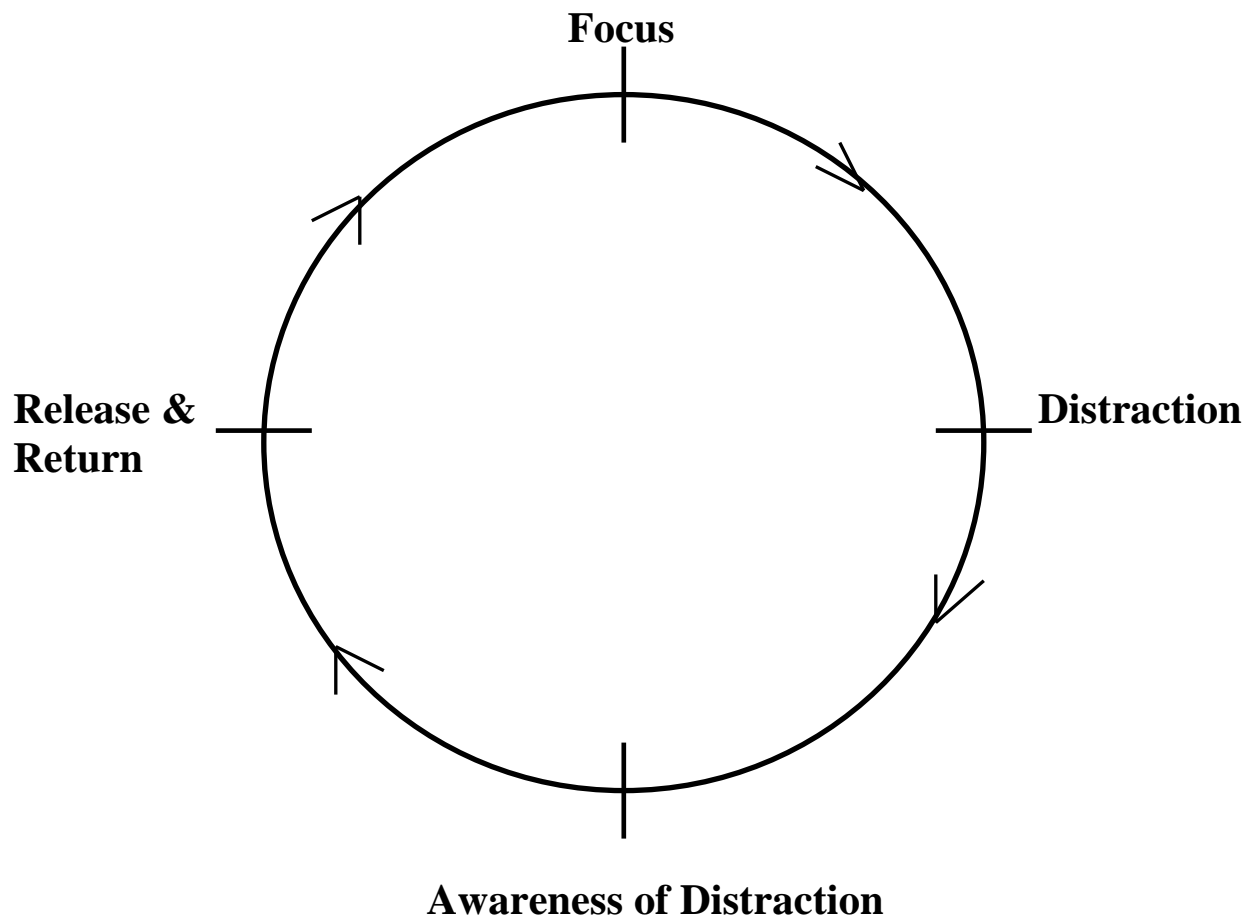


Circle of Liberation Mindfulness Practice



Focus – on a task, the surroundings, your breath, an image or word

Distraction – by a thought, worry, emotion or physical sensation

Awareness of Distraction – noticing that the mind has drifted

Release & Return – let go of distraction w/out judgment
and return back to focus