



AWARENESS TRAINING

- **Mindfulness means moment-to-moment attention. With each moment being totally new; we carry no residue from the past moment – and not pollute the next moment with current imprinting.**
- **Awareness means being in the present moment with the qualities of being non-judgmental and non-labeling.**
- **Mindfulness and awareness are cultivated with exercises that refine our capacity to sustain our attention – or continually/seamlessly re-creating our intention to focus (either mental or an activity, action or task) – moment-to-moment - as best we can, for as long as we can.**
- **If we can keep our mind clear - moment to moment - then we are more able to avoid confusion, and act appropriately.**

What are the benefits of becoming more aware?

- Without awareness, we:**
 - tend to repeat the past / remain stuck
 - live one dimensional lives
 - avoid or miss out on things
 - have limited connection to others, and nature
- With awareness, we**
 - are more fully involved with life
 - sense things more deeply
 - When we can be open and attentive in each moment, we begin to free ourselves from the conditioning of the past and open ourselves to new dimensions.

