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By Christmas, you may be tired of holiday parties, shopping, and the most popular online dating service. But as you exit the season, celebrate this year's most romantic city, a place full of history, hidden gems, and arts. Whether you're traveling alone or with a partner, here's our top 10 offbeat NYC spots. In 2010 I was interested in learning to meditate and self-heal. I was surprised to learn that there is very little consensus on how best to teach meditation, whether it be in a traditional group or online. The problem, I think, is that most people have been taught mindfulness training without really understanding the basics. And this is not to say that it was not valuable in the past - they used to have whole buildings full of monks in monasteries breathing together for hours on end! But now in the 21st century we are much more sophisticated with lots of technology and mindfulness training methods, so we need to combine these two. We don't need to repeat the past mistakes! The online course I am on is very interesting. I was initially attracted to it because I had heard about a six week online mindfulness course, which I considered too minimalist. At the end of this week I am going to be doing a month long MBSR course. If you are interested in trying MBSR, there are a number of easy-to-learn online courses <https://mindfulinstitute.org/> I tried one or two others and found them to be excellent, but nothing could compete with the clarity and depth of this MBSR online course. The MBSR course for beginners starts with the basics of mindfulness and meta-cognition, and then guides you through the eight weeks of teaching self-care, cognitive and emotional reactivity and stress, body awareness, and understanding how our habitual patterns of attending, not attending, and worrying about these topics all contribute to depression and anxiety. It also focuses on practicing an openhearted awareness of emotions as they arise, and to be able to observe thoughts as thoughts, rather than as having to condemn or approve of them. It has a pretty broad array of exercises, including meditation, as well as written articles and other materials. You have the option of choosing to either do the full course or do only the first 5 weeks. I will let you know what I think of the full course after I complete it.

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Overall, I think it is actually a great resource and will learn a lot of new things that will help me better manage my life! If you want, you can pick up one of the many free transcripts, and play the audio track on a device of your choice. That will be fine, and it is recommended for many who do not have the time to sit and listen to a full audio track. Yes, no video but they do offer a free online (via the website) format. I am not affiliated with the International Mindfulness Center except in the sense that I have been doing my practice with them for several years and then was introduced to Jon Kabat-Zinn, and then started to do the MBSR. I did my Dzogchen training at that Buddhist Vihara in Japan in the early 2000s. In fact that has been incorporated into the course. It has also been very informative studying Buddhism in Korea. All of it has really opened my mind to a different way of learning and understanding meditation. This is a good thing because learning something by listening and having to make one's

own observations and then reflect on them is challenging. It is quite different than listening to someone's lecture and then getting to the point after going through all the points raised in the lecture. When one has to make observations and then reflect upon them- there is the real learning that is going on. This is the type of learning that is a part of mindfulness- the real thing and the tricky kind. I know many health care professionals who have found this sort of learning invaluable. I'm sure a lot of them would be interested in learning MBSR online.

Some of them may find it so helpful that they may want to take the MBSR program in person. Maybe they will get their fellow health care provider colleagues to take it too. How about nursing students? Instead of watching all that time of online preceptor courses, they can learn with a "real" person and practice mindfulness practice too. So much to think about. (I forgot to mention - the cost to do the MBSR course online is about \$1,300. You can find websites that sell courses for much less). 5ec8ef588b

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