

# 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 HEARTFULNESS**

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!