

# Midweek Pause: Practice



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“We call meditation ‘practice’ for a reason. Any form of practice consists of doing something over and over again and failing at it over and over again. Through this process, we gradually build the capacities that make it possible to do what we are practicing.”

– Ken McLeod, “The Progress Question”

**Consider:** that at the start of each day we are given the opportunity to begin anew. It’s a fresh start to practice showing up, being present and failing over and over again. With each failure there is growth and with each new start there another chance to practice.

**Do:** begin your day with the full realization that this is just a practice and ahead lies a stretch of hours to repeatedly fail, grow and begin again.