

Session 1: Recognising the present moment.

Going out to dinner with friends is one of life's great pleasures partly because we humans are able to do several things at once. We have the capability to sustain quite a complex conversation at the same time as eating, taking in the décor and observing the other diners.

The ability to do certain things automatically;- usually physical activities like walking, eating, cycling and dressing,- does have advantages. It is possible to plan and problem solve while our brains run on automatic pilot to guide food into our mouths or place our feet safely along a path.



In this box note down some of the things that you often do on Automatic Pilot.

There are advantages and disadvantages to doing things on automatic pilot. The advantage comes from saving time by getting two things done at once. For example, planning the day ahead while you brush your teeth.

The disadvantages arise from allowing "automatic pilot" to become a habit. Living in our complex modern society encourages over-use of this mode of being; doing one

thing whilst thinking about another. On average Westerners spend 80% of each day on Automatic Pilot! This can lead to over-thinking problems (going over and over the same thing), worry, anxiety, chronic stress and sleeplessness.

Being distracted from what is going on around us can also result in missing out on many of the simple joys of life like a lovely sunset.

