

## Summary of Class 1

### Summarizing:

**Mindfulness**-means being aware of what's happening in the body and mind in the present moment. **Not judging** what we become aware of no matter what we see.

I invite you this next week, to **Pause**, taking time to open the heart. Coming home to what matters. To see for yourself what you **value** deep within your being. Take time each day to **pause**, to remember what's important to you. To inquire, "In this moment's experience, what's really important right now?" As you go about experiencing the moments of your day, you might ask yourself, "What is my Attitude?" Is the attitude **kind and gentle**, or is it **judgmental** about what you're doing and how you're doing it? Or maybe, an attitude of having a judgmental attitude of those around you and what they are doing?

I'm suggesting that for this next week, you do nothing more than check in, when you think of it, to see what's happening in the **body**. The words, "Kind and gentle" go a long way. If you need a **mantra** this week, it could be kind and gentle.

I encourage you to find time for a **formal meditation practice**. Start with just 15 minutes a day. But don't add more stress to your week by telling yourself **you are bad** for not doing something you are **supposed** to do, or that you're **not doing it right**. That's not helpful. That's not a kind and gentle attitude. Starting next week, I will be available 15 minutes before class for a Q & A period for informal discussion about how the home practice is going. So anyone who wishes to come early can get questions answered or clarifications.

I've said a lot tonight that is different from the way we usually talk about things. Don't worry. I'll say it all again next week. If you just **take home** a phrase, a thought, a feeling. Play with **that** this week. These teachings are beautiful in that they build on each other starting just where you are right now.

Final Reminder: There are **dana bowls over by the door** that will be out each week. If you would like to leave an offering for Plymouth Church to thank them for allowing us to use this space, they would be **grateful**. It's an opportunity to thank Plymouth for their spirit of generosity and their kind and open heart.