

MEDITATION: KEY POINTS

WHAT IS MINDFULNESS ?

BEING FULLY
IN THE PRESENT MOMENT

HOW TO BE MINDFUL

JUST BE !

OBSERVE KINDLY

LET GO GENTLY

KEY POINTS TO REMEMBER

- **Regular practice is IMPORTANT, even for regulars**
- **Simply observe sensations, feelings, and thoughts**
- **Kindness and patience, for YOU and for others**
- **As you continue to observe, things will fade away**