



The real meditation is how you live your life on Kabat-Zinn

This final class reviews all the concepts covered in the program, and provides tips on sustaining your mindfulness practice. Consider this week something to carry forward.

CLASS SIX: DAILY INTEGRATION

Mindfulness practice isn't something to do or get done. It's not a task to complete or a self-help guide. It is not a way of fixing the past, present or future. Mindfulness is a way of being in the world. It gives us the opportunity to look for learning in every difficulty. Mindfulness does not treat our difficulties, but fosters a deeper and kinder self-awareness, which underlies all of our perceptions and experiences.

Class Five provided a different way of relating to difficult events. You noticed how our automatic