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**