

# A Kind Attitude

Choose one of the principles as discussed in today's essay: non-judging, patience, beginner's mind, trusting yourself, non-striving, acceptance and letting go, as an attitude for your meditation practice and your day.

Which one speaks to you?

1. How could I apply this principle in my meditation practice? What does it feel like to practice this principle?

2. How could I apply this principle to my PhD?