

## About the 11 Factors of the NOW~Q

To be Mindful, each of us needs to remember 7 key things; being:- 1. Patient 2. Open-Minded 3. Trusting 4. Non-Striving 5. Accepting 6. Letting Go and 7. Non-Judging. These are the 7 Pillars of Mindfulness. They are all equally important. The more aware you are of these 7 attitudes—*when you remember*—the more Mindful you can be. So being Mindful means being.....

1. **Patient**—Understanding that things must unfold in their own time. Why rush through one moment to get to other 'better' ones? Patience can give peace to the agitated mind. You don't have to fill up moments with activity and thinking in order for them to be rich. Being patient helps you to be open to the moment to accept it in its fullness.
2. **Open-Minded**—Willing to see everything as if for the first time. Free of expectations based on your past experiences. Each moment is unique and contains unique possibilities. See with fresh eyes. Right now with a clear and uncluttered mind. Watch out for the veil of your own thoughts and opinions.
3. **Trusting**—Trusting in your own intuition and authority. Honouring your feelings if something does not feel right to you. No point in imitating someone else. Becoming more fully yourself. The more you trust yourself the more able you will be to trust others, and see their basic goodness.
4. **Non-striving**—Doing things for a purpose can be an obstacle—the goal is to be yourself. Try less and be more. Mindfulness is about simply paying attention to whatever is happening. Just watch. Allow the experience to be here because it already is. See and accept things as they are moment by moment. Movement towards goals will take place by themselves. An 'unfolding' that you invite to happen within you.
5. **Accepting**—Coming to terms with things as they are—at this time. No need to try to force situations to be the way you want them to be—only makes for more tension—waste of energy. You have to accept yourself as you are before you can really change. Acceptance is the precondition for healing and change. It's not about stopping or giving up or tolerating or avoiding. It's about a willingness to see things the way they are. This is the precondition for appropriate action. You need a clear picture of what is actually happening. Take each moment as it comes and be with it fully, as it is. Receptive and open to whatever you are feeling, thinking and seeing.
6. **Letting Go**—There are certain thoughts and feelings that your mind wants to hold on to. If they are pleasant you try to prolong them. If they are not you try to get rid of them, prevent or protect yourself from them because they are unpleasant and painful and frightening. Let your experience be what it is whatever it is. Practice observing from moment to moment. Letting go is a way of letting things be—of accepting things as they are. If you find it particularly hard to let go then focus on the opposite and observe what it feels like to hold on. You let go when you go to sleep—if you can't let go you can't sleep. Practice letting go when you are awake.
7. **Non-Judging**—Automatic judging locks you into mechanical reactions. You become preoccupied with liking and disliking. You need to observe and be an impartial witness. No need to judge your judging. Watch whatever comes up.

**As we pay attention to these 7 Pillars of Mindfulness, we can also Notice, Observe and Witness—here and now in the present moment—4 equally important factors; the Breath, Body, The Self and Compassion.....**

8. ***Awareness of the Breath***—Noticing that now at this moment, you are breathing. The breath breathes itself. The breath is our anchor to the present moment, to which we can return at any time. Being aware of the breath means we are here, not in the future or the past, but here and now in this present moment, as each moment unfolds, moment to moment with each breath.
9. ***Awareness of the Body***—To be present and really here, as well as being centred in the breath, we need to be grounded in the body. That means being aware and curious about all the passing sensations within the body and seeing how they constantly change, and how we can let go of tension and stress in the body, on every out-breath.
10. ***Awareness of the Self***—The mind is very attached to the big SELF—the Self that must survive and thrive so that its genes can be passed on, and the mind will do anything it can to protect you from threat and danger. Being aware of and letting go of SELF enables the mind to not take things so personally and seriously, so it doesn't make a drama out of everything. It's not all about you!
11. ***Awareness of the need for Compassion***—In letting go of SELF, we can be more available to and sensitive towards the needs, states and wishes of others. When we remember to be aware of others, we let go of the sense of 'them' and 'us' and so become at one with everything. We let go of any sense of duality. You are me with another face. It's all one thing. In this way we are free to be kind and compassionate to both self and other.

**Don't just do Mindfulness—be Mindful!**