

Welcome to Lessons in Mindfulness

Overview

As the foundation of your practice, Lesson One: Sharing the Art, The Student/Teacher Relationship covers techniques for proper diaphragm breathing, as well as the importance of your own efforts to optimize your practice. Whether you have no prior meditation experience or you're a seasoned practitioner, you will learn that what truly matters is your effort and commitment to bettering yourself both mentally and spiritually. When the student is ready, the teacher will appear.

Key Points

- First steps to becoming a master of your actions, rather than a prisoner of your reactions.
- Take control of your breath in order to take control of your life.
- The right teacher will make all the difference.

Designed for serious martial arts students, this program will help you understand and study the philosophical and personal growth aspects of your practice. Martial arts is a path encompassing your body, mind and spirit. When you realize the power of this concept, and see how it affects your life each day, you will become a committed and dedicated student for years to come.

Bring Your Practice Into Your Daily Life

Your physical training gets you in shape, and teaches you specific skills for self-defense. But, most people don't often have to physically defend themselves. How can this training be helpful in everyday situations? Think about the confrontations you sometimes face with friends, family, or co-workers. Most of these incidents are small and probably not physical in nature, but you feel attacked—emotionally, mentally and verbally. Unfortunately, the childhood saying, “Sticks and stones may break my bones, but words will never hurt me,” is the farthest thing from the truth. Unless you have discipline over your mind and are able to control your reactions, you can become upset, frustrated, angry, and even enraged by what appears to be other people's words or actions.

By diligently practicing the techniques offered in these Lessons in Mindfulness, you will not only notice physical improvement in class, but you begin to be a master over your actions rather than a prisoner of your reactions. Day to day life will be less stressful and more fulfilling.

Get the Maximum Benefit From These Lessons

To get the most out of these lessons, read through them once completely to get the overall theme. Go through a second time more slowly, dwelling on specific points, and practicing the techniques. Complete each assignment, as make the techniques a part of your daily routine. You will discover something new each time. Return to these lessons after you have progressed in your training. You will be amazed by the evolution of your understanding and the progression of your practice. These are the keys, which open up your practice to daily life. Without them, you are just exercising and learning to fight.

This program, coupled with a serious attitude and good attendance in class is all you need to live a healthier and happier life, master efficient self-defense techniques, and gain a greater understanding of the philosophy of true martial arts. May your practice always strengthen you in mind, body, and spirit!