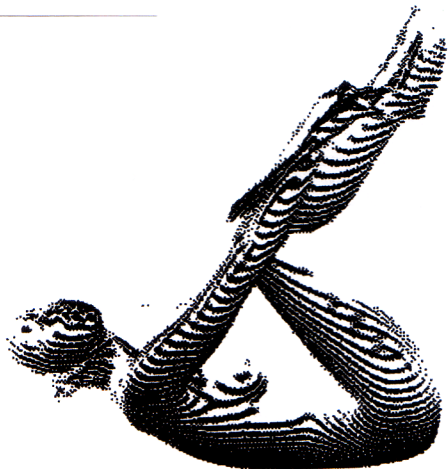
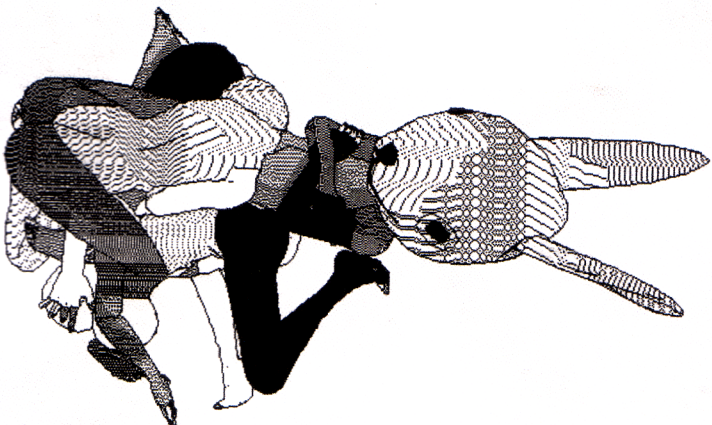


The question "What shall we do about it?" is only asked by those who do not understand the problem. If a problem can be solved at all, to understand it and to know what to do about it are the same thing. On the other hand, doing something about a problem which you do not understand is like trying to clean away darkness by throwing it aside with your hands. When light is brought, the darkness vanishes at once.

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fundamentally mindfulness means a concept. Its power lies in its practice and its applications. Mindfulness means paying attention in a particular way: on purpose, in the present moment, and nonjudgmentally. This kind of attention nurtures greater awareness, clarity, and acceptance of present-moment reality. It wakes us up to the fact that our lives unfold only in moments. If we are not fully present for many of those moments, we may not only miss what is most valuable in our lives but also fail to realize the richness and the depth of our possibilities for growth, and transformation.

:1487:



I am learning slowly to bring my crazy pinball-machine mind back to this place of friendly detachment toward myself, as I can look out at the world and see all those other things with respect. I'm looking at your mind as a workshop pupping that you are trying to pass on to the neighbor's yard every time it piddles on the floor. You just keep bringing it back to the newspaper. So I keep trying gently to bring my mind back to what is really there to be seen, maybe to be seen and noted with a kind of reverence.

:038548006:



If you never learn to be here for this particular moment, you'll remain a sleepy captive to anxiety, fantasy, or unintentional habit that's even popped into your life. And that, my friends, is a crappy way to go through life.

<http://www.43foldana.com/>
2006/08/07/mindfulness.a/

While washing the dishes one should only be washing the dishes, which means one should be completely aware of the fact that one is washing the dishes. At first, glance, that might seem a little silly. Why put so much stress on a simple thing? But that's precisely the point. The fact that I am standing there and washing these bowls is a wonderful reality. I am completely myself, following my breath, conscious of my presence, and conscious of my thoughts and actions. There's no way I can be torn around mindlessly like a bottle slipped here and there on the wires.

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