Open Heartedness

MINDFULNESS

I am present in the moment, embracing it without criticism. I show self-compassion and allow my emotions to flow. I acknowledge the richness within, and I hold a supportive stance towards others.

1. MINDFUL GRATITUDE
   Moment to moment I show gratitude, spreading kindness and peace is my attitude.

2. MINDFUL BREATHING
   To live mindfully, the breath is the key, breathe in... breathe out... release the stress and let it all out.

3. MINDFUL THINKING
   Not focused on future or past, trying to make each moment last, mindful thoughts keep me on task.

4. ANCHOR SPOT
   My mind was drifting then it stopped, because I found my anchor spot.

5. MINDFUL EMOTIONS
   What do I feel? Let me see! Where do I feel it? Let me check! Let me name it, tame it, and take a mindful breath.

6. MINDFUL LISTENING
   Using mindful listening, sounds are all around, I use my ears and my heart this moment is found.

7. MINDFUL HEARTHFULLNESS
   I feel my heart as my love grows, sending heartfulness as my love flows, from me... for me, and everybody I see!

8. MINDFUL BODY AWARENESS
   From the top of the crown to the feet on the ground, I’m in my body, and the world all around!