Eight Attitudes of Mindfulness

1. Beginner’s mind. This quality of awareness sees things as new and fresh, as if for the first time, with a sense of curiosity.
2. Nonjudgment. This quality of awareness involves cultivating impartial observation in regard to any experience—not labeling thoughts, feelings, or sensations as good or bad, right or wrong, fair or unfair, but simply taking note of thoughts, feelings, or sensations in each moment.
3. Acknowledgement. This quality of awareness validates and acknowledges things as they are.
4. Nonstriving. 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.
5. Equanimity. This quality of awareness involves balance and fosters wisdom. It allows a deep understanding of the nature of change and allows you to be with change with greater insight and compassion.
6. 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.
7. Self-reliance. This quality of awareness helps you see for yourself, from your own experience, what is true or untrue.
8. Self-compassion. This quality of awareness cultivates love for yourself as you are, without self-blame or criticism.

Holding these qualities in mind—reflecting upon them and cultivating them according to your best understanding—will nourish, support, and strengthen your practice. Developing these qualities is a way of channeling your energies into the process of healing and growth. These attitudes are interdependent; each influences the others, and by cultivating one you enhance them all.