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You know, in mindfulness of daily life, we try to be aware of and relax into the moment, no matter what it is, whether we like it or not, whether it's not, you know, immediately interesting, you know, to have the mind and body in the same place. That's what that is, mindfulness in daily life, being in the same place with our bodies, this embodied practice. You know, some of us have very busy lives, and it's actually even more helpful to be mindful in daily life when we're busy. It doesn't make our day busier, but it actually adds a feeling of spaciousness. Instead of rushing from one thing to another, you know, checking things off our lists, you know, we can really settle into the moment.

I'll mention a few things that have been particularly helpful for me. The one that created the most change in my own life was, I started this after a retreat, and I was working at the computer. Then I found myself, I'd be going to the kitchen, and I'd be carrying whatever I was thinking about with me. And I'd be coming back with everything I was thinking about with me. And I woke up in the middle of it, you know, and I realized that, and I committed myself to that every time I got up from my chair, I would disengage actively, consciously, or whatever I was thinking about, whatever I was working on.

And maybe all I'm doing is walking to the kitchen 20 feet to get a glass of water. I would do that mindfully. Not necessarily slow. Basically walking meditation to the kitchen, walking meditation back, you know, going to the bathroom, back and forth. And then I expanded it to every time I got up from sitting, from the car to the store, from, you know, from the door, you know, going out the door to the car. So every time something changed, I would just walking, walking, walking. It just became delightful for me.

You know, the other thing, you know, this is how I started my daily life practice. You know, it was, I remember, you know, a few decades ago, Gil recommended it. And it's still something

that has a lot of, it's in the view to a lot of mindfulness in my life. And it's picking an activity that you do as a formal practice, but doing it for months, just a short activity.

And the one I picked was brushing my teeth. You know, and it's kind of a concentration and mindfulness practice, you know, where I would pay attention to where the brush touches the top of the gum. I mean, the top of the tooth where the gum reaches and, you know, just brush that and very slowly, you know, and I would do a quarter at a time. You know, it's kind of like counting breaths. You know, you count to 10. You count the eight teeth, you know, in the first quarter. And then you do the second quarter and the third. And it takes two minutes to do that.

And it's fantastic for your mouth hygiene. But it's fantastic for really developing that moment-to-moment mindfulness. And lastly, I'll mention one last thing.

It's a little acronym that I've used. You know, it's called Bro, B-R-O. And what it stands for is breathe, relax, open. And it's something you can do any time of day. It just takes one breath. You inhale, you relax the body, and you just open to it in front of you. And, you know, we center ourselves. It's a way of centering ourselves.

Gil has one he calls the three-breath voyage, I think. You know, it takes a little longer. You know, this I was willing to do throughout the day because it's just one breath. It didn't interrupt a lot of things. But really doing that periodically throughout the day, just sprinkling it in, you know, I learned not to underestimate the power of just one moment of mindfulness. I mean, it's amazing, you know, just that moment of, ah, and it would just change everything, you know.

And I'll end with what the Buddha said, you know, with dripping drops of water, the water jug is filled.

So thank you. And Shelly has some words.