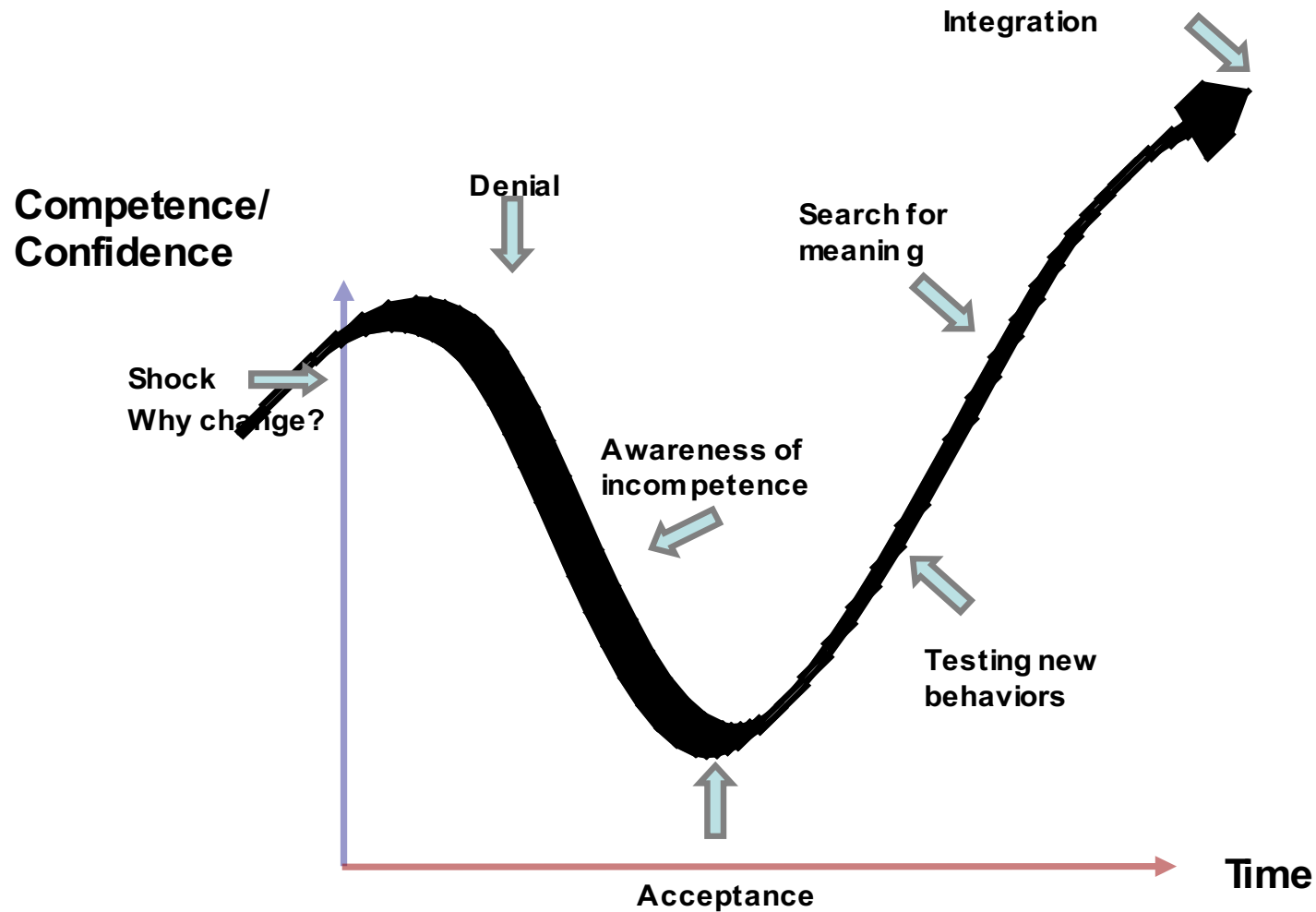


Mindfulness Plus

12 August 2019



Source: based on Adams J, Hayes J & Hopson C (1976) *Transition: Understanding & Managing Personal Change*, London Martin Robertson & Co

Mindfulness 'Basics' - Jon Kabat-Zinn

1. Non Judging. Notice if you are describing yourself as being 'good at' or 'no good at'

https://youtu.be/yNICQ-x_Gek

2. Patience.

<https://youtu.be/NkW27a8m1mY>

3. Beginners Mind. Enjoy a mind that is willing to see everything as if we are seeing for the first time.

<https://youtu.be/ssqclf52ZpY>

4. Non Striving. Eg During a Mindful 'meditation' we are not 'trying to get somewhere'. Try less and be more.

Letting our experience be what it is <https://youtu.be/5H217U5VIE8>

5. Acceptance. Accept what/who/where you are before we can be fully a Mindful person.

<https://youtu.be/aOGsj0Aklx8>

6. Letting go. Letting go of what was, what we would ideally like and accepting things as they are.

<https://youtu.be/bBCithP9JrM>

