

ACCEPTANCE

ACCEPTANCE IS NOT PASSIVE.

ACCEPTANCE IS A WILLINGNESS

TO SEE THINGS AS THEY ARE

BEGINNER'S MIND

CULTIVATING A MIND THAT IS WILLING
TO SEE EVERYTHING AS IF FOR THE FIRST TIME.

BECAUSE EACH MOMENT IS UNIQUE
AND CONTAINS UNIQUE POSSIBILITIES.

GENEROSITY

LIVE IN AN ABUNDANCE MIND~SET.

GIVE YOUR TIME, ENERGY AND ATTENTION
TO OTHERS BUT ALSO GIVE IT TO YOURSELF

GRATITUDE

EXPRESSING APPRECIATION FOR LIFE
AND LIVING AND MAINTAINING
A SENSE OF WONDER FOR THE UNFOLDING
MYSTERIES ALONG THE WAY

LETTING GO

HOLDING ON IS THE OPPOSITE
OF LETTING GO.
BEING WILLING TO LOOK AT THE WAYS
WE HOLD ON
SHOWS A LOT ABOUT ITS OPPOSITE.

NON-STRIVING

MEDITATION HAS NO GOAL
OTHER THAN FOR YOU TO BE YOURSELF.
THE IRONY IS YOU ALREADY ARE.

NON-JUDGING

TAKING THE STANCE OF AN IMPARTIAL
WITNESS TO YOUR OWN EXPERIENCE.

PATIENCE



LETTING THINGS UNFOLD
IN THEIR OWN TIME.

TRUST

HONOUR YOUR FEELINGS.

TAKING RESPONSIBILITY FOR YOURSELF

AND YOUR OWN WELL~BEING