



The real voyage of discovery consists not in seeking out new landscapes, but in having new eyes  
- Marcel Proust

## CLASS ONE: WAKING UP AUTOPILOT

No matter what challenges you are facing in life, there's still more right with you. Challenges are part of the human experience, and in this program you will learn cultivating mindfulness is fundamental to shifting our relationship to how we perceive and relate to stress. This means paying attention to what is happening in your life in the present moment, not in the past or the future.

Mindfulness begins when we recognize the tendency to be on-pilot, where we go about our days and habitually react to things without present moment awareness or intention. Once we become aware, we can commit to learn how to step out of Doing Mode (where we're daydreaming, multitasking, planning, analyzing, judging) and in to the Being Mode (where we're noticing what's happening right now with non-judgmental curiosity).

We allow ourselves the possibility of greater freedom and choice if we respond to our daily challenges by paying attention to how our thoughts, emotions and body sensations arise from moment to moment. From a mindful stance, we can let go of our automatic reactions that may not be helpful to us. Instead, we can cultivate a new way in leaning towards challenges and stress, creating more space for acceptance, kindness and patience.

<https://soundcloud.com/hachetteaudiouk/meditation-one-mindfulness-of-body-and-breath>