

Week 8 - Conclusion of the MBSR 8 weeks
Developing a Practice of Your Own



Time to reflect...

This brings us to the final week of the course, and if you have been watching the videos, reading the recommended material, and doing the practices, you have accomplished a lot! As a result of your dedicated learning and practice, it's likely that there have been some changes in you since you began, so now might be a good time to ask yourself: ***What changes have you noticed since you began the course?***

The changes may be different than you expected and they might not be monumental. They could include subtle shifts, such as discovering that you are sometimes able to find space in the middle of a busy day, or that you are a little more resilient in encounters with others, or you're just a little kinder to yourself in difficult situations. It's often the subtle changes that are actually most profound, because they indicate learning that has been integrated, that they come from the inside-out rather than top-down.

Developing a practice of your own

Now you may want to consider the question: ***How will you continue practicing mindfulness in your daily life, on your own?*** You may decide that you would like to continue the practice in a formal way, incorporating in your schedule a sitting meditation or yoga, for instance, or you may already have an idea of how you would incorporate into your life one or more of the many informal practices (e.g., simple awareness, mindful eating, STOP, Soften-Soothe-Allow, or PAIN processes).

Everyone who completes the first 8 weeks does it in a unique way, a way that suits their temperament and needs. One person might continue with a 30- minute per day meditation practice, another might take a regular yoga class, another may have made their daily walk into a meditation using present moment awareness of their inner and outer worlds as they walk, and yet another may intentionally use one or more of the many informal practices throughout their day.

The important thing is not the specific practices you choose, but that you make them yours, and that they resonate with you in a way that and that they help you to be more alive, engaged and joyful in your daily life.

Be patient toward all that is unsolved in your heart and try to love the questions themselves like locked rooms and like books that are written in a very foreign tongue.

Do not now seek the answers, which cannot be given you because you would not be able to live them.

And the point is, to live everything. Live the questions now.

- Rainer Maria Rilke

Videos and Reading

The videos include **Mindfulness is Not A Crystal Ball**, a brief summary of mindfulness in daily life by Susan Kaiser Greenland, a video by Tara Brach on **Happiness**, and a funny but poignant piece, **How My Son Ruined My Life**, by James Baraz's mother. In **Compassion and Mindfulness**, Jon Kabat-Zinn reinforces the key role that compassion and self-compassion play in this course.

Continuing on...

Please continue with **Weeks 9-16 Mindfulness**. For these weeks, it is important to continue your own mindfulness practice as you begin exercising your loved one. Practice logs are available from the Mindfulness section of the site.

For our program participants; extra logging pages are available on your booklet, and please feel free to raise questions during the teleconference.

Supplementary Materials are available for Weeks 17 onwards.

We hope this course has been useful thus far!

Videos

Mindfulness is Not A Crystal Ball by Susan Kaiser Greenland [2 min]

Happiness by Tara Brach [20 min]

How My Son Ruined My Life by Selma & James Baraz [7 min]

Compassion and Mindfulness by Jon Kabat-Zinn [5 min]

Reading

Deepening a Personal Meditation Practice by Jon Kabat-Zinn

Suggestions for Daily Practice by Jon Kabat-Zinn

In the Service of Life by Rachel Naomi Remen