---------------------------------|---|---|
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |

UNPLEASANT EVENTS, (cont'd.)

| What <u>thoughts</u> were in your mind? | What did you <u>learn</u> —a detail, an insight, something new? | What are your thoughts and feelings <u>now</u> as you write this? |
|---|---|---|
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |

Home Assignment To Be Completed For Class # 5

Suffering & Delight

- Do Yoga every day, alternating Yoga on the Floor and Yoga On Your Feet, using the Audio.
- Do Sitting Meditation once each day for 15 minutes, using the Audio.
- Be aware of stress reactivity during the week, and pause in the moment.
- What are the events or circumstances that led to the stress reaction? Stress reactivity can include shutting yourself off from difficult situations, or becoming numb or indifferent. Optional: Make journal notes.
- Complete the Stress Reactivity calendar on the next two pages.
- Suggested reading: *Full Catastrophe Living*, chapters 6, 21-25.

STRESS REACTIVITY

| Describe the stress reactivity. | What sensations did you feel in your <u>body</u> – eg., abdomen, chest, throat? | What <u>feelings and emotions</u> did you have? |
|---------------------------------|---|---|
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |

STRESS REACTIVITY, (cont'd.)

| What <u>thoughts</u> were in your mind? | What did you <u>learn</u> —a detail, an insight, something new? | What are your thoughts and feelings <u>now</u> as you write this? |
|---|---|---|
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |

I go among the trees and sit still.
All my stirring becomes quiet
around me like circles on water.
My tasks lie in their places
where I left them, asleep like cattle.

Then what I am afraid of comes.
I live for a while in its sight,
What I fear in it leaves it,
And the fear of it leaves me.
It sings, and I hear its song.

-- Wendell Berry

We have this way of talking, and we have another.
Apart from what we wish and what we fear may happen,
we are alive with other life, as clear stones
take form in the mountain.

-- Rumi

Home Assignment To Be Completed For Class # 6

Communication

- Do Sitting Meditation using the Audio at least three times this week. On alternate days do the Body Scan or Yoga, using the Audio.
- Complete the Difficult Communications calendar on the next two pages.
- Use mindful breathing to slow things down in everyday stressful situations.
- Notice moments of reactivity and explore ways of responding with mindfulness.
- Optional: Make journal notes.
- Suggested reading: *Full Catastrophe Living*, chapters 7 & 8, 26-29.

DIFFICULT COMMUNICATIONS

| Please <u>describe</u> the difficult communication. With whom? What subject? | How did the difficulty come about? | What did you <u>really want</u> ? What did you <u>actually get</u> ? |
|--|------------------------------------|---|
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |

DIFFICULT COMMUNICATIONS, (cont'd.)

| What did the other person(s) want? What did they actually get? | What physical sensations, thoughts and feelings occurred? | Have you resolved this issue yet? How? |
|--|---|--|
| Monday | | |
| Tuesday | | |
| Wednesday | | |
| Thursday | | |
| Friday | | |
| Saturday | | |
| Sunday | | |

All-Day Retreat Message To Students

A Day of Mindfulness - Overview

The Online Live MBSR All-day Retreat is a 6-hour day of mindfulness practice, guided by your instructor. We'll do the guided MBSR meditations, have periods of silent practice, and more. There will be sitting, moving, and lying down. Bring your water and tea. We'll have a mindful lunch. We'll have a rest period. Bring your journal and writing instrument. We'll have a bit of conversation, but mostly, we'll be in silence. You'll have the chance to share your retreat insights and experiences in Class #7.

Complete the following All-Day Retreat Tasks #1, #2, #3 & #4 before the Saturday Retreat:

- All-Day Retreat Task #1—Read: *Gathering in the Online Live Retreat Hall*
- All-Day Retreat Task #2—Read: *Setting up Your Personal Retreat Hall*
- All-Day Retreat Task #3—Read: *What to Bring to Retreat*
- All-Day Retreat Task #4—Print: *Online Retreat Schedule*

All-Day Retreat Task # 1

Gathering in the Online Live Retreat Hall

Enjoy Silence

For the duration of retreat, please silence or turn off your cell phone—unless needed for health reasons, or for example, if you're an emergency contact that day. Remove your watch, and refrain from reading and writing unless directed to write in your journal. We're wanting to simplify—to let go of our usual concerns that may prevent us from being present.

Entering and Leaving

- You'll need to register early for the All-day Retreat (no fee) to get your Zoom link for the day.
- Registration closes at 7pm the night before, so be sure to sign up before then.
- The Online Retreat Hall will be open from 9AM onwards—you may sign in any time between 9AM and 9:30AM with your video either on or off. The Zoom Host's (your instructor's) video will remain off until the start of retreat.
- You'll enter our Online Retreat Hall in silence (muted by the Host) as if in a real-world retreat hall.
- The All-day Retreat begins promptly at 9:30AM.
- Participants will remain muted by the Zoom Host (your instructor) throughout the retreat day, with a few exceptions when we have Q&A or discussion.
- The All-day Retreat ends promptly at 3:30PM.
- The Online Retreat Hall will remain open until 3:45PM so you can say goodbye to classmates if you wish. You can leave any time after 3:30PM.
- Please observe our usual Zoom protocol throughout the day.

All-Day Retreat Task # 2

Setting Up Your Personal Retreat Hall

Make arrangements to be undisturbed for the duration of retreat. Set aside your usual tasks and concerns, as much as possible.

- Set up your at-home space—your personal “retreat hall”—following the guidelines for a regular class. Be ready for Sitting Meditation, Yoga, Body Scan, and Walking Meditation.
- Set up the lighting for your own comfort and enjoyment.
- Set up your computer so you’re visible from the front while seated.
- It’s ok if you’re not completely visible when lying down or moving about.
- Leave your video on for the whole day unless directed otherwise.
- Optional: You might enjoy a small focal point in your at-home retreat space so you can see something that inspires your day—flowers, a candle, a beautiful or inspiring photo or object, an artwork, artifact...whatever moves you!

All-Day Retreat Task # 3

What to Bring to Retreat

- Your printed Online Retreat Schedule
- Hydration (water bottle, etc.)
- Hot drink (tea, etc.), if you wish
- Snacks, on hand if needed
- Medicines, on hand if needed
- Your lunch, prepared, so it's ready to be eaten at mealtime
- Yoga mat, camping mat, or thick blanket for work on the floor
- Meditation cushions or benches if you like floor sitting
- Light blanket or warm layers in case the body gets chilly
- Anything else you need to be supported and comfortable while sitting and lying down—additional cushions, blankets, rolled towels, ice packs
- Dress in loose, comfortable clothing
- Journal and writing instrument
- (You won't need the Workbook on retreat)

All-Day Retreat Task # 4

Online Live Retreat Schedule

Print this schedule and post it somewhere in your at-home “retreat hall.”

- 9:00AM: The Online Retreat Hall opens
- 9:30AM: Opening Bell
- 9:30AM: Opening Ritual and Greetings
- 9:45AM-12:00PM: Guided and Silent Practices (2.25 hours)
- 12:00PM-1:00PM: Mindful Lunch and Rest Period (1 hour)
- 1:00-3:15PM: Guided and Silent Practices (2.25 hours)
- 3:15PM: Closing Ritual and Goodbye
- 3:30PM: Closing Bell
- 3:30PM: Host will unmute you for goodbyes with classmates
- 3:45PM: The Online Retreat Hall closes

*In the beginner's mind there are many possibilities,
but in the expert's there are few.*

-- Shunryu Suzuki

Ring the bells that still can ring.

Forget your perfect offering.

There is a crack in everything.

That's how the light gets in.

-- Leonard Cohen

Home Assignment To Be Completed For Class #7

Everyday Practice

- Do Sitting Meditation every day, using the Audio.
- Do 15 minutes of Yoga every day, using the poses and stretches that are most suitable for you—with or without the Audio—or, do Walking Meditation.
- Use the Food Chart on the next two pages to keep track of your food and liquid intake for one entire day. Make note of your physical sensations, thoughts, feelings, emotions, and behavior.
- Optional: Make journal notes.
- Bring to class everything you need to perform a hands-on task such as mending a garment, folding laundry, or polishing shoes. Be prepared to do this task in class.
- Suggested reading: *Full Catastrophe Living*, chapters 9 and 30-32.

FOOD CHART Fill out this food chart every time you consume food or liquid during one 24-hour period. Carry the chart with you, and fill it out immediately after each time you eat or drink.

| Time of Day | Food and Liquid Consumed (List each item and amount) | <u>How</u> did I eat? Quickly, slowly? Sitting, standing? While reading or talking? Did I <u>taste</u> the food? What were my feelings and emotions while eating? |
|-------------|--|---|
| | | |

FOOD CHART, (cont'd.)

| <u>Before Eating:</u> Was I physically hungry? If so, did I allow myself a free choice of foods? What <u>events</u> preceded eating? What feelings and | <u>After Eating:</u> Did the food satisfy me? What were my physical sensations? What were my feelings and emotions? |
|--|---|
| | |

Home Assignment To Be Completed For Class # 8

Nothing happens next. This is it.

- Each day this week, do one or more of the formal practices—Body Scan, Yoga, Sitting Meditation, and Walking Meditation. Use the Meditation Log to keep track of your meditations.
- Explore doing some of your meditations without the Audio.
- Select some informal mindfulness practices to be done in the midst of everyday activity; do these every day.
- Optional: Make journal notes.
- Bring a gift to our next (and last) class to share, for example—a poem, song, story, meaningful object, or photograph.
- Suggested reading: *Full Catastrophe Living*, chapters 33-36.

Meditation Log

| Date/Time Amount | Notes/Questions |
|------------------|-----------------|
| Monday | |
| Tuesday | |
| Wednesday | |
| Thursday | |
| Friday | |
| Saturday | |
| Sunday | |

Concluding Message To Students

Congratulations on completing your 8-Week MBSR Course!

By now you know that this is not an end, so much as a beginning. Practice is for a lifetime—nothing short of an embrace of your whole life. “Doing” the practice in the spirit of non-doing—more and more, the practice unfolds by itself!

The most important thing is that you take care of yourself and others from your deepest stillness, kindness and generosity. Mindful, we “re-member” ourselves in the present—connecting with the wisdom of our own bodies and minds. We can stop, breathe, listen, feel, and think—responding to our whole situation with attention and heart.

To keep the practice alive in your life, we have five recommendations for ongoing practice:

1. Meditate regularly with others
2. Get regular or occasional teacher guidance
3. Build retreat practice into your life
4. Take a class to connect with fellow practitioners, and explore lifelong practice
5. Read *Full Catastrophe Living* by Jon Kabat-Zinn, from cover to cover!

Learn more on StressCare’s Ongoing Practice page, at:
www.stresscarentraining.org/graduate-courses

Every Beat of Your Heart

You are here, you are living; let it be that way—that is mindfulness.

Your heart pulsates and you breathe. All kinds of things are happening in you at once.

Let mindfulness work with that, let that be mindfulness; let every beat of your heart, every breath, be mindfulness itself. You do not have to breathe specially—your breath is an expression of mindfulness.

If you approach mindfulness in this way, it becomes very personal and very direct.

From "The Four Foundations of Mindfulness"
in *The Heart of the Buddha*, by Chogyam Trungpa

~ May you enjoy and benefit ~

Thank you for participating

End.