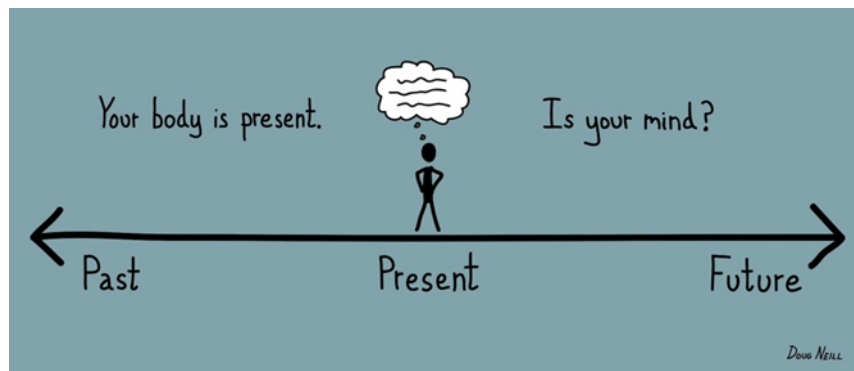


FOUNDATIONS OF MINDFULNESS PRACTICE

These foundations are fundamental to channeling our energy correctly, so keeping these attitudes in mind is part of the practice. Remember, too, that they are interdependent. Each influences the other and working on one enhances them all in the process of healing and growth.

- **Non-Judgmental** – assume the stance of an impartial witness to your experience
- **Patience** – understand and accept that things must unfold in their own time
- **Beginner’s Mind** – practice being willing to see everything as if for the first time
- **Trust** - as in self-reliance; basic trust in yourself and your feelings, intuition and wisdom
- **Non-Striving** – go with the flow, don’t push to “make something happen”
- **Acceptance** – acknowledge things as they actually are
- **Letting it be – letting it go**, accept things as they are, observe-moment-to-moment
- **Self-Compassion** – being gentle and understanding, kind and compassionate to oneself, recognize the common human connection with others as we experience life, have a balanced awareness of our experience just as it is. . .

**From Full Catastrophe Living by Jon Kabat-Zinn & Self-Compassion by Kristen Neff*



Week Seven -Letting it be – letting it go: Deciding not to avoid or run away from obstacles, challenges, or even pain which is unpleasant, but *to observe* the thoughts, physical sensations, and emotions no matter how pleasant or unpleasant they are, *and allow* them to be. Intentionally putting aside the tendency to hold on to the pleasant aspects of experience and to reject unpleasant. In mindfulness, letting one’s experience be what it is and practicing observing it from moment to moment. Jon Kabat Zinn says “Letting go is a way of letting things be, of accepting things as they are.” Letting go can allow being open to begin again.

Week Eight – Self-Compassion: Self-compassion honors and accepts one’s humanness – realizing suffering, failure and imperfection is part of the shared human experience. Self-compassion is an awareness of suffering with a concern and wish to see an end to the suffering and includes a response or action to release and relieve it. “When we suffer, [self-compassion involves] caring for ourselves as we would care for someone we truly love. Self-compassion includes self-kindness, a sense of common humanity & mindfulness.” - Kristen Neff

Homework Weeks 7 and 8

- 1) **Alternate Breath Meditation with Mindful Yoga or Tai Chi:** or for maximum benefit - meditation ***and*** Yoga or Tai Chi at least 6 times each week, 5 -15 minutes each practice – goal of 20 - 45 minutes a day. Make this part of your daily rituals, find a time that ***consistently*** fits your schedule
- 2) **Informal mindfulness practice:** **Week 7** – Observe what you take in: food, media, relationships, and the world. **Week 8** - Awareness of how mindful you can be as you go about your day. Record.
- 3) **Eat at least 1 meal each week mindfully.**

Week 5	DATE_	DATE_	DATE_	DATE_	DATE_	DATE_	DATE_
<u>Body Scan or Yoga or Tai Chi</u> Total minutes Or ✓							
<u>Meditation Daily</u> Total minutes Or ✓							
<u>Informal Awareness</u> What/How did you feel- <u>mind/body/Aware as it happened?/Mood or feelings at the time? Any thoughts as you record.</u>							
<u>Mindful Meal</u> ✓ or B,L,D							
Week 6	DATE_	DATE	DATE_	DATE_	DATE_	DATE_	DATE_
<u>Body Scan or Yoga or Tai Chi</u> Total minutes Or ✓							
<u>Meditation Daily</u> Total minutes Or ✓							
<u>Informal Awareness</u> What/How did you feel- <u>mind/body/Aware as it happened?/Mood or feelings at the time? Any thoughts as you record.</u>							
<u>Mindful Meal</u> ✓ or B,L,D							