

In the Moment Home Practices Week 1 (5/29/25)

***There will be an optional Q & A at 6:45pm. The class will start at 7:00pm.*

- 1) **Cultivate Mindfulness:** Mindfulness is a present moment experience. Mindfulness is knowing what is happening. Not to add anything to or subtract anything from our experience, not to improve upon it. To see things exactly as they are in the moment. Mindfulness is a wakeful presence and a willingness to learn in the moment. Wherever you are, is the perfect place and time to be mindful, to engage wholeheartedly with the moment and be taught by it.
- 2) **Sitting Practice:** for a minimum of 15-30 minutes per day (more if you are able). *Please practice your meditation in silence. (If you use apps-use them only a few times this week).*
- 3) **Gratitude Practice.** Text, or e-mail your buddies from the class, 3 things you are grateful for each day. Can be anything. Gratitude is the capacity to take delight in life, in this moment, here, now, in being alive! Gratitude is the ability to feel joy & wonder. Please send to office@cambridgeinsight.org the names of your gratitude buddies.
*see below for inspiration 😊
- 4) **Koan Questions: What allows you to be in the moment? What stops you from being in the moment? What is needed, now?** Ask these questions a couple of times a day (or at least read them once a day). Pause, listen for the answers. Please contemplate- **“Allow each moment to take its own time.”**
- 5) **Please Be gentle with yourself!** *We are learning to explore our lives, to use our life, body, heart, mind too and to grow in wisdom and compassion.*
- 6) **Thank you for your Practice and... HAVE FUN!!**
- 7) ***Poem I didn't get to read: Encouragement for Gratitude Practice!**

- **Three Gratitude's--by Carrie Newcomer**

Every night before I go to sleep
I say out loud
Three things that I'm grateful for,
All the significant, insignificant
Extraordinary, ordinary stuff of my life.
It's a small practice and humble,
And yet, I find I sleep better
Holding what lightens and softens my life
Ever so briefly at the end of the day.
Sunlight, and blueberries,

Good dogs and wool socks,
A fine rain,
A good friend,
Fresh basil and wild phlox,
My father's good health,
My daughter's new job,
The song that always makes me cry,
Always at the same part,
No matter how many times I hear it.
Decent coffee at the airport,
And your quiet breathing,
The stories you told me,
The frost patterns on the windows,
English horns and banjos,
Wood Thrush and June bugs,
The smooth glassy calm of the morning pond,
An old coat,
A new poem,
My library card,
And that my car keeps running
Despite all the miles.
And after three things,
More often than not,
I get on a roll and I just keep on going,
I keep naming and listing,

Until I lie grinning,
Blankets pulled up to my chin,
Awash with wonder
At the sweetness of it all.