

## Quotes Shared by Shelly Wood from the Mindfulness Based Stress Reduction Course

“Everything can be taken from a man but on thing: the last of the human freedoms – to choose one’s attitude in any given circumstance, to choose one’s own way.”

Victor E Frankl – psychiatrist and holocaust survivor

“It is not the potential stressor itself, but how you perceive it and then how you handle it that will determine whether or not it will lead to stress.”

Jon Kabat-Zinn

### **I am captain of this ship**

I am captain of this ship-

Capable and in control....

Aware of the conditions at sea,

Mindful of the state of my boat

Fully present-

I glide effortlessly towards the sunset.

Diligently tending to the needs of my vessel,

Alert and conscious to the changes in weather –

Adjusting my sails, until the breeze is held firmly by the shroud.

Awake and Alive,

Sailing smoothly through the sweeping waters,

Enthralled by the beauty of each moment – utterly at peace.

Accepting the ever-changing direction of the wind,

I must adjust my riggings.

And continually trim the sails.

As the seas become rough, and dark skies gather overhead,

gracefully, I slice through the menacing waves crashing on my bow,

threatening to steer me off course.

I am captain of this ship,  
Capable and in control  
and I know what I must do.  
Confident my practice will guide me;  
Releasing the lines, I “let go” of my sails,  
Allowing the heavy winds to spill off of the bright white cloth.  
Choosing to find a safe harbor  
Where I can drop my anchor  
And breath  
Resting in the stillness,  
Patient and calm – waiting  
For the veil of darkness to lift,  
And the skies to clear.  
Comfortable with the unknown,  
Awake to the unpredictable nature of my life.  
Challenged ... energized even,  
And appreciating the thrill of the ride.  
I am captain of this hip,  
Capable and in control,  
Navigating my ship with intention and skill,  
Welcoming it all – prepared to meet whatever may arise,  
My trustworthy vessel centered, stable and strong...  
I adjust my sails – over and over again  
As I sail towards the melting sun.  
Awake and Alive and stunningly content

**By Wendy Weckstein**

