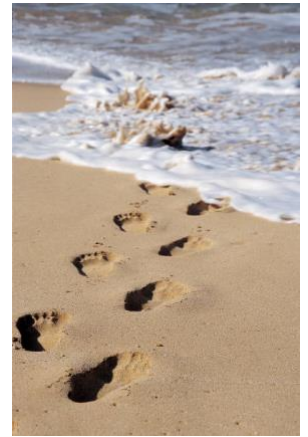


Mindfulness in Daily Life

Choose one or two daily activities during which you intend to be fully present to the experience (see suggestions below). Notice any body sensations, smells, sights, sounds, tastes, and deeper knowing. Also note any thoughts or emotions that arise. Each time you realize your attention has strayed from what's actually happening (including interpretations, stories, and reactions), acknowledge where the mind has been, then draw your awareness back to the present moment experience, with bare attention.



- **Riding the Waves of Breath:** Upon waking, or as you relax towards sleep, feel the body lying on the bed, and observe a few gentle breaths. Feel the sensations of breath moving in and out of the body, rising and falling. Repeat this anywhere, anytime.
- **Letting Go of Tension:** Become aware of your habitual point(s) of tension (jaw, eyes, belly, neck and shoulders, belly, pelvis, etc.). Several times a day, check in with your hot spots and imagine you are inhaling space around them. As you inhale, allow them to soften.
- **Conscious Nourishment:** While eating or drinking, practice just eating or drinking. Notice and savor the color, temperature, texture, smell, and taste. Sip or chew slowly, and allow yourself to feel nourished by what you are bringing into your body.
- **Listening Openly:** When you are in conversation, listen with your whole being, as if you are receiving the essence of the person in addition to whatever they are communicating. Allow yourself to be curious about this creature before you, letting go of any expectations based on past experience. Notice any judging, or the temptation to react or interrupt. Let it go and come back to just listening openly.
- **Bell of Mindfulness:** Whenever you hear a bell, phone ring, bird song, horn honk, or any other sound that is part of your daily life, let it be a reminder to stop and listen, bringing you present.
- **Being with Waiting:** When you are waiting in line at the store, post office, etc., notice any reactions (thoughts, emotions, body sensations), and allow yourself to open to what you are feeling. Use this opportunity to observe the subtle movements of the body, feeling the contact of your feet on the floor and any sensations of aliveness inside. Connect with your feeling of inner Presence (quiet, expansive, light, steady, whole, etc.)
- **Awakening to the Ordinary:** Open all of your senses during basic daily activities such as washing your hands, brushing your teeth, washing dishes, walking, driving, etc. Pay attention to what you're doing as you're doing it, and allow yourself to experience the subtle wonders inside the mundane.



Instructor: Wendy Beckerman
wendy@eastbayyoga.com