

# TEACHING THE “UNTEACHABLE” WITH THE MINDFULNESSTRIANGLE

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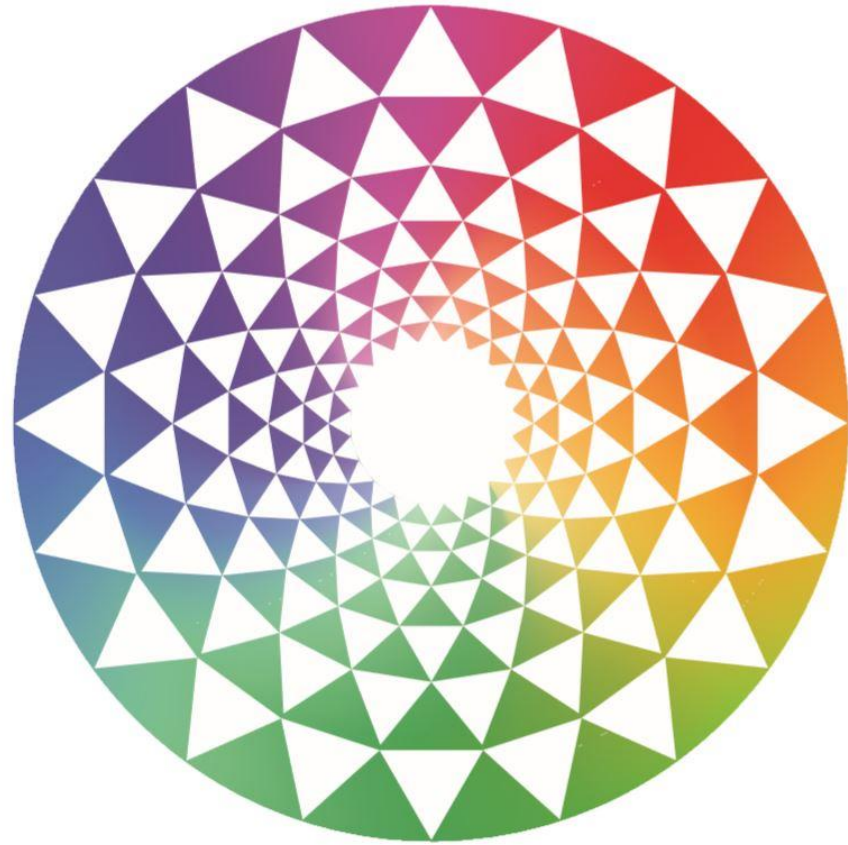
You don't have to wait  
But we are always here to listen  
The Melbourne Clinic





# ACT ON IT

**Feel fully, live deeply.**



MINDFUL  
CREATION

**Who? What? Why? How?**



Why should I?

Unreachable

I can't do this!



theory doesn't match values system)



**Why should I?**



Focus?



Clarity?



Resilience?





**I CAN'T DO IT!**



**DISTRACTIONS**

**FALSE PREMISE!**









**3 sides**  
**3 experiences**

1



**Focus**

2



**Get Distracted**

3



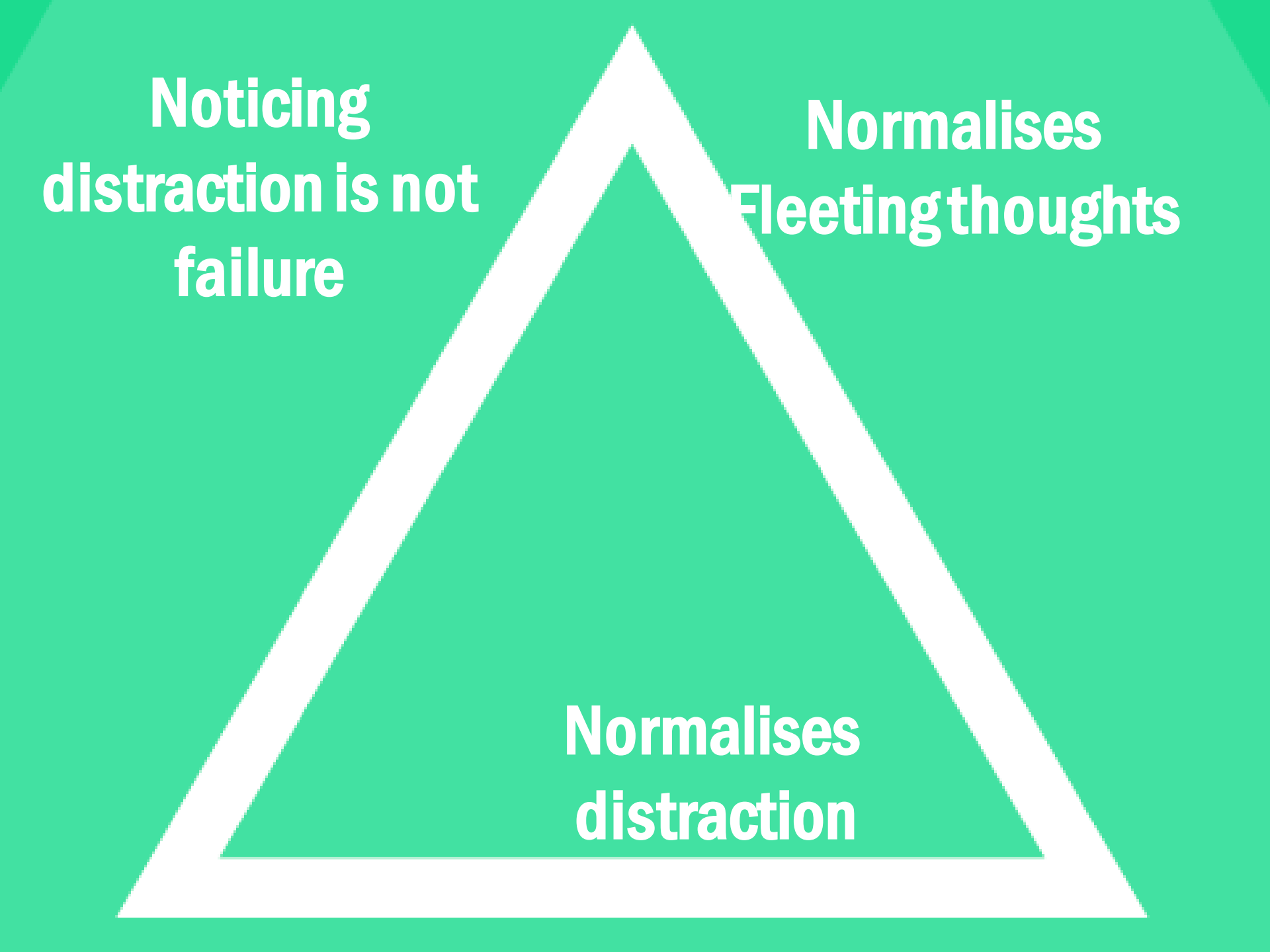
Notice



1



**Focus**



**Noticing  
distraction is not  
failure**

**Normalises  
Fleeting thoughts**

**Normalises  
distraction**



**Everybody  
has these 3  
experiences**

# MINDFULCREATION.COM/ACTONIT

