



ARRIVE  
ANCHOR  
ATTEND  
AWAKEN

## Arrive

### Come Home to the Body

**Intention:** set an intention towards presence

**Pause:** recognize your attention is turning inward

**Attitude:** assume an attitude of ease, relaxation, interest, and friendliness

## Anchor

### A Steady Connection to Presence

- Body Scan
- Breath Sensations
- Hand or Foot Sensations
- Sound

## Attend

### The Changing Flow of Experience

**Rest** in the felt sense of your aliveness.

**Relax** into your body.

**Return** to your anchor (over and over).

## Awaken

### The Fruit is Non-Doing

Be Awareness

Be Love

Be Presence



Mindfulness meditation grounds us in our Being and asks us to open to what is calling our attention with a kind, wakeful heart and mind.