

## Attitudinal Foundations of Mindfulness Practice

Non-judging---taking the stance of the impartial witness to your own experience.

Patience—employing the wisdom that things must unfold in their own time.

Beginner's mind---Cultivating a mind that is willing to see everything as if for the first time.

Trust--- Developing a basic trust in one's own self, intuition, and feelings.

Non-striving---Allowing anything and everything we experience to be here, because it already is.

Acceptance---Seeing things as they actually are in the present.

Letting Go---Letting be, allowing things to be, accepting things as they are.

Full Catastrophe Living  
Jon Kabat-Zinn, Ph.D