

Mindfulness Is...



- Awareness that Arises from Paying Attention (on purpose)
- Present Moment
- Non-judgmentally
- Shifting from Doing to Being
- Set Aside our Immediate Goals for the Future
- Take in the Present Moment as it Is
- Approach Situations with Openness
- Turning Off the Automatic Pilot Mode
- Stop Worrying About the Future
- Knowing that Thoughts are Passing Mental Events, Not Reality

If we embrace mindfulness, we can be more in touch with life. If we allow ourselves to experience things through the body and through our senses rather than mostly through our unexamined and habitual thoughts. We can embrace a calm, peaceful life.