

Jon Kabat-Zinn has identified attitudes that are foundational to mindfulness. Take notes as you review the course video and the video of Jon Kabat-Zinn explaining the attitudes that are foundational to mindfulness practice.

Video of Jon Kabat-Zinn <https://www.youtube.com/watch?v=2n7FOBFMvXg>

Beginner's Mind

"In the beginner's mind there are many possibilities, in the experts' mind there are few".
~Suzuki Roshi

Acceptance

"Life is a series of natural and spontaneous changes. Don't resist them; that only creates sorrow. Let reality be reality. Let things flow naturally forward in whatever way they like."
~Lao Tzu

Non-Judging

"Only a non-judgemental mind has intelligence, because it is spontaneously responding to reality."
~Rajneesh

Non-Striving

"Non-striving is trying less and being more."
~Jon Kabat-Zinn

Letting Go/Letting Be

“Seek not that the things which happen should happen as you wish, but wish the things which happen to be as they are, and you will have a tranquil flow in life.”

~Epictetus

Patience

“Patience is the calm acceptance that things can happen in a different order than the one you have in your mind.”

~David G. Allen

Trust

“Trust your inner know”

~Daren Martin

Gratitude

“Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. “

~Melody Beattie

How will you teach these foundational attitudes?

Review the course video again and fill in this chart with ideas for how you will model these attitudinal foundations to mindfulness.

Attitude	Teaching Strategy
Beginner's Mind	
Acceptance	
Non-Judging	
Non- Striving	
Letting Go/Letting Be	
Patience	
Trust	
Gratitude	

Focused Attention and Open Awareness Meditation

Go to Mindfulness Exercises.com to the guided meditation for Focused Attention and Open Awareness. Review the transcript and worksheet on the website. You will also find this exercise in the Appendix.

<https://mindfulnessexercises.com/course/day-25-focused-attention-open-awareness/>

Observe and journal your experience.

If you are seeking a Certificate of Completion, you will need to log your personal meditation practice plus teach this meditation on three occasions.

Supplemental Activity

Practice Breath Exercises Over Time

As you develop the depth of your experience with mindfulness, you will become a better teacher of others. Build your practice and understanding of the attitudinal foundations with the breath. The breath is a powerful place to begin in experiencing the attitudes of mindfulness. Visit the 6 Mindful Breathing Exercises at Mindfulness Exercises.com. As you engage in mindful breathing, reflect on how you connect your breath to your understanding of the attitudes that are foundational to a heartfelt and mindful experience.

<https://mindfulnessexercises.com/6-mindful-breathing-exercises/>