

Goals of Mindfulness Practice: A Spiritual Perspective

TO EXPERIENCE:

- Ultimate reality *as it is* which leads to a sense of inner spaciousness and awareness of intimate wholeness with the entire universe, the transcendence of boundaries, and the ground of our being.
- Other: _____

TO GROW IN WISDOM:

- Of the heart and of action.
- Other: _____

TO EXPERIENCE FREEDOM:

- By letting go of attachments to the demands of your own desires, cravings, and intense emotions, and radically accepting reality as it is.
- Other: _____

TO INCREASE LOVE AND COMPASSION:

- Toward yourself.
 - Toward others.
 - Other: _____
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- Other: _____