

Jon Kabat-Zinn, Ph.D., whose first book “Full Catastrophe Living the Seven Essentials of Mindfulness Practice, adapted from his great book.

NON-JUDGING

Be an impartial witness to your experience. Observing without judging helps you see what is on your mind without editing or intellectualizing it, or getting lost in your thoughts.

NON-STRIVING

No goal other than to be yourself. It is not about achieving bliss, relaxation or anything else.

ACCEPTANCE

A willingness to see things the way they are. By fully accepting what each moment offers, you are able to experience life much more completely.

LETTING GO

Of thoughts, ideas, things, events, desires, views, hopes and experiences, both pleasant and unpleasant. Allowing things to be as they are, without getting caught up in our attachment to or rejection of them. It means to give up resisting or struggling and allowing things to be as they are. Watching your breath as it goes in and out is an excellent starting place for this practice of letting go.

BEGINNER'S MIND

Free of expectations from past experience. Remove the attachment of the past and just be. Watch the moments unfold, with no agenda other than to be fully present. Use the breath as an anchor to tether your attention to the present moment.

PATIENCE

Remembering that things must unfold in their own time. An alternative to the mind's restlessness and impatience. Not letting our anxieties and desire for certain results dominate the quality of the moment.

TRUST

In yourself and your feelings. A feeling of confidence that things can unfold within a dependable framework that embodies order and integrity.