

Mindfulness Tools.....

Attentive-Relaxation:

We learn to guide our attention to our breath, heart, and muscles. Or to whatever we are doing in the moment. We learn to relax and calm our mind without escaping and avoiding. We learn to heighten our senses. We learn to attend to whatever is within or around us in that moment. We commit to memory, this deep sense of attentive-relaxation, and know that we can bring our body and mind to this place whenever we need to.

Observing without Judgement and with Compassion:

We awaken curiosity within and around us. We learn to observe our judgments, evaluations, and distortions. We also learn to observe our thoughts, feelings, sensations, without negative judgements. We validate feelings, without needing justification for them. We respond with compassion to ourselves and others.

Radical Acceptance and Letting Go:

We learn to accept ourselves, others, and the world. We accept our own and others' faults and vulnerabilities with compassion. Acceptance is not the same thing as giving up or agreeing with. We accept that the one thing we can control is ourselves. We let go of the things we cannot control or change. We let go of comparing ourselves to others and our own negative self judgements. We let go of needs and wants that do not serve us well. We change what we can.

Being Present, Participating Fully and Connecting:

We focus on the present by not letting thoughts about the past or future cloud our thoughts. We know that if we are thinking about the past or future we are not fully living in the present. When living in the present, we present our authentic self, free from judgement, and we can trust ourselves. We receive and give with an open heart. We love ourselves completely so that we may love others completely. We connect with others and the world through recognizing universal suffering, which in turn alleviates our own suffering.