

“The Present”
(borrowed from my favorite Chinese restaurant lobby)

Yesterday is history
Tomorrow is a mystery
Today is a gift
That’s why we call it “The Present”

Why should we all take the time to learn the skill/practice of being mindful?

1. The practice helps to lower our overall stress level and to more effectively manage our more troublesome emotions more effectively. We learn more how to live more in the gift of the present moment and not just dwell “asleep” in our memories of the past or the worries of the future. All we truly do have is the present moment.
2. The practice teaches us to separate our ***constant 24/7 tendency to judge*** all of the experiences in our waking day, and to separate this “reality” as seen through our lenses of thought and memory from ***reality as it really is*** -- undistorted by these lenses. Mindfulness practice teaches us to accept reality by “coming to our senses”.
3. The practice helps to keep us out of “emotion mind” and allows us to enter the mind state of “wise mind” (Marsha Linehan, Ph.D.) ...knowing what is true from our heads ***and*** our hearts.
4. Mindfulness is the “mothership” of all SEL skills” that
Can be learned by anyone and taught as a daily contemplative practice
Can be cultivated and deepened over a lifetime
Can be shared with anyone with a willingness to learn it
Must be experienced and not just “read about”
Can be integrated into our daily lives as both a formal and informal practice.