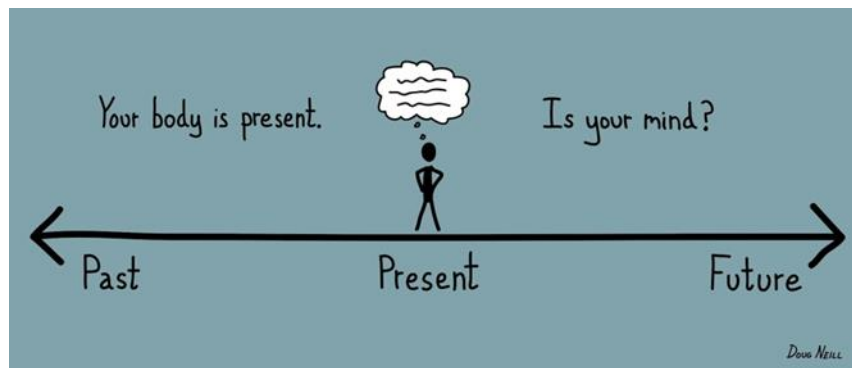


## FOUNDATIONS OF MINDFULNESS PRACTICE

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 Three – Beginners mind:** This attribute embodies the joy of a child experiencing, seeing, or learning something new for the first time. Endeavor to see things as they really are, not through the veil of your own opinions, thoughts or emotions. Beginners mind allows the body scan and meditation practice to be free of expectations based on past experiences. Try it with friends, family, your pet, the sky, all of nature, or any problems your facing - recognize if you are seeing them as they really are, or through the veil of your thoughts?

**Week Four – Trust:** Cultivate a basic trust in your own intuition, authority, and your feelings. Honor them and use the practice to become more fully you, so that you can really understand what it means to be in the driver’s seat of your own life. Learning from failures with self-compassion can lead to building greater confidence and resilience. Try to cultivate a growth mindset instead of blaming others by asking yourself what you have control over in each situation. Several studies have shown that more trust in oneself can lead to an ability to be more trusting of others - a healthy alternative to pursuing power in relationships.

### Homework Weeks 3 and 4

- 1) **Body Scan:** at least 6 times each week, 5 -15 minutes – eventual goal of 30 - 45 minutes a day - may do this when waking up or prior to sleep. Purpose is to enhance the mind/body connection. Could try to breathe into each area, or soften tight/painful sensations. Could try to let emotional responses “be – let go,” finish with watching the breath.
- 2) **Breath Meditation:** 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:** Daily effort on *really doing what you are doing*. In *any moment* – hugs, kisses, play or work - really bring moment to moment awareness, fully aware in *any* activity.
- 4) **Eat at least 1 meal each week mindfully.**

<b>Week 3</b>	<b>DATE__</b>	<b>DATE__</b>	<b>DATE__</b>	<b>DATE__</b>	<b>DATE__</b>	<b>DATE__</b>	<b>DATE__</b>
<b><u>Body Scan</u></b> <b><u>Daily</u></b>							
Total minutes Or ✓							
<b><u>Meditation</u></b> <b><u>Daily</u></b>							
Total minutes Or ✓							
<b><u>Informal</u></b> <b><u>Awareness</u></b>							
Object							
<b><u>Mindful Meal</u></b> ✓ or B,L,D							
<b>Week 4</b>	<b>DATE__</b>	<b>DATE__</b>	<b>DATE__</b>	<b>DATE__</b>	<b>DATE__</b>	<b>DATE__</b>	<b>DATE__</b>
<b><u>Body Scan</u></b> <b><u>Daily</u></b>							
Total minutes Or ✓							
<b><u>Meditation</u></b> <b><u>Daily</u></b>							
Total minutes Or ✓							
<b><u>Informal</u></b> <b><u>Awareness</u></b>							
Object							
<b><u>Mindful Meal</u></b> ✓ or B,L,D							