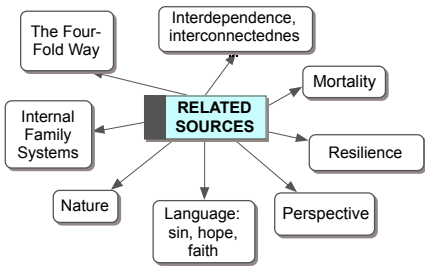
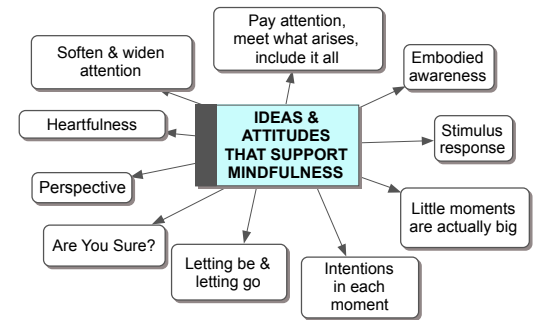
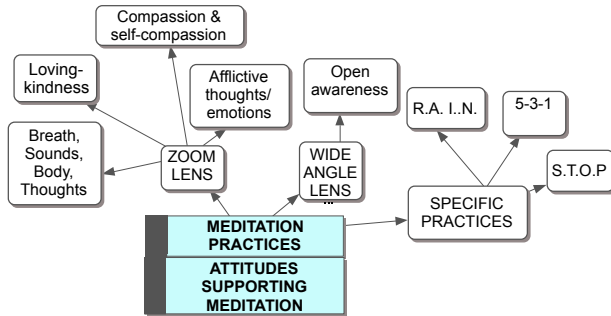
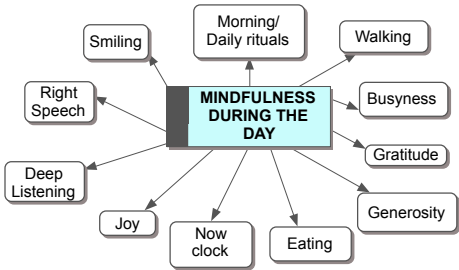


A map of basic ideas underlying mindfulness



- It's not what is happening but how you are responding to what is happening.
- Responding instead of reacting
- Distinguishing what I can and can't control
- Distractions: non-aversion toward, "not a problem" to be "fixed"
- Three intelligences: body, heart, mind
- Not turning away
- Resting in not knowing

