



# Mindful Living

Non violence, Detachment & Contentment  
Ahimsa, Vairagya, Santocha

Taught by Andy B Allen

Mindful living requires awareness. Being mindful is seeing things for what they are. It requires from us to be present and in the moment as the world unfolds in front of us. Being mindful allows us to engage with the world from a space of openness and acceptance and in a state of flow and connection..

# Some tools to be mindful

- Non violence (Ahimsa)
- Detachment (Vairagya)
- Contentment (Santochoa)



# Non Violence

## **Ahimsa**

This concept is often overlooked or misunderstood. Non violence goes beyond the precept of not injuring other living creatures; this is important and should be kept in mind at all time. But beyond that, the greatest challenges of this practice are internal and not external, as it is in our thoughts that violence has its origins and roots. Having negative thoughts, unnecessary criticism and being too focus in our believes and ideas is often a generator of violence. The point is not to become an idealistic being where violence does not exist, but rather recognize our patterns and tendencies, face the feelings, emotions and thoughts that arise in our head and hearts, and observe them with reacting. Through that, being able to identify the real need behind our violent tendencies and move beyond them, transforms that destructive energy into a constructive one.



# Detachment

## **Vairagya**

“Be in the world but not of it”

Detachment does not mean to renounce to the world; it means not to become a slave of it. Detachment means to be able to control our mind and thoughts and not be constantly distracted by the external world, a state where our mental energy is focus and directed at will to whatever we (consciousness) chooses to focus it on. In other words, to be established in our true nature.



# Contentment

## **Santocho**

Without it, there is no inner peace. By being present and accepting you have done your best in the immediate present, you will find contentment. It is not settling for less or being complaisant, it is accepting what is now and the temporarily of the now.



# Introspection, Self awareness, Self study & Contemplation

- **Introspection** is the examination of your own thoughts, feeling, ideas.
- **Self awareness** is the capacity to recognize that you have your own feelings, thoughts, behaviors and individual characteristics.
- **Self study** refers to our ability to see ourselves without any filter. It helps us realize that what we often see as ours or us is actually not us or ours.
- **Contemplation** is deep and reflective thought or thoughtful observation.



# Practice

- Contemplation: every day, save some time to contemplate with intention.
- Introspection: every day, save some time to practice introspection.
- Practice accepting things for what they are, not what you want them to be.
- Practice being okay with the way things are.
- Practice creating a gap in between you and the things that happen to you or around you.

