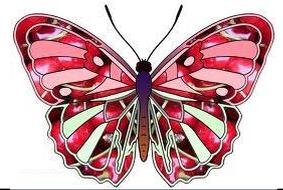


The Seven Pillars Of Mindfulness

1

Acceptance



Non-judgement

2

3

Non-striving

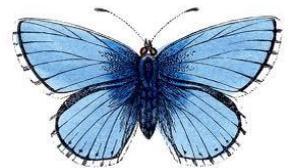


Trust

4

5

Patience



Letting Go

6

7

Beginner's Mind

