



רְאֵה, אֲנֹכִי נֹתֵן לְפָנֶיכֶם--הַיּוֹם: בְּרָכָה, וְקָלָה.

Behold, I set before you this day a blessing and a curse



Mindfulness is the aware, balanced acceptance of the present experience.

It isn't more complicated than that.

It is opening to or receiving the present moment, pleasant or unpleasant,
just as it is, without either clinging to it or rejecting it.

Sylvia Boorstein