



# MINDFULNESS & GRIEF

## REMINDERS & RESOURCES

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**TRUST & HONOR YOUR GRIEF - EXPRESS IT CREATIVELY - RECOGNIZE PATTERNS  
TURN TOWARD WHAT IS DIFFICULT – MAKE SPACE FOR IT – ACCEPT COMMONALITY  
BUDDHIST WISDOM FOR GRIEF**

“Don’t chase the past. Don’t long for the future. The past is left behind. The future is not yet reached. Having insight into the present moment, one develops the mind. Practice ardently today. Who knows? Life might end tomorrow. There is no bargaining with death. Whoever dwells thus is, says the peaceful sage, one who has an auspicious day.”

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### A Quick Mindfulness Refresher

1. Find a comfortable, quiet place and close your eyes.
2. Check your posture: legs, back, shoulders, hands, neck, chin, tongue.
3. Bring your attention to the body and slow, deep breaths.
4. Allow the mind to relax (resting on the rise/fall of the belly or chest or on the area just before you).
5. Take note of what is going on in your mind without judgment.
6. Staying with the breathing, allow each thought to rise and fall away, remaining on the “back burner” of your consciousness.
7. Set a timer for five or ten minutes and dedicate yourself to staying put for the full time. Dive deep into the process, seeing it as an important gift to yourself.