



Attitudes of Mindfulness

(Full Catastrophe Living- Jon Kabat-Zinn)

1. **Non-Judging**- Almost everything we see is labeled and categorized by the mind. The habit of judging our experience can create automatic reactions that separate us from the direct experience. It's important to recognize judgmental thinking and create an impartial mindset by simply observing what is happening, including your reactions to it.
2. **Beginner's Mind**- Allowing ourselves to experience the world in each moment as if we are experiencing it for the first time. Detaching from our preconceived assumptions based on past experiences.
3. **Letting Go**- An attitude of non-attachment. Letting your experience be what it is, moment by moment. There are certain thoughts, feelings and situations that our minds tend to hold on to or avoid. Letting go is a way of letting things be, letting go of the impulses to grasp or push away certain experiences and allowing us to just sit with awareness. When it seems too difficult to let go, choosing to acknowledge that and let it be.
4. **Patience**- Recognizing that things unfold on their own schedule, not the schedule we demand. We have a tendency to rush through one moment to get to the next. Patience allows you to create awareness around feelings of impatience and become open to each moment as they unfold, on their own time.
5. **Trust**- Learning to trust yourself and your feelings. It is far more beneficial to trust your intuition, even if mistakes may be made along the way, than to always look outside yourself for guidance. Honoring your feelings is an integral part of any meditation practice.
6. **Non-Striving**- Simply paying attention to whatever is happening, without trying to change things, accepting things for what they are. Most of our daily activities are for a specific purpose, to get something or go somewhere. Meditation essentially is non-doing, letting go of any end goal and allowing things to unfold as they will.
7. **Acceptance**- Seeing things as they are in the present moment, rather than as you think they are, or how you think they should be. Acceptance may be preceded by emotion-filled periods of denial, anger, fear or other strong feelings. It's important to know, we must be able to accept things for how they truly are before we can implement change.