

Living the Mindfulness Practice

Instructions

This writing meditation will help you stay focused and committed to your mindfulness practice. As such, you will make quick and steady progress in your personal development, and find the true happiness and inner peace you've been searching for your whole life.

Simply copy the following verses by hand in a notebook or journal, every day for about 10 to 15 minutes. Any time of the day is fine. You don't have to do the whole meditation in one session. It doesn't matter how far you get each time. Simply write for a few minutes every day. Then the next day, pick up where you left off.

After a few days, notice how your thinking and behavior are changing. It's important to do the exercise consistently. The practice is most effective if it's done every day for several months, along with the mindfulness meditation practice.

It also works best with a daily meditation practice. If you need help in this area, I would recommend our "***Quick Start to Mindfulness Meditation***" CD. It gives you clear and simple instructions, so you can get the most from your meditation practice. You can find out more on our website.

I hope you enjoy this writing meditation, and that it transforms your life the way it has transformed mine.

Warm regards,

Charles A. Francis

The Mindfulness Meditation Institute

www.MindfulnessMeditationInstitute.org

Living the Mindfulness Practice

The mindfulness revolution

I realize that I am living in a wonderful and exciting time in history—the age of the mindfulness revolution. I am part of a movement where millions of people are changing the world through the practice of mindfulness meditation. Through this simple and effective practice, we are transforming our lives to attain inner peace, wisdom, and good health—without having to abandon our spiritual roots. I am aware that the practice can also heal the wounds in my society to bring about peace, harmony, and goodwill. As a pioneer in this thriving movement, I will work with other spiritual seekers to share the gift of mindfulness to make peace on earth a reality.

My spiritual goals

I realize that through diligent mindfulness practice, I will see an immediate transformation in myself. As a spiritual seeker walking the path to inner peace, may I be determined and committed to my daily meditation practice, as well as writing meditation, so that I continue making steady progress. May I persevere to continue learning about the practice, so that I can be a teacher, a role model, and a leader for others to follow. May I dwell deeply in the three sources of spiritual nourishment: my True Nature, the spiritual principles, and my spiritual community, so that I enhance my spiritual development and shorten my path to enlightenment.

My meditation practice

May I work to reduce the unnecessary agitation of my mind, so that my practice becomes easier and more productive. May I work to develop concentration and mindfulness during each meditation session, so that I may see the world with clarity and wisdom, and gain a deeper understanding of the true nature of my existence. May I confront the wounds from my past with courage and determination, so that I eliminate them as obstacles to my practice and continue growing. May I cultivate deeper connections with everyone I encounter, so that we freely share the energy of mindfulness and enhance each other's personal development.

Loving-kindness in my relationships

I realize that mindfulness is a way of life for cultivating peace and harmony in all my relationships. May I learn to live deeply in the present moment by practicing mindful breathing, mindful walking, deep listening, and mindful speech in all my affairs. May I be patient and understanding, forgiving and

compassionate with everyone I encounter throughout my day. May I be loving, kind, and gentle in my ways. May I be courageous in dealing with difficulties, and always meet with success.

Mindful consumption in my personal life

As I continue to practice mindfulness, I am becoming an enlightened being and a more mindful consumer. May I consume the foods and nutrients that will promote good health, longevity, and mindfulness. May I engage in sufficient daily physical activity wherever possible, to promote physical, mental, and emotional well-being. May I be mindful of the consumption of alcohol, tobacco, unnecessary medications, and other substances that are depriving me of my spiritual growth—and have the willingness, courage, and strength to let them go.

Mindful consumption in my community

As I continue to practice mindfulness, I am developing greater awareness of the interdependent nature of all the systems in the world, and how my actions affect my community and the environment. May I be a mindful consumer of resources in all my activities, and work toward contributing to the long-term viability of the human race.

May I consume natural resources such as water, plants, and minerals in moderation so that I contribute to peace and harmony among different societies, and preserve the resources for future generations. May I work with others to promote the efficient use of resources at work, so that I help my organization become a good corporate citizen. I know that by advocating mindful consumption, I am making a great contribution to my community.

Carrying the message

I am grateful for the gift of inner peace I have received through the practice of mindfulness. As I continue to practice, I am becoming a messenger of peace and harmony. My compassion for other people's suffering is awakening my sense of duty to help them find this gift. I realize that in order to keep what I have, I need to share it with others.

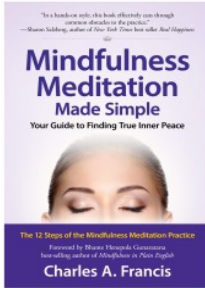
May I carry the message of mindfulness to others, by sharing my experience with the practice and how it has transformed my life and relationships. I realize that by sharing the gift, I will find true joy and fulfillment, knowing that I have made a tremendous difference in someone else's life. Even if I find only one person to begin the path to spiritual freedom, I know I have made a great contribution to my community.

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Building my spiritual community

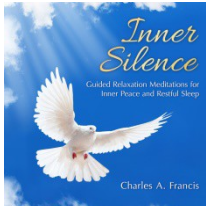
As I am aware that my spiritual community is essential for my ongoing personal development, may I work to build a strong and healthy meditation group. May I help recruit new members, so that they too can learn how to practice mindfulness meditation, and walk the path to inner peace. May I be a good role model and mentor to help guide them in their practice. May I help my meditation group stay focused on its core mission of teaching mindfulness, so that it becomes a spiritual refuge for everyone who needs healing and peace of mind. I know that by building a strong and healthy meditation group, I am making a great contribution to my community, and society as a whole.

Mindfulness Meditation Resources



Mindfulness Meditation Made Simple: Your Guide to Finding True Inner Peace.

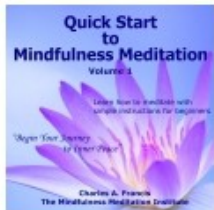
This new book shows you how to transform your life and relationships through the 12 Steps of the Mindfulness Meditation Practice. Through the clear instructions and simple exercises, you will gain a solid foundation of this time-tested ancient practice, and get the results you want. It explains the exact meditation techniques in an easy-to-follow process. It then gives you tips for enhancing your practice. Foreword by Bhante Henepola Gunaratana, best-selling author of *Mindfulness in Plain English*. **Available now at Amazon.com.** ISBN-13: 978-0990840503



Inner Silence: Guided Relaxation Meditations for Inner Peace and Restful Sleep.

Having trouble with stress, or sleeping at night? Then you'll love the peaceful meditations of *Inner Silence*. They will gently guide you into a state of deep relaxation, so you can overcome stress and anxiety. They will help you; gain greater insight into your life, sleep better at night, take charge of your life. You will overcome the fears that are holding you back, so you can live a happier and more fulfilling life. They will even

improve your health and well-being. **Available at Amazon.com.**



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 Amazon.com.**