

Mindfulness in daily practice  
Allan Donsky  
WTM Retreat, March 18, 2017

Mindfulness practice is ongoing and is easily built into the course of a day. The following tips are reminders of what we practiced at the retreat and what many of you are already doing.

- 1 Formal practice - as little as 10 minutes a day makes a difference and can easily become a routine start to your day. However, anytime will be of benefit. Set aside the following for a regular practice: Intention, time and a quiet space.
- 2 An alphabetical list of attitudes and qualities of mind is offered. As you read these slowly, you may notice one or more seem to ask for your attention and they can become part of your human curriculum. You will know which are calling you. Here they are: Acceptance, Beginner Mind, Curiosity, Dignity, Effortless effort, Forgiveness, Gratitude, Joining your heart and mind, Kindness, Letting go, Mindfulness, Non striving, Openness, Patience, Query, Rest, Silence, Tolerance, Uncertainty, Vision, Willingness, (E) Experience, (Wh) Y not, Zeal. You will notice that many of these are closely related in interesting ways and working on any one will bring forth the other qualities.
- 3 "The 3 minute breath" is a good practice for anyone anytime in the day. It is a powerful tool to reset a feeling of roundedness and stillness. There are a number of videos online at [breathproject.org](http://breathproject.org)
- 4 Be fully present with anything you are doing in the course of the day. Take a few moments to notice how you are as you get up out of a seat, walking down a hall, chopping vegetables, getting into or out of an elevator. Remind yourself that every moment in your life can be infused with mindfulness.
- 5 Habit releasers are another way to practice noticing what comes up in the moment. This involves making small changes to your routines such as changing where you usually sit, walking through a different door , changing the order of how you prepare a meal.
- 6 There are 5 Hinderances to Mindfulness and when you are having a hard time practicing, maybe noticing that one of these is showing up. These hindrances are desire ( wanting something to be a certain way) , aversion ( this is not what I wanted), sloth ( dull, tired bored) , irritation ( I am not enjoying this) and doubt ( what's the point anyway ). As per usual practice, just note their presence and return to where you want your mind to be. They too are objects of attention.

Have fun and remember, life is too important to take it too seriously.