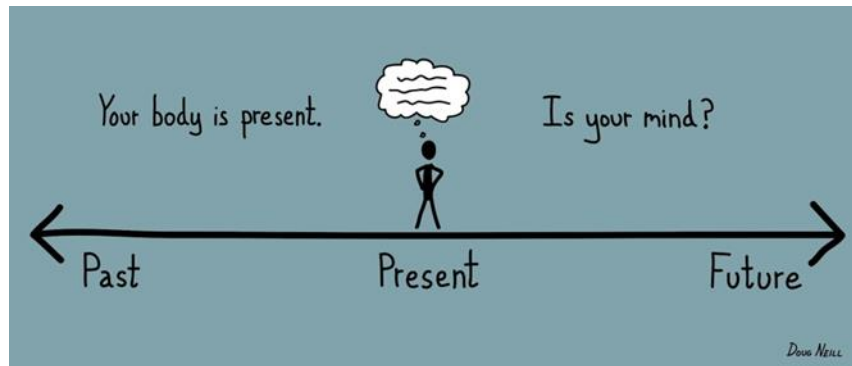


FOUNDATIONS OF MINDFULNESS PRACTICE

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 Five – Non-Striving: Bring a kind and gentle awareness to what is present in this moment without trying to “feel good” or, if meditating - “make your mind blank.” Practicing mindfulness to achieve a goal of trying to fix a problem such as lower blood pressure, or make pain or anxiety go away can be an obstacle to staying in the present moment. What is present in this moment? Is it pleasant, unpleasant, or neutral? Experience what may be unfolding quite naturally, as Jon Kabat –Zinn says –“the best way to achieve your own goals is to back off from striving for results.”

Week Six – Acceptance: Acceptance means accurately seeing the broad range of events we humans experience in our lives. Denying and resisting what is already fact, or forcing situations to be the way you think they should be wastes a lot of energy and only creates more tension. This frustrating cycle prevents positive change from occurring. By intentionally cultivating acceptance, you are creating the preconditions for healing and the ability to do something productive about the situation (if something can be done). This attitude sets the stage for acting appropriately in your life, no matter what is happening, in this present moment!

Homework Weeks 5 and 6

- 1) **Alternate Body Scan with Mindful Yoga or Tai Chi**: at least 6 times each week, 5 -15 minutes – eventual goal of 30 - 45 minutes a day. Could try to breathe into each area, or soften tight/painful sensations. And/or try to let emotional responses “be – let go,” finish with watching the breath.
- 2) **Breath Meditation**: at least 5-10 minutes a day – – eventual goal of 15 - 30 minutes every day. Sitting is ideal, but comfort is essential to aid focus on the breath, so use pillows/props, lie down as needed. Make this part of your daily rituals, so find a time that **consistently** fits your schedule
- 3) **Informal mindfulness practice: Week 5 - Daily effort of awareness of one Pleasant Event** as it is happening. **Week 6 awareness of one unpleasant or stressful event** as it is happening. Record.
- 4) **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/Aware as it happened?/Mood or feelings at the time? Any thoughts as you record.							
<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/Aware as it happened?/Mood or feelings at the							

<u>time? Any thoughts as you record.</u>							
<u>Mindful Meal</u> ✓ or B,L,D							

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