

"THE 4 PILLARS OF MINDFULNESS" with TRAVIS ELIOT

THE 4 PILLARS OF MINDFULNESS coming from the teachings of the Buddha. The Buddha shared these teachings as a way to help one transcend unnecessary suffering.

THE 4 PILLARS OF MINDFULNESS are:

BODY AND BREATH
THOUGHTS
EMOTIONS AND FEELINGS
DAILY LIVING

In the sections below journal on how mindful and aware you are of each of the four pillars. Reflect upon how connected or disconnected you might be. You might explore when you have a tendency to check out. Know that there is no right or wrong in this journaling exercise, it is simply an opportunity to strengthen your awareness. If you feel inspired you might write what is working and also how you can improve. Let it be a writing meditation.

"Body and Breath" Journaling

"Thoughts" Journaling

"Emotions and Feelings" Journaling

"Daily Living" Journaling

*(*Note. Daily Living applies to your relationships, career, hobbies, running errands etc.)*

As you transition into your day be aware of how these journaling insights might show up in your life.
We applaud you for taking the time to explore this powerful reflection.