

# Week Seven

Integrating mindfulness into day to day life.

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## OVERVIEW:

- Emphasis on developing a personal daily practice, 45-60 minutes, exploring options including self-guiding, and combining various practices..
- Integrating mindfulness practice more fully and personally into daily life.

## FORMAL PRACTICE TO DO AT HOME THIS WEEK:

- Explore practicing without the recordings this week.
- Practice formal sitting, yoga, walking, and/or the body scan on your own, every day for 45 minutes or more. Perhaps dividing the time as it feels most supportive. For example 10 minutes of yoga followed by 35 minutes of sitting practice. Or 10 minutes of yoga, 10 minutes of body scan, 25 minutes of sitting meditation. OR, the full 45 minutes for sitting or yoga or walking or body scan.

## INFORMAL MINDFULNESS PRACTICE:

- For the Informal Practice this week, it is suggested that you bring mindful awareness whenever and wherever you remember to. Allow this to be playful and inviting. Acknowledge, as you go, the wakefulness that's present in each moment of remembrance and intention.
- Exploration about the choices we make around technology, cell phones and computers, as well as engaging with social media, news outlets, tv, and all forms of entertainment. Inviting the engagement of awareness to more quickly wake up to the effects of these choices.

## **Allow by Danna Faulds**

**There is no controlling life.  
Try corralling a lightning bolt,  
containing a tornado. Dam a  
stream and it will create a new  
channel. Resist, and the tide  
will sweep you off your feet.**

**Allow, and grace will carry  
you to higher ground. The only  
safety lies in letting it all in –  
the wild and the weak; fear,  
fantasies, failures, and success.  
When loss rips off the doors of  
the heart, or sadness veils your  
vision with despair, practice  
becomes simply bearing the truth.  
In the choice to let go of your  
known way of being, the whole  
world is revealed to your new eyes**

### Personal Journal:

Write down, if you wish, any observation on your formal and informal practice this week. Practice formal sitting, yoga, walking and/or the body scan on your own, everyday for 45 minutes or more. Practice informally by being as aware and awake as possible throughout the day.

“Wherever you go, there you are.”

John Kabat-Zinn