



Planting and Watering a Seed

It may be helpful to think of your meditation practice like a newly planted seed. This commitment that you've made at the start of your practice is similar to planting a seedling. You have an intention, and you plant it in hopes that it will grow. The next step is cultivating this seed through a gentle, kind and open mind and consistency of practice. Bringing a warm, caring mindset to each sit and doing your best to meditate regularly will help exponentially in seeing the benefits realized in your daily life.

Remember to be patient and kind with yourself, and consider these wise words from teacher Jon Kabat-Zinn: ***"You don't have to like it, you just have to do it."***

If you can continue to make even 10 minutes each day to slow down and tune-in, it WILL have a positive impact on your life. But don't take our word for it....this is your journey to continue! You have a toolkit and strong foundation of understanding from which to grow and deepen your practice. We wish you all the best and hope to continue supporting you along the way.

