

# Seven key attitudes of mindfulness

*(Kabat-Zinn)*

**Non-judging.** Be an impartial witness to your own experience. Become aware of the constant stream of judging and reacting to inner and outer experience

**Patience.** A form of wisdom, patience demonstrates that we accept the fact that things sometimes unfold in their own time. Allow for this

**Beginner's Mind.** Remaining open and curious allows us to be receptive to new possibilities and prevents us from getting stuck in the rut of our own expertise

**Trust.** Develop a basic trust with yourself and your feelings. Know it's OK to make mistakes

**Non-Striving.** The goal is to be with yourself right here, right now. Pay attention to what is unfolding without trying to change anything

**Acceptance.** See things as they are. This sets the stage for acting appropriately in your life no matter what is happening

**Letting Go.** When we pay attention to our inner experience, we discover there are certain thoughts, emotions and situations the mind wants to hold onto. Let your experience be what it is right now

**Did you love today's meditation? Want to practice on your own?**

The apps "CALM" "Headspace" "Insight Timer" have lots of free content. Here is a link to a simple 5-minute Awareness of Breathing meditation:

<https://www.headspace.com/meditation/5-minute-meditation>