

Mindfulness Path for Growth

Transforming Negative States

First Level

Negative energies and thoughts (e.g., anxiety, anger, etc.)



Deeper level:

Core negative beliefs and their powerful energies > "I'm not O.K." > anxiety
"There is something wrong with me." > depression

Cultivating Positive States

First Level

delight, joy, calm, confidence, love, etc.



Deeper level:

Connectedness to:
~Our own true nature
~Others
~Our environment
~The Divine, Universal Consciousness, The Great Mystery

Practice

The Core Skills of Mindfulness:

1. Clarifying, setting and reaffirming intention.
2. Cultivating a witnessing awareness.
3. Stabilizing attention.
4. Strengthening self-regulation.
5. Practicing loving-kindness for self and others.

Essential Question:
What am I practicing?

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