

Seven Attributes of Mindfulness

As proposed by Jon Kabat-Zinn

Beginner's Mind

Imagine seeing things just as they are—no judgment, no like or dislike, just as is. A beginner's mind sees things with a lens of openness and acceptance. It relates to experience like it is a first time.

Practice: Every day, try to do something, just one thing, with absolute attention and a beginner's mind. An example is printing your name or brushing your teeth with your non-dominant hand.

Non Judgment

Practicing non-judgment means letting go of the automatic judgments that arise in your mind with every experience you have. When we judge our actions or ourselves, besides reducing the joy we can experience in doing something, or being with someone, judgment creates stress in our bodies, and in the people around us.

If we find ourselves “judging”, then a good way to deal with the it is just to acknowledge that judgment is coming into your mind, then release it and just say, well, that doesn't serve me. So that's okay. I'll just let myself enjoy the next experience.

Practice: Humming is a powerful way of expressing yourself in a way that does not really lend itself to judgment. It doesn't matter what you hum, just hum. A favorite tune, or just any collection of notes. It doesn't matter what or how – and actually, the louder the better.

Non Striving

When we say Non-striving in mindfulness, it simply means “non doing”.

It is a time to just allow things to be, without having to make anything happen. Just being, not doing, which is incredibly nurturing. So just being with whatever it is we are doing, without the expectation of achieving anything, is not only a powerful de-stressing device, it is very healing.

What we are going to do to demonstrate this is to simply take a moment's pause from our incessant activity – both internal and external. As we do this, try not to think of anything that arises as something we have to escape from or fix. Just being is enough.

Practice: The S.T.O.P. Meditation. For a full description and explanation, read [THIS ARTICLE](#).

Letting Go

This is the practice of softly surrendering what no longer serves us. It invites us to melt into the present moment by easing our body and softening the mind. It is incredibly powerful when we find ourselves in the throes of a tense situation or a challenge for which we don't have a solution.

Whether we need to let go of is physical tension or stress or an unwelcome emotion, we can practice *letting go* by coming back to our body and consciously inviting gentle relaxation to wash through us.

Acceptance

It's important to understand that acceptance doesn't mean blind approval or resignation to a situation. It just means that's you're seeing something as it is right now; observing what it is, without judgment.

Practice: The Five Senses Meditation: Stop – then....Notice and name out loud 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell and 1 thing you can taste.

Patience

Practicing this attribute inspires us to let everything just unfold in its time. Don't be in a hurry to get through one thing in order to move on to the next one. Patience is not about long suffering and endurance, or even about waiting. It is more like a form of wisdom – the simple understanding of the time it takes for events or progress to unfold.

Practice: Create a mandala.

Trust

There are two kinds of trust applicable to mindfulness. The first is self trust, which means being more self-aware of your core feelings and beliefs. These are separate from cultural or societal beliefs. Being self-aware leads to self-trust. It's a process of learning to trust yourself in any situation – not just those you are comfortable with.

Trust in others, or in a process, means having confidence that the people and processes in your life will work in your favor if you continue to work diligently through them.

Trust also helps us develop many of the other attributes of mindfulness. Patience comes more easily if you trust the process as does acceptance and suspending judgment.

By learning to trust your own experience, feelings and intuition, you will free yourself from the tyranny of harsh self-judgement and striving.

Practice: Meditate with the Trust Meditation.

In addition to the seven attributes I cover in the presentation, Jon Kabat-Zinn also includes [Gratitude](#) and [Generosity](#).

If you have enjoyed these practices, I invite you to join me for

“Tune Up Your Brain”

By learning more mindfulness, meditation, and musical techniques in this five week course, you will be able to:

- improve concentration
- enhance learning
- boost your memory
- and use powerful stress-reduction techniques

At the end of these five weeks, you will have all the resources, and will have made into a routine, the techniques that will put your brain in a state of calm attentiveness.



While in this state, you will make fewer mistakes, be able to think more clearly, and you will be able to handle stressful situations more easily.

Get more details [HERE](#).