



MINDFULNESS

What is it?

1. It is a simple concept. It is a mental state of being aware of what is happening around you – without judgment or action on our part.
2. Mindfulness is the gentle effort to be continuously present with experience.
3. Jon Kabat-Zinn says, “Mindfulness means paying attention in a particular way; On purpose, in the present moment, and non-judgmentally.”
4. Mindfulness is not just a religious practice, it is also a life skill.

Left to itself the mind wanders through all kinds of thoughts — including thoughts expressing anger, craving, depression, revenge, self-pity, etc. As we indulge in these kinds of thoughts we reinforce those emotions in our hearts and cause ourselves to suffer. Mostly these thoughts are about the past or future. The past no longer exists. The future is just a fantasy until it happens. The one moment we actually can experience — the present moment — is the one we seem most to avoid.

So in mindfulness we're concerned with noticing what's going on right now. That doesn't mean we can no longer think about the past or future, but when we do so we do so mindfully, so that we're aware that right now we're thinking about the past or future.

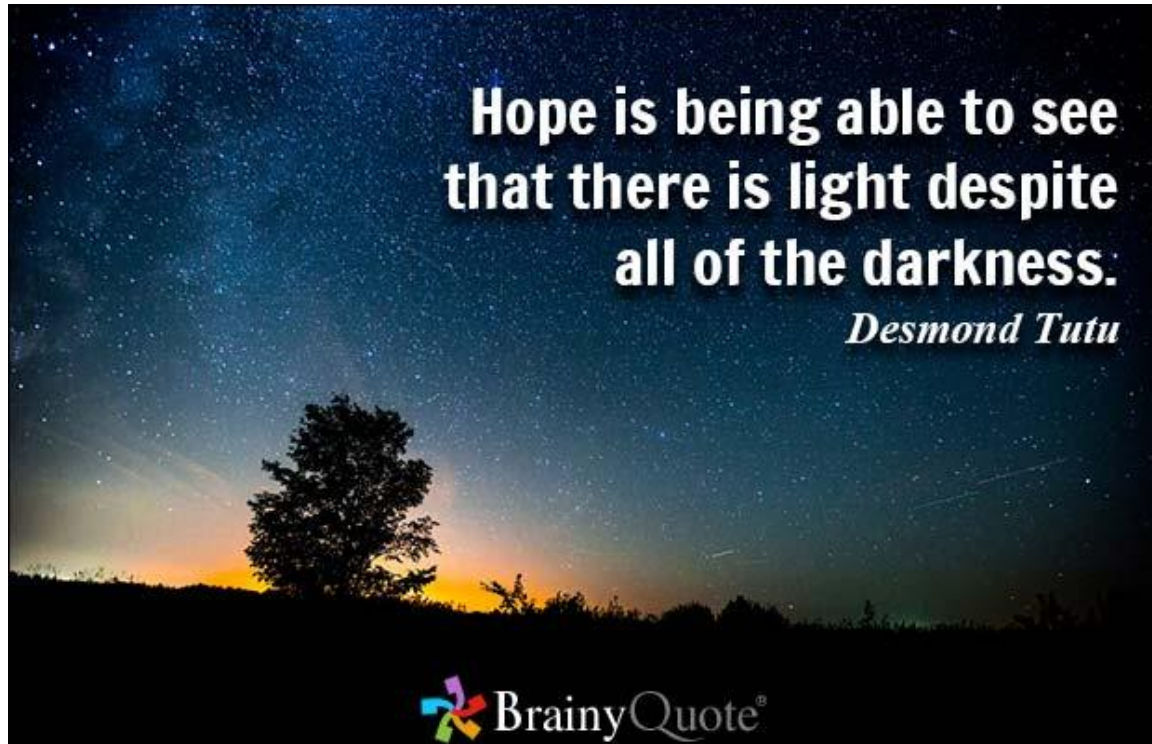
Thoughts for the day:

“Great minds discuss ideas; average minds discuss events; small minds discuss people”. Eleanor Roosevelt

“In the practice of tolerance, one's enemy is the best teacher”.
Holiness The Dalai Lama

His

“God's dream is that you and I and all of us will realize that we are family, that we are made for togetherness, for goodness, and for compassion”. Desmond Tutu



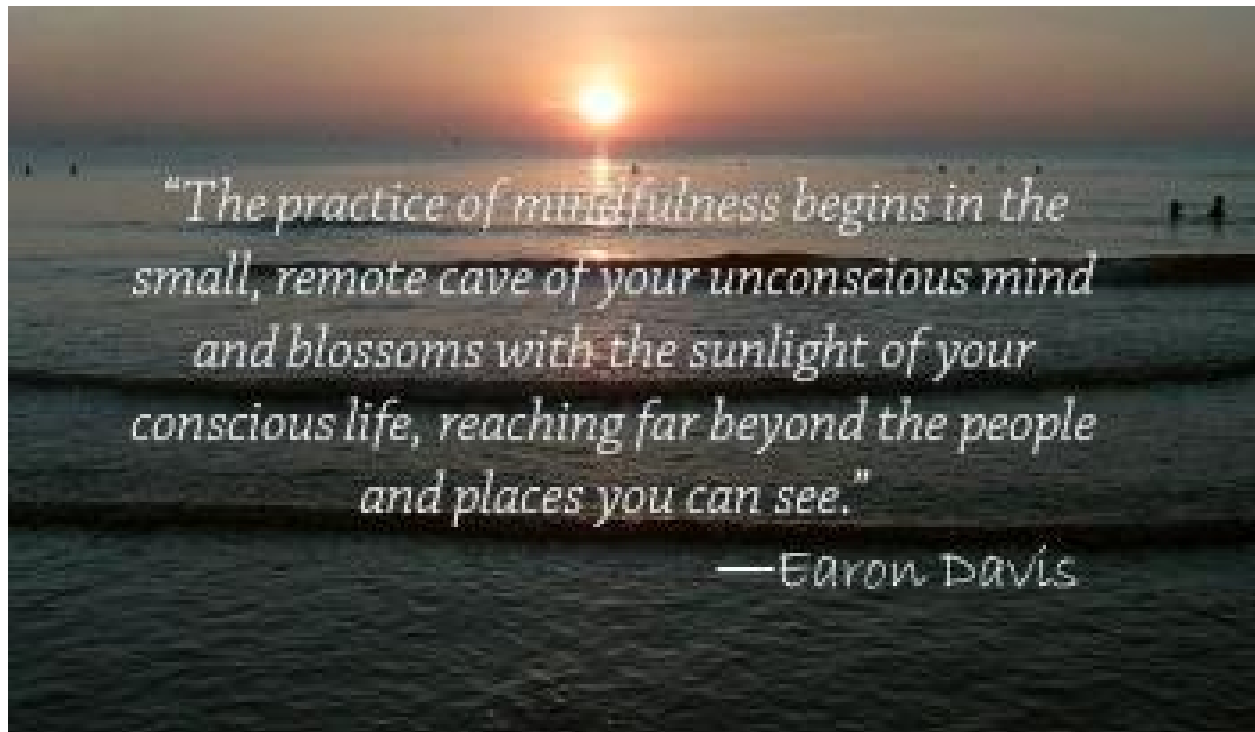
“In nature, nothing is perfect and everything is perfect. Trees can be contorted, bent in weird ways, and they're still beautiful”. Alice Walker

“The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart”. Helen Keller

“With mindfulness, you can establish yourself in the present in order to touch the wonders of life that are available in that moment”. Nhat Hanh

“A new command I give you: Love one another. As I have loved you, so you must love one another”. Jesus Christ

“You will not be punished for your anger, you will be punished by your anger”. Buddha



"The practice of mindfulness begins in the small, remote cave of your unconscious mind and blossoms with the sunlight of your conscious life, reaching far beyond the people and places you can see."

—Earon Davis

"Peace is a daily, a weekly, a monthly process, gradually changing opinions, slowly eroding old barriers, quietly building new structures." John F. Kennedy

"Peace cannot be kept by force; it can only be achieved by understanding."
Albert Einstein

"For beautiful eyes, look for the good in others; for beautiful lips, speak only words of kindness; and for poise, walk with the knowledge that you are never alone". Audrey Hepburn

"A tree is known by its fruit; a man by his deeds. A good deed is never lost; he who sows courtesy reaps friendship, and he who plants kindness gathers love". Saint Basil

"Where there is charity and wisdom, there is neither fear nor ignorance". Francis of Assisi

"Peace is not absence of conflict, it is the ability to handle conflict by peaceful means".
Ronald Reagan

"The 3 components of a spiritual Practice are: Meditation, devotion, and Loving Kindness (metta)" Thich Minh Tinh