

CREATING CLARITY C.O.R.E. MINDFULNESS PRACTICE



C : CLEAR

Clear your space, time, mind...

O : ORGANIZE

Organize to begin and carry through the work on the path

R : RITE

Treat what you are doing as a “rite,” whether writing, reading, tool-building, listening to a friend, etc. – treat the experience with respect and honor it deserves (remember: everything is consciousness ^_^)

E : ENJOY

Enjoy the process and be present in the moment