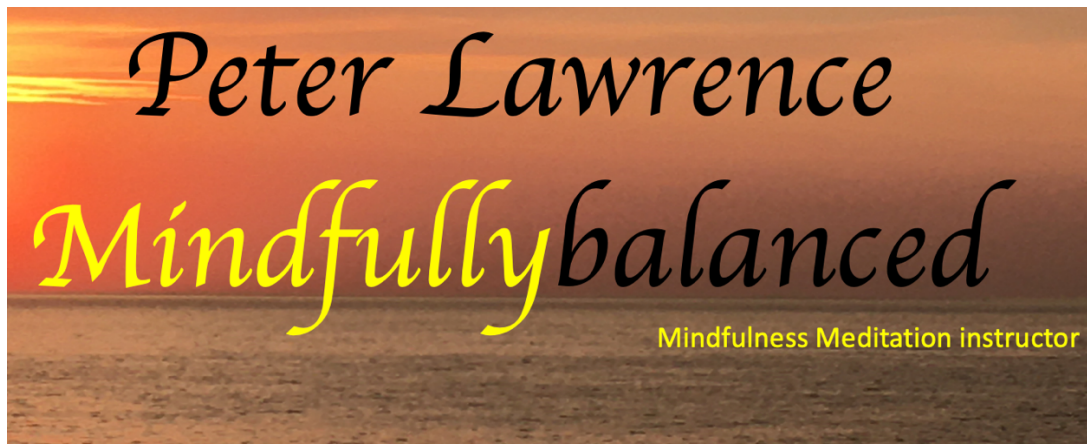


Newsletter 8/2021



Mindfullybalanced.co.uk

Date: 10th April 2021

Contents of this newsletter:

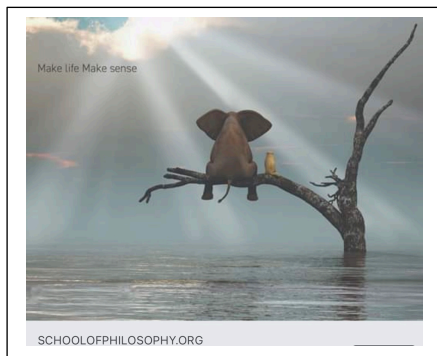
Section 1: Update weekly sessions

Section 2: Quick Read – 10 attitudes for mindfulness

Section 1:

Update weekly sessions:

Next week's timetable is below.



Monday 12th April - 9am and 8.30pm

Tuesday 13th April – 7.30 (**Mindful Movement for Cancer**)

Wednesday 14th April - 9am

Thursday 15th April - 6.30pm

Friday 16th April - 9am and 11.30am

Saturday 17th April - 11am - specifically for pain/health management. Please contact me if you would like to join this session.

If you want the Zoom code for the session(s) you would like to attend, please contact me through my website's 'contact page'

Please note: I will be taking the sessions over Easter and having a holiday break over the last week of April.

I have not had any enquiries about the Sunday morning 10am sessions.

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Section 2: 10 Attitudes of Mindfulness

From the book – Mindfulness Based Stress Reduction Workbook 2nd Edition
Bob Stahl, PhD and Elisha Goldstein. PHD

Mindfulness is like cultivating a garden: it flourishes when certain conditions are present. These conditions include the following ten attitudes, essential to mindfulness practice:

Beginner's mind. This quality of awareness sees things as new and fresh, as if for the first time, with a sense of curiosity.

Nonjudgment. This quality of awareness involves cultivating impartial observation in regard to any experience—not labelling thoughts, feelings, or sensations as good or bad, right or wrong, fair or unfair, but simply taking note of them in each moment.

Acknowledgment. This quality of awareness validates and acknowledges things as they are.

Non-striving. With this quality of awareness, there is no grasping, aversion to change, or movement away from whatever arises in the moment; in other words, nonstriving means not trying to get anywhere other than where you are.

Equanimity. This quality of awareness involves balance and fosters wisdom. It allows a deep understanding of the nature of change and lets you be with change with greater insight and compassion.

Letting be. With this quality of awareness, you can simply let things be as they are, with no need to try to let go of whatever is present.

Self-reliance. This quality of awareness helps you see for yourself, from your own experience, what is true or untrue.

Self-compassion. This quality of awareness cultivates love for yourself as you are, without self-blame or criticism.

Gratitude. This quality of awareness allows you to enjoy the moment with a sense of appreciation and reverence.

Generosity. This quality of awareness helps you see the value of giving your presence over clinging onto thing.

Yay!!!

Take care everyone and with kindness

Pete

