



THIS MONTH'S FIND
ANOTHER GOLDEN NUGGET

A Dose of Self-Care

Do you ever find yourself feeling tired of your same old routine? Do you remember what it was like to start a new job or to pick up a favorite hobby for the first time?

Shoshin is a word from Zen Buddhism meaning “beginner’s mind.” It’s the idea of developing an attitude of eagerness, openness and lack of preconceptions, even if you are very advanced, just as a beginner would.

As you get older, it’s easy to lose the “beginner’s mind” that you are innately born with. We have the capacity to learn, but as adults we don’t ask questions, have preconceived ideas and expectations and are influenced by prior events in our lives. However, looking at the world in a child-like way, starting each day with a new pair of eyes and ears, can help you gain a new appreciation for life. It teaches us not take anything for granted. Famous American author, Brian Herbert, once said “The capacity to learn is a gift; the ability to learn is a skill; the willingness to learn is a choice.”



How to Develop a Beginner’s Mind:

Practice mindfulness.

- Close your eyes and notice all of your senses as if you’ve never experienced them before.

Try seeing the situation from a new perspective.

- When preconceived ideas come up, take note of them and reframe your mindset.

Get out of your comfort zone.

- Join us for a Golden wellness class.