



## Awareness

Becoming aware of the diversity of your thoughts can bring great awareness to the depth you have as a person. This becomes a place of happiness because it's where you live in the present moment. When you take your thoughts away you start to see the beauty in the present moment. It can have a great effect on bringing you back to the "here and now".



## Let Go

By returning to a state of peace you can practice letting go of all that doesn't serve you. Judgment and analysis become obsolete. You begin to face unexpected thoughts that come up and let them go. This can help in limiting reaction time to quick everyday situations. You also learn to observe the flow of your own thoughts, and not get too caught up in them!



## Gentleness

Be gentle with yourself. If you are hard on yourself you will lose yourself in your criticism and aggravation. Focus on yourself and give yourself the feeling of importance you deserve, just be you, and be with yourself. Don't have concern for what others may think about you or of you. Take time to sit in silence and practice kindness, compassion, love, patience, and acceptance, all with you on the giving and receiving end!



## Faith

Don't worry about whether or not your thoughts make sense or if you actively believe in them. Have faith in your thoughts, this will teach you to have more faith in your life as well. Allow yourself to be more vulnerable in life, which will lead way to more healing. Challenges will be created in life, and with faith, you will always have the resilience to bounce back and evolve into your best self.



## Choice

When you observe your thoughts, you are allowing yourself to bear witness. this then allows you the option of accepting and removing which are the most beneficial and progressive for you. Removing obstacles in meditation will allow you to recognize and also remove them in life! removing thoughts isn't running from them, it simply means you are choosing to run after something you desire, not away from something you don't approve of.



## Focus

Returning to your place of calm and peace will help you practice single-pointedness. You will begin to notice your awareness goes wherever you want. You will begin to notice outside meditation you are more centered and skilled at focusing your energy on those thoughts and actions you take pride in. You will find inner guidance that has the strength to evolve as you face adversity. You will gain peace from knowing who you are and where you are in the present, where life happens.