

## **Mindful - Propositions**

- 1. Because I am so afraid of not being able to survive and cope in the world, I try to make myself feel more substantial and real by creating a solid Sense of Self.**
- 2. I build my Sense of Self through the images and stories I create for myself, and that others create about me. I project these to myself and the world in an effort to make myself feel more secure and strong**
- 3. My Sense of Self is a delusion - I am not what I think, or what I feel, or what I sense. I need to let go of my Sense of Self in order to truly be aware of and connect with 'Other' in the present moment**
- 4. My thoughts, feelings and bodily sensations are 'Mental Events' reconstructed from the past and also constructed from future imaginings– I sometimes confuse them with what is really happening here and now**
- 5. I need to Open myself up to whatever there is in the Present Moment to kindly observe and acknowledge whatever shows up and learn to turn towards, face and accept the thoughts, feelings and sensations, just as they are – Mental Events**

## ***Propositions continued***

- 6. Time is an illusion - Nothing ever happened in the Past, and nothing will ever happen in the Future, it's all happening right Here and Now in this Present Moment**
- 7. I tell myself Stories to make sense of the past and future, and those stories can trap me in who and how and where I think I am**
- 8. There is no beginning and no end – all things exist already, just as they are. Everything is constantly changing and transforming and we are just a small part of the whole Cosmos which - as shown in Nature - is in a perpetual state of change**
- 9. Each moment is a fresh opportunity to be aware of what shows up here and now, and to reconnect with the present moment**
- 10. At the same time - in that present moment - I can focus on my chosen positive direction**
- 11. Mindfulness will Transform me in a positive way, if I allow myself to be Mindful in formal practice, and in everyday life to be open to Life just as it is**