

The 4 Foundations of Mindfulness



Body (Kaya)

This first step involves being mindful of the body, including physical sensations, breathing, and bodily movements. It encourages a deep connection with the physical self, promoting awareness of how the body feels in different states and activities.



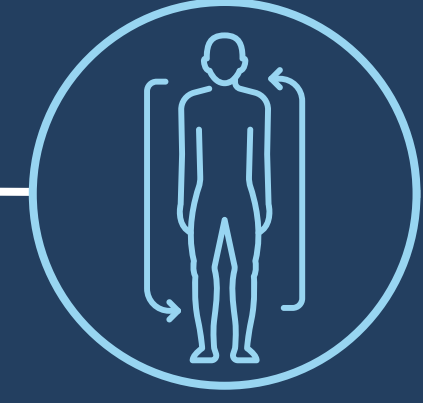
Feelings (Vedana)

Here, the focus shifts to feelings and sensations. It involves observing and acknowledging emotions and sensations without judgment, allowing for a greater understanding of how feelings influence thoughts and behaviors.



Mind (Sitta)

This step is about being aware of the mind, including thoughts, moods, and mental states. It requires noticing how the mind operates, identifying patterns, and cultivating a non-reactive awareness of mental activities.



Dammas (Mental Objects)

The final step involves mindfulness of mental objects or phenomena. This includes recognizing thoughts, perceptions, and impulses, and understanding their impermanent nature. It promotes a deeper insight into the workings of the mind and the nature of reality.



NuCalm Rescue, PowerNap, and FlowState

Patented neuroacoustic technology used with quality headphones, an eye mask, reclined in a comfortable place, and access to the NuCalm mobile app. After an immersive experience, you will be balanced, centered, and relaxed. NuCalm Rescue, PowerNap, and FlowState balance the autonomic nervous system for stress relief and a quiet mind.