

Foundations of Mindfulness Practice:

- **Non-judging**

1. Judgment can dominate our minds, causing tension and chaos in our beings.
2. Effectively handling stress will require our awareness of our automatic judgments, so to see through our own prejudices and fears.
3. Assume the stance of an impartial witness.

- **Patience**

1. To be patient is completely open to each moment. Accepting is in its fullness, as things can only unfold in their own time.

- **Beginner's mind**

1. Take a stance of not-knowing, to see if your perceptions are affected by your own beliefs and values.

- **Trust**

1. Trust your own insight and wisdom, knowing that what are perceived as mistakes may happen, but this is okay.
2. Trusting yourself will allow you to have more trust in others and see their goodness.

- **Non-striving**

1. Getting to your goals will happen naturally and more successfully if you allow this process to unfold.

- **Acceptance**

1. Staying in the present. Spending time regretting the past and focusing on the future "what ifs?" will only lead to more tension and little energy.

- **Letting go**

2. Sometimes our minds seem determined in holding onto certain beliefs, thoughts. However, instead of judging these we can simply let them be and stop from trying to repress, deny, or focus on them.