



Mindfulness is the aware, balanced acceptance of the present experience. It isn't more complicated than that. It is opening to or receiving the present moment, pleasant or unpleasant, just as it is, without either clinging to it or rejecting it. -Sylvia Boorstein

CLASS THREE: NON-JUDGMENTAL STANCE

So much of our daily lives are spent thinking about the past or imagining the future we miss the present moments that make up our lives. By attending to and noticing the ways things are in the present moment, we begin to recognize the joy and love that we so often miss.

The mind has a tendency to label every experience in our lives as pleasant, unpleasant or neutral. If you pay close attention, you can see how judgmental our minds can be. We experience wanting to avoid what the mind labels as unpleasant, cling to what is perceived as pleasant and ignore what the mind judges as neutral.

A large part of mindfulness practice is being aware of this process, and how it causes stress and difficulties in our lives. We can begin to question our patterns and opinions, recognizing that they are thoughts and not necessarily truths. The moment you notice a thought is occurring is a moment of mindfulness. Celebrate the power in noticing this.

By incorporating mindfulness into our daily lives, we can attend to what arises in our stream of awareness without the need for emotional reactions, judgments or auto-pilot behaviours. This doesn't mean that you won't experience suffering or sadness when difficult things happen. Instead, you'll notice the energy consumed from patterns of avoiding, dwelling, self-criticizing and judging.

Class Three Practice

1) Practice [Sound and Thought Meditation](#) daily for the next 6 days. Please record your experiences, reactions, discoveries, and challenges on the [Homework Log](#), as this will help with the inquiry process.

<https://soundcloud.com/hachetteaudiouk/meditation-five-sounds-and-thoughts>

2) Practice two [Three-Minute Breathing Spaces](#) each day.

<https://soundcloud.com/hachetteaudiouk/meditation-eight-the-three-minute-breathing-space>

3) Choose two routines in your day and make a deliberate effort to bring moment-to-moment awareness to that activity (i.e. Walking Meditation)

4) Complete the [Mindful Pause Reflective Worksheet](#).

Reference

Williams M. & Penman D. (2011). *Mindfulness: An eight-week plan to finding peace in a frantic world*. New York: Rodale Books. Chapter 7 and 8.