

Principles of Mindfulness

Simple but not Easy:

" A condition of complete simplicity..costing not less than everything"

Non-Judging:

Mindfulness is cultivated by assuming the stance of an impartial witness to your experience

Beginner's Mind:

Too often – let "what we know" prevent us from seeing things as they are
Be an open learner

Trust:

Trust of yourself – and your feelings: integral part of practice
The wisdom and compassion we need are already within us

Non-Striving

Meditation is non – doing
There is no goal other than being yourself...and you already are!
" Don't just do something, sit there!"

Acceptance:

This means seeing things as they are in the present
Doesn't mean you have to like everything – or be passive:
Taking each moment as it comes and being with it fully

Letting Go:

Cultivating non attachment
" Develop a mind that clings to nothing"

Patience:

Patience is a form of wisdom
Understand and accept – things unfold in their own time

**** The key to Mindfulness: Not so much what you choose to focus on but the quality of the awareness that you bring to each moment**