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And The
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Through
Mindfulness
Jon Kabat
Zinn**

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the world around us
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“Coming to our senses involves cultivating an

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overarching awareness
of all our senses,
including our own
minds, and their
limitations, including
the temptation when
we feel deeply insecure
and have a lot of
resources, to try to
control as rigidly and
as tightly as possible
all variables in the
external world, an
impossible and
ultimately depleting,
intrinsically violent,
and self-exhausting

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enterprise.”

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and sanity is nothing
less than an invitation
to wake up to the
fullness of our lives as
if they actually
mattered..."

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