

NOW



Notice: Where my attention is.

Observe: What I'm doing. Say to myself: "I am walking", "I am sitting", "I am breathing", then notice those sensations in your body.

Wise Mind: What now? How shall I continue? Doing or Being?



If you want an explanation for your present, look at your past.

If you want to know your future, look at your present.

Buddha.

Mindfulness for Busy People

- Choose an activity to do mindfully throughout the day, for one, two or five minutes. For example: Drink a cup of tea. Walk. Wash the dishes.
- Whatever you are doing, be in that moment, right now. See, hear, smell, touch, feel, breathe.
- Simply notice whenever other thoughts and sensations come to mind, then re-focus on your chosen mindful activity.
- Be patient and compassionate with yourself.
- Describe... rather than judge good or bad, pleasant or unpleasant.
- It is as it is.
- It will pass.

Everything Flows. Nothing is fixed. Heraclitus

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|---|---|
| 5 | things I can see |
| 4 | things I can hear |
| 3 | things I can touch or feel |
| 2 | things I can smell or like the smell of |
| 1 | slow deep breath |