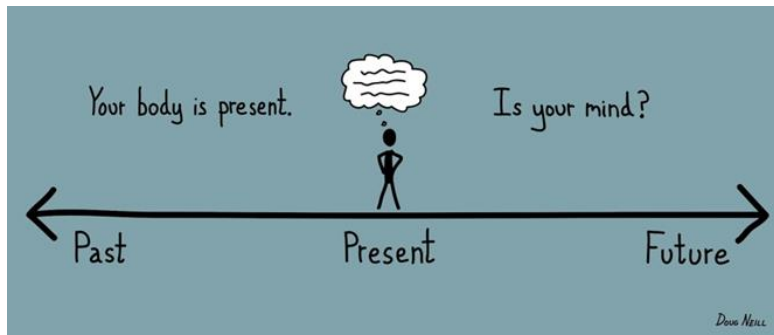


FOUNDATIONS OF MINDFULNESS PRACTICE

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; 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 One – Non-judgmental: Watching our thoughts, patterns, and accustomed behaviors moment to moment allows us to see just how often we make judgments about people, places, events, and even ourselves. When we continually categorize and label, criticize and make up stories, this dominates the mind and locks us into reactions. Don’t be concerned you were judging before, see if you can simply let it go and return the awareness to the present moment. Mindfulness allows us to see that thoughts are simply mental events that come and go. In the *authentic* present moment we often see how inaccurate many of these judgements are.

Week Two – Patience: Having the wisdom to see things as they unfold in their own time is demonstrated as patience. Imagine a child “helping” a butterfly to emerge (which results in the butterfly’s death): the process cannot be hurried. Moment to moment awareness during times of stress or anxiety and difficult circumstances offers us opportunities to practice patience. Patience allows us to just “Be” without a need to *fill* each moment. Mindfully choosing to practice patience allows the butterfly to emerge in their own time. Patience opens us to each moment of our life, giving room to our experience, because as Jon Kabat-Zinn says “we are having them anyway.”

Homework Weeks 1 and 2

- 1) **Body Scan**: every day, at least 5 -15 minutes – eventual goal of 30 - 45 minutes a day - may do this when waking up or prior to sleep. Could focus on Physical – sensations. Emotional – feelings or emotions. Energy – scale from restless/hyperactive to tired lethargic/ or tranquil/calm, finish with watching the breath
- 2) **Breath Meditation**: 5-10 minutes a day – – eventual goal of 15 - 30 minutes a day Sitting, but comfort is essential to aid focus on the breath, so use pillows/props as needed. Make this part of your daily rituals so find a time that consistently fits your schedule
- 3) **Informal mindfulness practice**: pick one routine activity for the first week to practice moment to moment awareness in; such as shower, drying body, teeth brushing, taking out the garbage, shopping - being fully aware
- 4) **Eat at least 1 meal each week mindfully.**

Week 1	DATE__	DATE__	DATE__	DATE__	DATE__	DATE__	DATE__
<u>Body Scan</u> <u>Daily</u>							
Total minutes Or ✓							
<u>Meditation</u> <u>Daily</u>							
Total minutes Or ✓							
<u>Informal</u> <u>Awareness</u>							
Object							
<u>Mindful Meal</u> ✓ or B,L,D							
Week 2	DATE__	DATE__	DATE__	DATE__	DATE__	DATE__	DATE__
<u>Body Scan</u> <u>Daily</u>							
Total minutes Or ✓							
<u>Meditation</u> <u>Daily</u>							
Total minutes Or ✓							
<u>Informal</u> <u>Awareness</u>							
Object							
<u>Mindful Meal</u> ✓ or B,L,D							