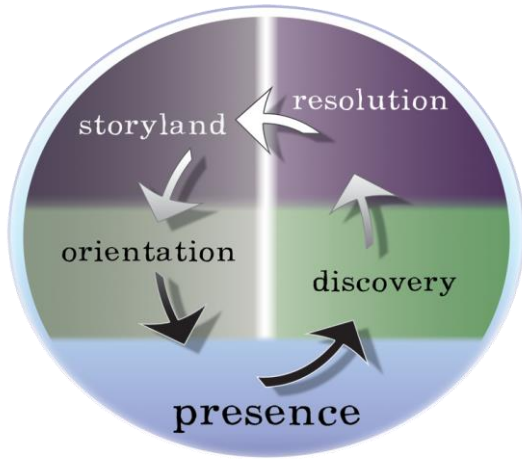


Zen Mindfulness - The Mindfulness Cycle

Zen Mindfulness is the practice of making Presence our home and opening out into Discovery and Resolution to fit the moment. When you find yourself in Storyland, return home by stepping back through Orientation to Presence.



Realms of the Mind

Storyland: subjective, emotional and abstract. Lost in our thoughts and dreams.

Orientation: objective, empirical and concrete. Fully aware of our surroundings.

Presence: immediate, flowing and peaceful. No separation between inside and outside the mind.

Discovery: fresh and clear. Everything is brand new.

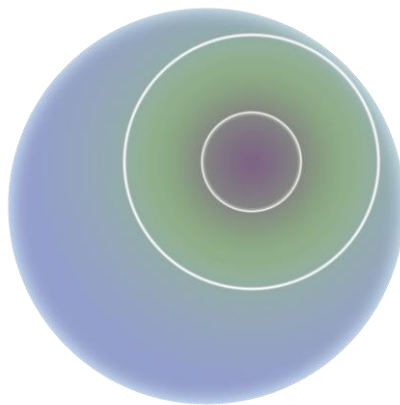
Resolution: spontaneous, clean and effective. Actions taken here are the most appropriate for the moment.

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www.zenmindfulness.org



Zen Mindfulness Cloudbook

The 3-step method of Zen Mindfulness is now online. Visit www.zenmindfulness.org/cloudbook for the complete method along with reflections on mindfulness and Zen in general.



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