



## *Minutes of Mindfulness*

My mind will remain **open**, taking in each moment with the **awe** and **wonder** of a child. Every experience will be received with a **beginner's mind**. Noticing, observing and taking in the **richness** and **brilliance** that flows through life each and every day. Living in **kindness** and **gratitude**.



### NEW DAY, NEW WORLD

- what are you grateful for in your life? Who are you glad to have around you? Make a note of all the blessings you have; a warm home, family, friends, pets... make note of the things in your life that lift your heart, making it swell with pride and joy.
- Where in the world do you find true beauty? Is this somewhere you can easily visit, such as a local park or woodland. Or is this somewhere you've been or want to visit that you can recreate with your imagination. Take a minute to go there now. Close your eyes and bring to mind the full experience of sights, sounds, smells, colours and textures. Experience walking through your favourite place as if for the very first time.
- Take a moment to observe what's in front of you right now. Without labelling what you see or letting your mind wander to other thoughts. Just look, see and take it all in. Soften your gaze and without moving your eyes let your visual field start to take in more of your surrounding environment – everything in front, above, below and to the sides..