

Week #2 - Introduction to Mindfulness Based Stress Reduction Group

Power of the Present Moment

“Try not to think of your mindfulness practice as another thing to do. Think of it as a love affair with the present moment.” Jon Kabat Zinn

The present moment is the only time anyone ever has for perceiving, learning, growing and transforming.

One of the biggest benefits of practicing mindfulness is the ability to improve our quality of life. Letting go of the past and not thinking about the future allows us to really savor each moment.

Not Okay from [Leaf Litter](#) by Jarod K. Anderson

I am not okay today.
So, in the absence of okay,
what else can I be?

I can be gentle.
I can be unashamed.
I can turn my pain into connection.
I can be a student of stillness.
I can be awake in nature.
I can sharpen my empathy
against the stone of my discomfort.

I am not okay,
but I am many worthy things.

Practice for Week 2: Take five mindful breaths every day before getting out of bed and when you get back into bed.

Prayer:

Dear God, as we navigate this moment, help us to fully embrace the present, letting go of worries about the future and regrets of the past. Grant us the awareness to appreciate the beauty in the simple things, and the strength to be fully present in each interaction. Guide our thoughts to focus on the here and now, so we may savor the gifts of this very moment. Amen