I Can’t Meditate!

YES, You Can!

- Can you sit?
- Can you close your eyes?
- Can you breathe?

If the answer to the above questions is “Yes,” then you can meditate!

But...

- That’s right! Sit on your butt with a straight back.
- Close your eyes (approx. 1/3 of the brain’s cortex is devoted to vision, so, give it a rest).
- Now...notice your body breathing, which thankfully, it does even when you’re otherwise focused!

My Mind!!

Yes, your amazing mind wants to stay busy, so ask it to:

- Notice your breathing.
- Notice when it wanders (and it will, ‘cause you’re human!)
- Gently redirect it back to your breathing (without judgment or self-blame).
- Repeat (and reap the benefits!)

Check out my Wellness Blog at: http://sophia.smith.edu/blog/wordsofwisdom/

http://www.huffingtonpost.com/2013/04/08/mindfulness-meditation-benefits-health_n_3016045.html
October 2014

SUNDAY  

Every MONDAY  
Bell Ringing Practice
If you are interested, please contact Sarah McElhone Moriarty ’72 at smoriart@smith.edu

Buddhist meditation
All welcome. Bodman Lounge, Chapel, 5pm

Every TUESDAY  
Outdoor Adventure
ALL activities: 4-6pm & meet at the boathouse! Register by emailing: outdoors@smith.edu

Sing traditional American hymns from the Sacred Harp songbook, written in shape-note style. No experience necessary. 7pm-10pm Chapel

Every WEDNESDAY  
Bell Ringing Practice
If you are interested, please contact Sarah McElhone Moriarty ’72 at smoriart@smith.edu

Every THURSDAY  
Hike to Holyoke Range, 4-6pm
ALL Outdoor Adventure activities: Meet at the boathouse 4-6pm. Register by emailing: outdoors@smith.edu

Every FRIDAY  
Soup, Salad & Soul
Informal discussions and homemade lunch 12:15-1pm, Bodman Lounge, Chapel

Every SATURDAY  
Smith-To-Do
Art & Crafts Projects (Always free!) Davis Ballroom, 9pm
http://www.smith.edu/ose/programs_to_do.php

SEC Movie Night
Weinstein Auditorium 7:30pm, https://smith.collegiatelink.net/organization/sec

October 12
SOCcer: VS EMERSON COLLEGE
2:00 PM

October 13-14
FALL BREAK

October 19
Vidya Rao concert
Hallie Flanagan Studio, 6-8:30pm

October 20
Music in the Noon Hour
12:30-1pm, Sweeney

TENNIS: VS CLARK UNIV
4:00 PM

October 7
Piper Kerman
Up Close and Personal John M. Greene Hall 4:30 – 7pm

October 15, 22, 29
Green Tara Meditation Sessions, 4:30-5:30pm Dewey Common Room

October 22
Pet-A-Pet Day!
12-1:30pm, Chapel Lawn

October 2
Piper Kerman
Up Close and Personal John M. Greene Hall 4:30 – 7pm

October 15, 22, 29
Green Tara Meditation Sessions, 4:30-5:30pm Dewey Common Room

October 9
VOLLEYBALL: VS WORCESTER POLYTECHNIC INSTITUTE
7:00 PM

October 16, 23, 30
Green Tara Meditation Sessions, 4:30-5:30pm Dewey Common Room

October 17, 24, 31
Green Tara Meditation Sessions, 4:30-5:30pm, Dewey

October 24
Family Weekend Live Band Karaoke, Carroll Rm, 9-11pm

October 10
Jitter’s Live presents Jim and Sam; 9-11pm
CC TV Lounge

October 21
Pages Matam
8-10pm, CC TV Lounge

October 24
Family Weekend Live Band Karaoke, Carroll Rm, 9-11pm

October 11
FIELD HOCKEY: VS BABSON COLLEGE
12:00 PM

October 18
Spirits of Banares, Sitarist Ravindra Goswami, 8-10pm

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