



### Being Patient

- Enjoy the journey
- Where you are is where you are
- There is no place to “get to”

### Common Humanity

- We are not alone
- We all struggle and feel pain
- We are all connected

### Honoring Yourself

- You are enough
- You are worthy
- Authenticity-self acceptance

### Kindness to All

- Self Compassion and Self Love
- Loving kindness-opening of your heart
- Forgiveness and Gratitude
- Caring for the wellbeing of everyone

### Balanced Thinking & Emotions

- Being Equanimous
- Wise Mind: the balance of your rational and emotional brain
- Balanced thinking allows you to trust yourself

### Attentive Relaxation

- The breath as an anchor
- Cultivating attention
- Building focus
- Recognizing and releasing tension
- Guiding our Wandering Mind

### Letting Go

- Letting go of Judgments
- Letting go of the need for certainty
- Letting go of control that is not helpful
- Radical Acceptance:  
Accepting reality as it is-not as you want it to be
- Unhooking from worries and ruminations
- Non-Attachment

### Cultivating Beginner’s Mind

- Openness to everything
- Curiosity and wonder
- Noticing and observing, as if for the first time
- Noticing with detachment
- Noting, Feeling Tones, and Sense Doors

### Being Fully Present

- Resting in present-time awareness
- Not stuck in thinking about the past or future
- Being Grounded
- Not hooked into or controlled by emotions
- Being awake versus functioning on auto-pilot

### Observing with Clarity

- Observing distortions, judgments
- Listening for messages of feelings
- Understanding the power of the mind to avoid and distort

### Allowing Everything

- Making space for the uncomfortable
- Sitting with discomfort
- Feelings are neither suppressed or exaggerated
- Let it be
- Recognizing what you can and can’t control