

Introduction - Mindfulness Daily Practice

How we approach our daily practice is as important as the practice itself.

The mind easily loses patience and becomes discouraged, when we approach mindfulness practice with excessive control, expectations, and judgmental comparisons.

If we approach mindfulness with acceptance, equanimity and kindness, we move out of the conditioned dualistic mind that evolution has well honed for survival purposes. We need this type of mind in many situations, but if we approach mindfulness with only the 'controlling' facility, we will easily become discouraged because mindfulness will fall short of expectations of "what should happen." *My mind should be mindful or peaceful or concentrated or something other than what is happening.*

During our daily mindfulness practice we will encounter parts that want to control, expect, judge, and compare. No problem, if we recognize how these are mental states that exist within a larger field of mental activity and we use mindfulness to observe them (whatever arises in the mind) and in consequence not react out of them.

It is odd right? We put effort into the mindfulness practice to bring the mind into present moment awareness but do not create an expectation around achieving this outcome. A meeting point between 'doing' and 'being.' Having a goal of achieving mindfulness is a misunderstanding because mindfulness is already present, there is nothing to achieve. Strange right? Returning our mind to the breath and present moment returns us to awareness itself. We do not achieve awareness. Awareness awaits our discovery and direct experience.

Consistency in our daily practice is important, no matter how the mind shows up or how preoccupied or distracted. Just show up to the practice each day. The mind can be busy with a thousand things, no matter, be consistent with practicing in the morning and evening.

- Find a place in your home to practice each day. Look around and locate yourself in this place.
- Connect with your body. Feel the touch points of your body to chair or floor.
- Find your breath. Where do you feel the sensations of breath most strongly?

Keep mindfulness practice simple. The mind will likely want to make it complex and get confused about things: *I must be doing more.* Sometimes we might experience almost no concentration and can hardly stay mindful with our breath at all because the mind is so busy. No worries, there are benefits with sitting in the mindfulness posture and even in this busy mind state observing this busy state for a few moments goes a long way.

We gradually learn and experience how to be mindful of mindfulness.