



Principles of Mindfulness

"Mindfulness is the awareness that arises through paying attention, non-judgmentally, on purpose, in the present moment."¹

Non-Judging

Avoid judging your experiences as good, bad or neutral (indifferent). Accept things as they are, leaving behind all judgments.

Patience

Be patient with the process of mindfulness and with yourself. Be understanding and accepting that sometimes things unfold in their own time and not to your schedule.

Acceptance

Allow things to be as they are without wishing they were different or trying to change them.

Letting Go

Some thoughts are helpful; others are not so helpful. By choosing not to buy into the stories our minds tell us, we can free ourselves from the emotions and behaviours associated with them.

Beginner's Mind

Keep a mind that is willing to see everything as if for the first time.

Trust

Develop both trust in yourself and your feelings. Listen to that 'gut feeling' when you experience it. You are your best guide.

Non-Striving

The only goal is to be yourself. We do not need to achieve a goal by competing and comparing.

Gratitude

Notice and be thankful for all the little things, as well as the big gestures.

Generosity

Give your time, energy and attention to others without conditions attached. Also give these to yourself.

For more information on each of these principles access our Wellbeing for the Bush: Mindfulness resource at crana.org.au/helpful-resources