Mindfulness

 Treating Yourself with Kindness

As we discussed in week 1, we are asking you on the course to begin to develop an attitude of friendliness and kindness towards your own experience.

To set out to do all the practices on this course with an attitude of paying attention to your experience with an attitude of gentle kindliness towards whatever arises.

As we have seen our minds can be easily distracted from our purpose in mindfulness practice. It’s the same with remembering to treat ourselves with friendliness and kindness. Over and over you forget and then remember to bring an attitude of gentle kindliness to whatever it is that you’re experiencing as you practice. By doing that, very gradually, a greater capacity for gentleness and kindness towards your experience might emerge.