



Integral Mindfulness: Clueless to Dialed in - How Integral Mindful Living Makes Everything Better

Keith Witt

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Dialed-in is Integral mindful awareness. Mindful awareness is being aware with acceptance and caring intent, on purpose, with compassionate judgment, in the present moment. Integral mindful awareness is mindful awareness guided by the elegant, priceless perspectives of Integral understanding, which can help us know who we are, what's really happening around us, and what our purpose is right now. Dialed-in makes everything better. We're healthier, more joyful, less irritating and way less crazy. Relationships are more fun and less pain. Children thrive. Sex keeps getting yummier. Spirituality intensifies. The world constantly unfolds into interconnecting patterns that make sense and guide thought and action. The good news is that we can learn how to be aware with acceptance and caring intent, on purpose, with compassionate judgment, in the present moment, and we can keep improving at it as long as we live. The even better news is that Integral mindful awareness - mindfulness informed by foundation perspectives like what type of person we are, or what state of consciousness we're in - accelerates and stabilizes the entire growth process. It deepens understanding and

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