



Cultivating Mindful Peace

Mindfulness is the practice of purposely focusing your attention on the present moment. Research has found it to be a key element in vibrant health and happiness. Being mindful makes it easier for you to be in a state of peace; savor and be more vibrantly engaged in life as it occurs; create resiliency and a greater capacity to deal with 'challenging' experiences, and form a deeper connection with yourself and others.

**** PLACING YOUR HAND ON YOUR BEAUTIFUL HEART***

- * PAYING ATTENTION***
- * 'MINDFUL' BREATHING***
- * LISTENING***
- * PAUSING - BEFORE YOU SAY 'YES'***
- * SAVORING & CELEBRATING***
- * LAUGHTER & PLAY***
- * STEPPING INTO NATURE***
- * COMPASSION & LOVING KINDNESS***
- * JOURNALING***
- * SETTING INTENTION***
- * DESIGNING & CREATING***
- * RECEIVING***
- * NOTICING/OBSERVING***
- * PRAYER & MEDITATION***
- * GRATITUDE & APPRECIATION***
- * REFRAMING***
- * MEDICATION IN MOTION***
- * HYDRATING***
- * 'SOUND' NUTRITION***
- * FORGIVING***
- * MINDING YOUR OWN JOURNEY***
- * VISUALIZING***
- * WONDERING WITH CURIOSITY***
- * SMILING***

**** IDENTIFYING BELIEFS & INNER DIALOGUE***

"The path to peace-filled health for mind, body and spirit is not to mourn the past, nor worry about the future, but to live mindfully in the present moment, with gratitude, joy and loving-kindness."

~ Anna Corbett ~