

COMMIT TO SIT INFORMAL PRACTICE

The practice of paying attention and cultivating moment to moment awareness doesn't need to stop when we get up from our formal meditation. Instead, we can invite the same curiosity and attention wherever we are and whatever we are doing. We can invite mindfulness into your daily life.

Here's how to do it:

Choose at least one activity that you routinely do and perform it mindfully. Pay attention to all of the sensations and actions that accompany the activity. Just like with the body scan, **gently rest** your attention on the activity. Simply **be with the sensations**. If you find yourself lost in thought at any point, simply come back to your activity. If you get through the entire activity without having paid attention, that's ok. The good thing is you'll have plenty of opportunities to practice again the next time you engage in that activity.

Also, when you catch yourself not paying attention, give yourself a pat on the back for simply noticing. That's a really important moment...just noticing you are lost in thought. It's a moment of mindfulness. And with the same kindness and non-judgement we use in our formal practice, come back to your activity.

Some ideas for practice include:

- Washing your hands
- Brushing your teeth
- Showering
- Eating
- Walking
- Drinking coffee, tea, water
- Putting the children to bed
- Paying bills
- Taking out the garbage