

AWAKE:

A mindfulness and
compassion-based
practice.



The acronym **AWAKE** - Allow, Witness, Attitude, Kindness, Embody is a mindfulness & compassion practice. AWAKE brings greater awareness to the present moment - facing emotions with non-judgement - easing suffering and increasing joy.

A - Allow: Welcome all thoughts and feelings without judgement.

W - Witness: Recognize that these thoughts are appearances in consciousness. Become the loving witness to the process.

A - Attitude: What emotions are present? Naming emotions and feelings helps recognize and release.

K - Kindness: Approach the process with compassion and kindness. Taking time to sit welcomes self-compassion.

E - Embody: Fully embrace sensations, emotions, and feelings.

At the end of the practice, take note of the feeling of presence, overall sensations, and offering gratitude. Enjoy.

