



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 our suffering, 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.