

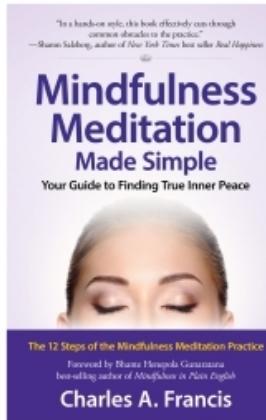


## The 12 Steps of the Mindfulness Meditation Practice

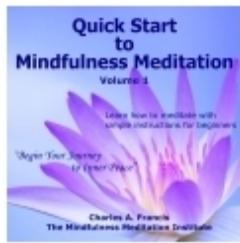
Personal fulfillment is available to anyone willing to put in the effort to pursue it. Through the practice of mindfulness meditation, we can transform our lives and relationships for greater peace and harmony. These are the steps we followed in order to achieve freedom from our suffering. By dwelling in the three main sources of spiritual nourishment: our True Nature, the spiritual principles, and our spiritual community, we learned to live mindfully in the present moment.

- 1) We became aware of the pain and suffering created by unmindful thoughts, speech, and actions.
- 2) We learned how to develop our primary tools of observation: concentration and mindfulness.
- 3) We sought to eliminate the things that agitate our mind, and prevent us from achieving inner peace and serenity.
- 4) We learned how to structure our meditation session for maximum effectiveness, and to fit our lifestyle.
- 5) In order to ensure our spiritual development, we made mindfulness meditation a regular practice.
- 6) We remained vigilant in our meditation practice, so that we continued making steady progress.
- 7) We became aware that other people can provide us with the spiritual nourishment vital to our development.
- 8) We sought to cultivate peace and harmony in our relationships and interactions with others by practicing deep listening, mindful speech, non-judging, and forgiveness.
- 9) We sought to dwell deeply in our spiritual community in order to enhance our development, and that of others.
- 10) We became aware of how unmindful consumption perpetuates the suffering in our lives, and prevents us from achieving true inner peace.
- 11) With the strength, courage, and mindfulness we attained through our meditation practice, we confronted and overcame the wounds from our past.
- 12) Having found freedom from our suffering through mindfulness meditation, we shared this practice with others, and continued dwelling deeply in the present moment through mindful living.

## Mindfulness Meditation Resources



For an in-depth discussion of the 12 Steps of the Mindfulness Meditation Practice, get the new book ***Mindfulness Meditation Made Simple: Your Guide to Finding True Inner Peace***. This book will show you how to transform your life and relationships through clear instructions and simple exercises. It explains the exact meditation techniques in an easy-to-follow process. It then gives you tips for enhancing your practice. You will gain a solid foundation of this time-tested ancient practice, and get the results you want. Foreword by **Bhante Henepola Gunaratana**, best-selling author of *Mindfulness in Plain English*. For more information, visit <http://wp.me/P22v0Y-Ck>.



**Quick Start to Mindfulness Meditation.** This CD is ideal for beginning and experienced meditators who want to get more from their meditation practice. It gives you clear instructions of the mindfulness meditation practice; then shows you how to implement them through the guided meditations. Available at <http://wp.me/P22v0Y-1L>.