

Human Systems Mindfulness Model

You Are Here. At the center of the *HS Mindfulness model* is the simple reminder that “*You are here*”. The present moment is where peace, serenity, and clarity live. We can visit the past and future, but the locus of mindfulness, as well as of growth and change, is in the present.

1. Awareness. The first step in the *HS Mindfulness Model* is *awareness*. When we are aware, we notice without judgment what is happening in our bodies and mind, and we use our senses to notice what is happening in our environment.

2. Acceptance. Once we have *awareness* in the present moment, the second step is to fully accept what is happening. *Acceptance* is total non-resistance to what is. *Acceptance* doesn’t mean we have to accept forever, and it doesn’t mean we can’t change it, it just means we are not in a state of resistance against reality in the present moment.

3. Compassion. Once we have *awareness* and *acceptance*, we have made space inside ourselves for the third step, self-compassion and compassion for others. *Compassion* is unconditional love for ourselves, others, and the world.

4. Balance. Once we have cultivated *awareness*, *acceptance*, and *compassion* in the present moment, we have made space for the fourth step, *balance*. Achieving calm and serenity through these first three steps will help us see more options. We can now explore choices to change our perspective or our environment if we feel uncomfortable.

