



# Mindfulness Meditation

## What Is Happening Now?

*In this practice, we will use an inquiry question to get in touch with the moment. The intention is to use this prompt as a way to discover your own sense of understanding. There are so many different people and situations in life, this mindfulness exercise is meant to allow you to take a step back and get curious about you.*

Sometimes, it is hard to stop and let questions really sink in long enough to contact something in you that feels unshakable.

That sense of "this is me". The full me, with all the ups and downs.

The deeply alone and yet surrounded by people. Me.

Simply notice how these words are impacting you now.

Each word calling forth a response and a reaction within you.

What is happening now?

Notice where your attention goes.

As you begin to fully take in your experience.

Thoughts. Sounds. Seeing. Breathing.

As our experience changes, sometimes it is hard to know what is happening.

We can use the question as an anchor. As a jumping off point for discovery.

What is happening now?

Do you like what's happening or not?

If you like it, maybe you are trying to make it last longer.

If you don't like it, maybe you are trying to push it away.



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## What is Happening Now?

Trying too hard to hold on to something or trying too hard to push something away can lead to frustration.

Let's try a different approach. Soften a little if you are able.

This time, with your breathing. Gently ask yourself "what is happening now?"

Softening around any impulse there may be to change this moment.

Simply recognizing that whatever is happening is moving and changing.

It is all part of the whole experience of being you.

What is happening now?

Learn to witness what arises like clues.

Thoughts. Feelings. Sensations in the body. Breathing.

Now as you go about your day, with mindful curiosity ask, "what is happening now?"