

Continuous Life Improvement

Post by “Garden Dweller” of November 11, 2019 at 11:46 AM

[Quote from Garden Dweller](#)

Present Moment Distress Reduction

Be attentive to one's body and respond to distress in the present moment.

One should constantly monitor your body's senses: are you sitting comfortably, are your clothes and shoes comfortable, are you warm or cold, are you hungry or thirsty, do you have any mental stress or physical discomfort? When you sense any of these distress indicators, take action to remedy the discomfort as soon as you can.

I agree that focusing one's attention on negative things is not good for the mind. I may need to go through the full text and change the focus from negative sensory inputs to ways of enhancing comfort. ...

Present Moment Physical Comfort Enhancement

Be attentive to one's body and how one could improve comfort and contentment.

At frequent intervals, one should be aware of one's current physical state and imagine what one could do to increase comfort, such as drinking to relieve thirst, finding a good sitting position, wearing clothes that do not bind or chafe, or getting up and stretching after being inactive for some time. When physically active, enjoy the exercise but know the limits and take a break when appropriate.