

Mindfulness

“The awareness that emerges through paying attention on purpose, in the present moment, and non-judgmentally.” – Jon Kabat Zinn

Mindfulness should not be regarded as a learning process. It should be regarded as an experiencing process. We are not trying to learn, we are trying to feel. Any tendency to learn or categorize what goes on during practice is an obstacle to the practice. The technique is not separate from you; it is you, you are the technique. Meditator and meditation are one.

Our attitude influences our perspective, our emotions, and ultimately the way we experience the world around us. With the proper attitude, we can build a better atmosphere to practice mindfulness.

Beginner’s Mind - Embracing a beginner’s mind involves approaching experiences with openness and curiosity, free from preconceived notions. This attitude allows us to experience each situation anew.

Non-Judgment - This attitude involves observing experiences without labeling them as good or bad. It encourages us to view our thoughts and feelings objectively.

Acceptance - Acceptance allows us to live in the present and see things as they are rather than how we want them to be.

Letting Go - Letting go means letting go of our attachment and clinging to the things or ideas or thoughts that we perceive as pleasant. It means letting go of our desire to push away and avert from what we see as unpleasant, allowing us to move beyond resistance and embrace the present moment.

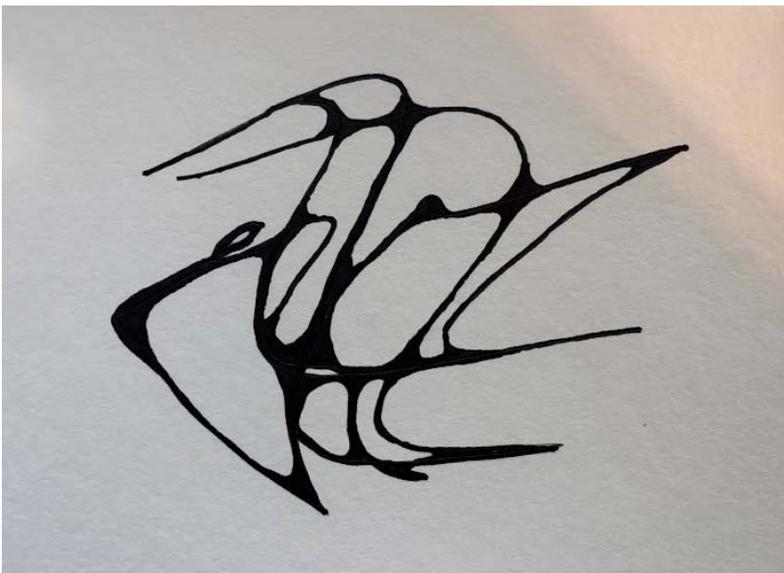
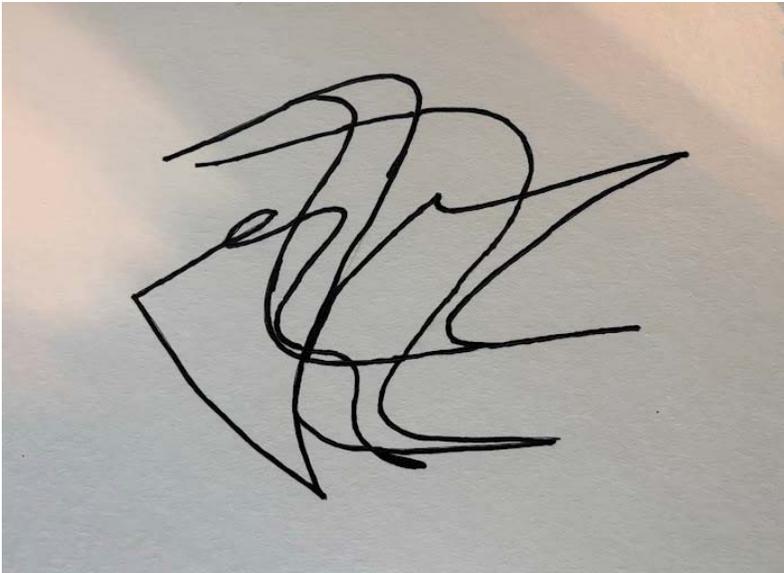
Non-Striving - Non-striving emphasizes the importance of being present without the need to achieve specific outcomes. This attitude helps us focus on our present moment experience rather than on goals or achievements.

Patience - Cultivating patience allows us to recognize that mindfulness is a journey, often requiring time and practice. This attitude encourages persistence in the face of discomfort.

Trust - Developing trust in ourselves fosters a sense of safety, giving us the capacity us to explore our sensations, thoughts and feelings. Through these initial fragments of trust, we can set a foundation to build better confidence in ourselves.

Mindful Art

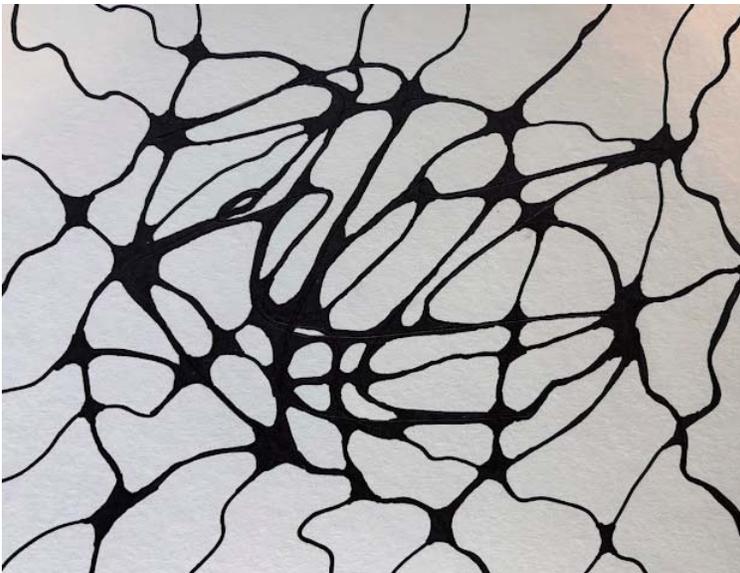
1. Think of something that you're frustrated about and write it down.
2. Connect with your breathe and body then use an ink pen to create a large scribble to release your frustration.
3. Use your sharpie marker and trace over those lines and round the edges at each intersection. Allow the rounding process to be a release of your feelings of frustration from within and choose a mindfulness attitude you can incorporate to create a new intention.



4. Begin drawing squiggly mindful lines from end points to the edge of the page. This step begins the process of bringing this new intention from your inner life to your outer life.



5. Continue allowing yourself to focus on your new intentions as you draw more mindful lines. Taking the time to round each intersection to smooth out all the hard edges.



6. Add color to your drawing.

