

Mindfulness of Daily Life

Life unfolds with a lot less stress, and more of a sense of freedom and wisdom, if we can be present for our life in a careful way. This is what mindfulness meditation is trying to help us do. The question is how to build on the foundation of this practice that we have been studying during the preceding weeks.

One way to build on this foundation is to practice mindfulness throughout our daily life. As we do this, we often find that our life starts getting richer. We start reclaiming our life and taking more responsibility for how we want to be in our life. As we bring more presence to our lives we have more choices and we can then make choices that are wiser and more appropriate for how we want to live our lives and engage with people and things. Too many people live their life without taking any healthy responsibility about how they want to be. They are always rushing and doing and letting the mind drive the show. If we stop and pay attention we have a chance to make some choices about our life.

The second way to build on the foundation of our mindfulness is to develop greater concentration. Concentration helps provide steadiness for mindfulness. With concentration our minds have the ability to focus and be present in a careful way. Mindfulness is the telescope that looks and concentration is the tripod that gives stability to the telescope so we can see very clearly.

*Introduction to Mindfulness Meditation:
Online Course Materials, pages 44–45
Gil Fronsdal and Inez Freedman*