



Mindfulness is about adjusting our perception to view difficult events differently; our emotions do

<https://soundcloud.com/hachetteaudiouk/meditation-two-the-body-scan>

Notice the tendency to judge whether the body scan was a success or failure - try your best to observe these judgments without engaging with them.

As best as you can, be kind and gentle to yourself during the practice. Perhaps showing the same kindness and gentleness you would to a close friend, but direct it at