

Dealing with Uncomfortable feelings with mindfulness

No need for issues. You are there to "be there and be present" for your father. Just be that and let the other psychodynamics dissolve around you. If that negative energy come up, just don't engage it. Watch it, breathe, it dissipates and dissolves.

Thanks for your elaboration on your idea about modified mindfulness. About your question "how can I ... be in each moment- especially when dealing with difficult situations and people? ". I think Pema Chodron's writings are very good place to start with - that is one of her areas of focus in her teachings. Boils down to aspiration, intention, and practice. Just staying in the moment with uncomfortable feelings and thoughts with mindfulness and learning that you can tolerate that, you can transform that energy. In the moment is the only moment we all have. It's the only place the energy and luminous awareness that is life exists. It's always now o'clock. I am very happy that I have been of help to you in acknowledging your own Buddha nature within, and to want to start living day to day with that realization. In my studies I have often read about how important direct learning from a Buddhist teacher are. You are reinforcing that message for me. You can read something over and over, but at some point it needs to be pointed out directly by an experienced teacher (not that I am that at this point). So you are welcome.