

## Mindfulness

If one benefits from 'mindfulness meditation', it's a good thing. It's nice for those who are new to meditation that there are 'non-religious' ways to approach. Buddhism isn't strictly a religion ... but anyway. Also one learns through actually trying out and making mistakes. However wise advices one gets, it won't shed much light until one does something.

It's positive if mindfulness or any practices help with being more aware of one's conduct, other people, situations around oneself even on basic levels. I think it's so easy to fall into doing practices that digs more into oneself in a selfish way, ie all about me and my life. I'd like my practice to be about life ... hm ... /me ponders.