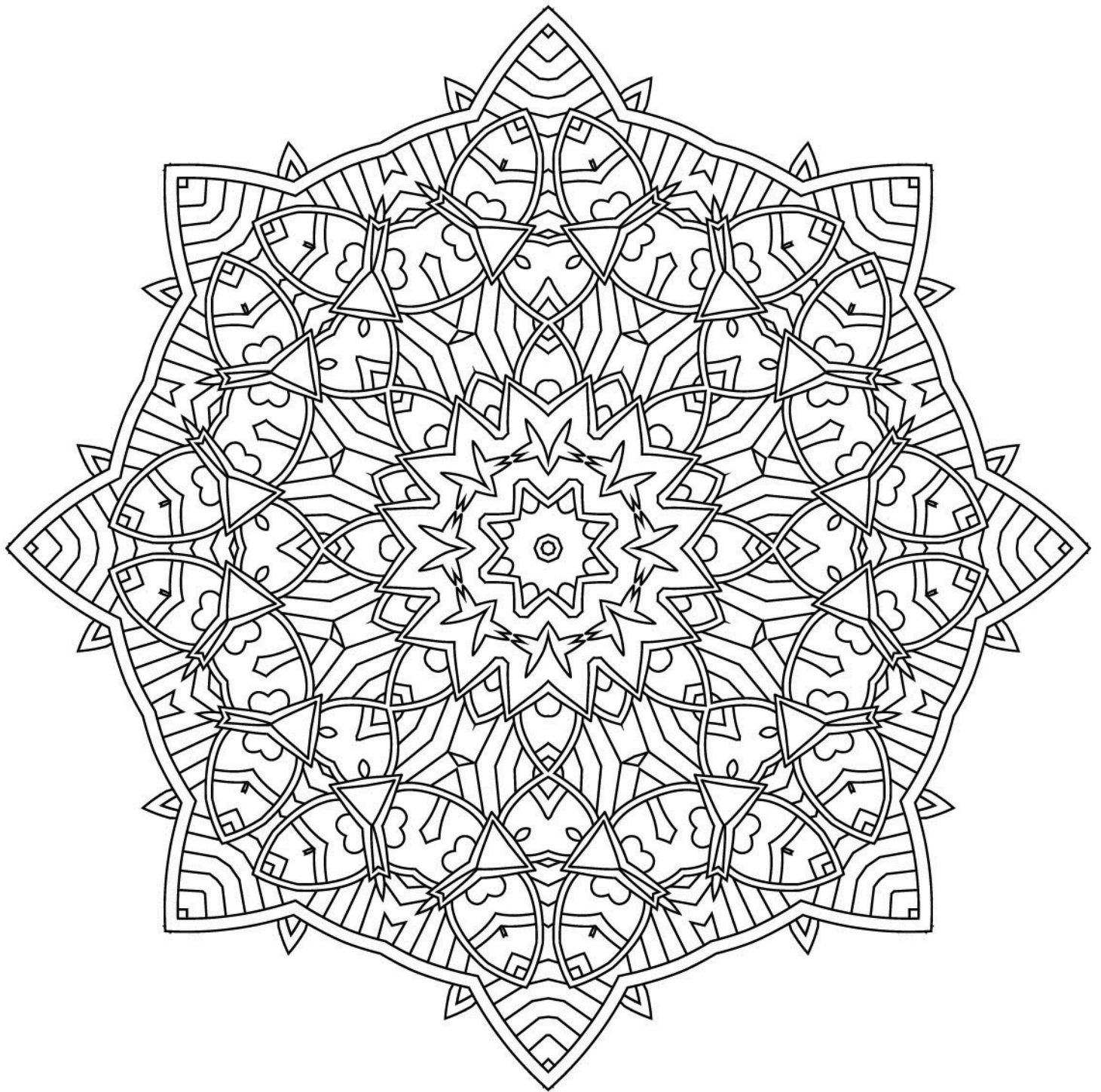




A Month of Mindful Mandalas

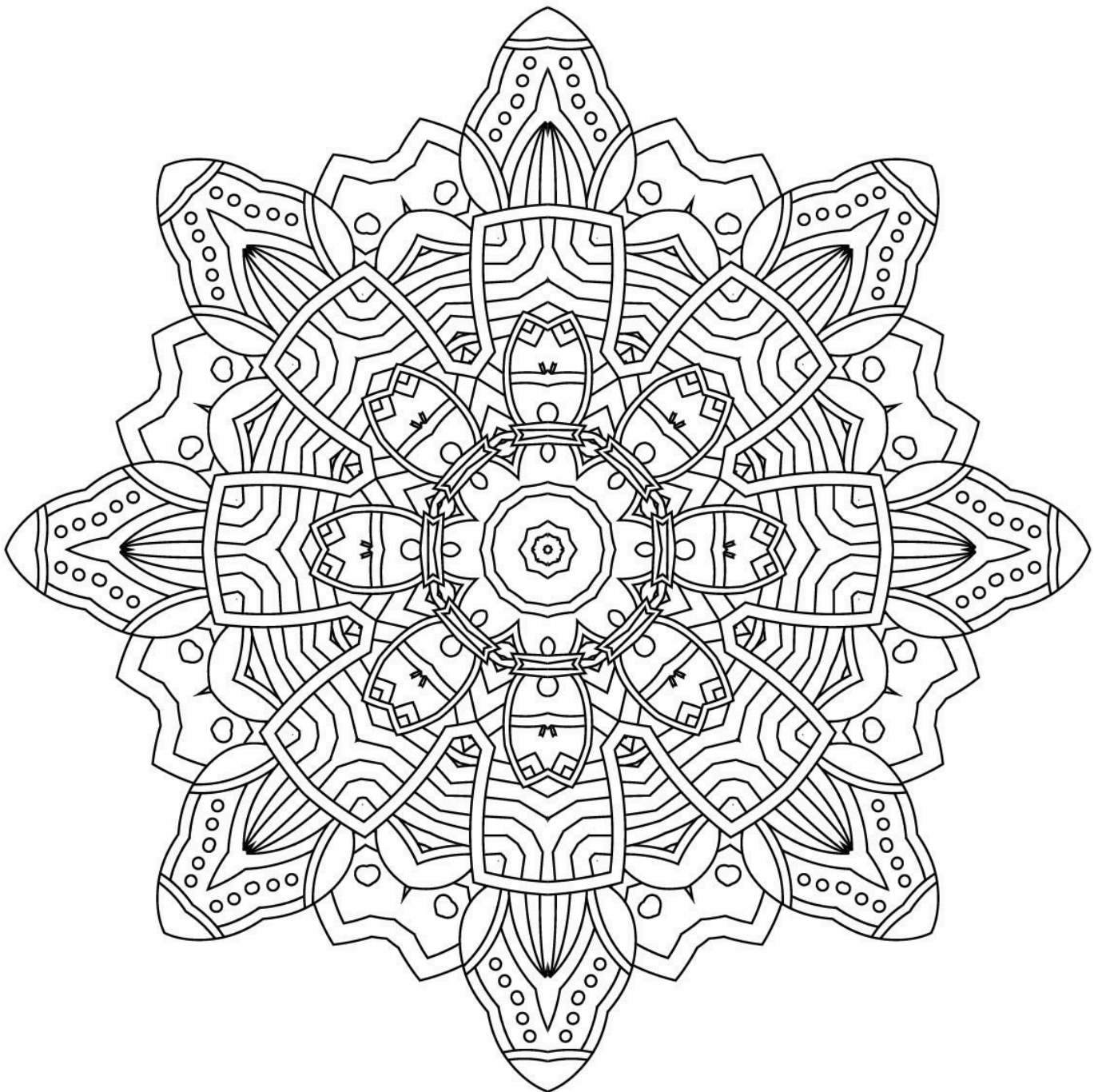
“Mindfulness means being awake. It means knowing what you are doing.”

Jon Kabat-Zinn



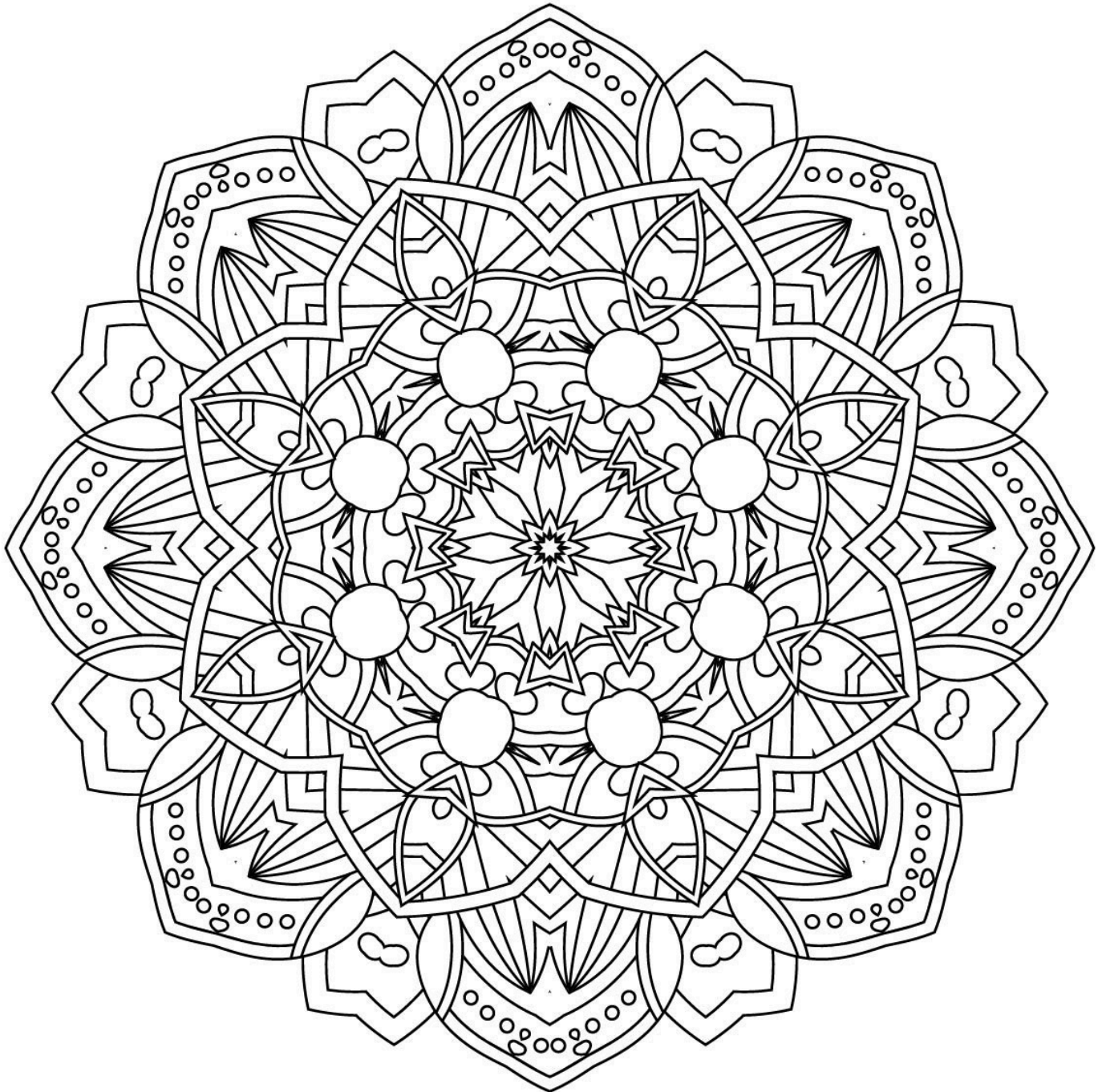
"Mindfulness helps you go home to the present. And every time you go there and recognize a condition of happiness that you have, happiness comes."

Thich Nhat Hanh



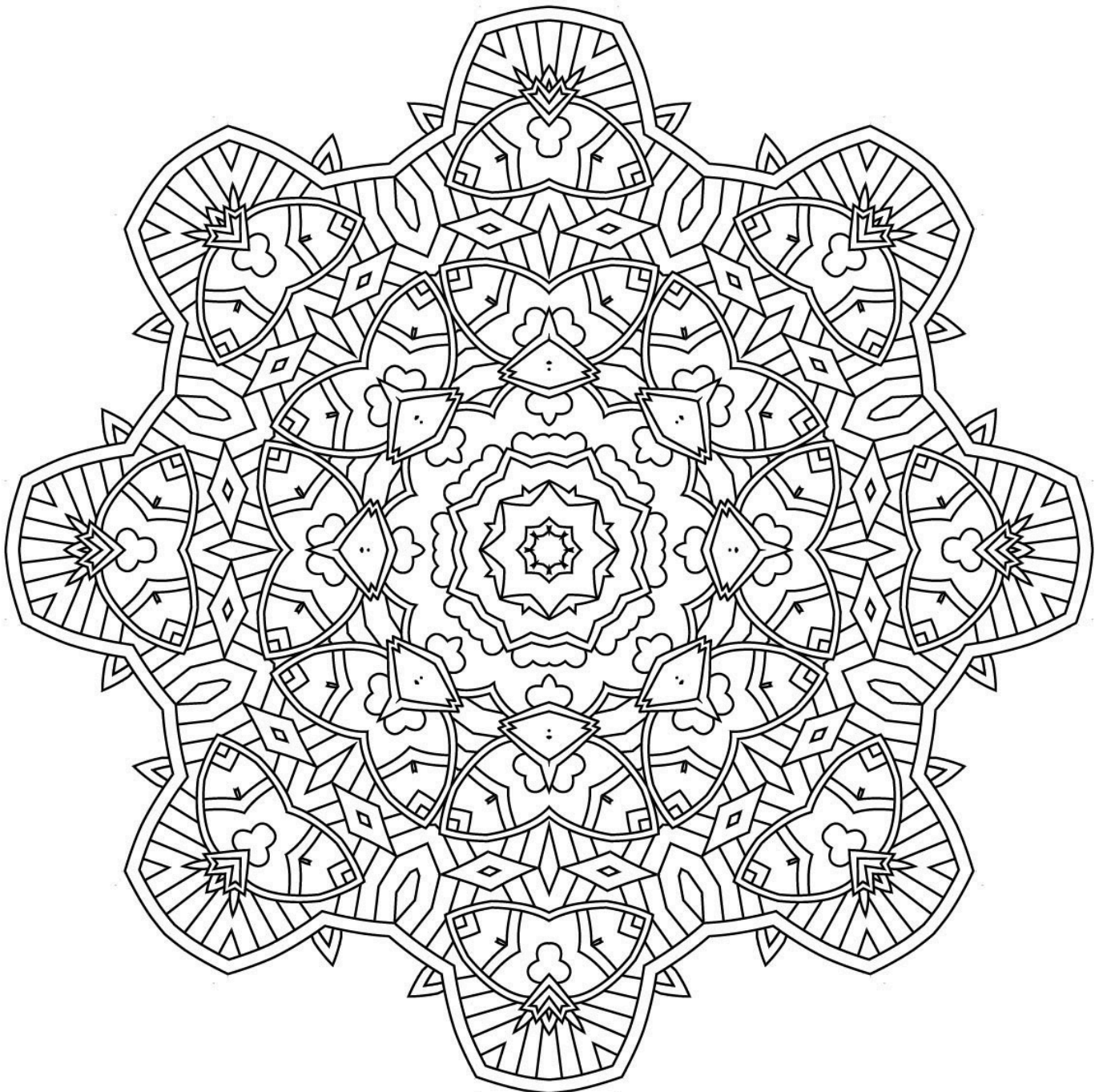
“Mindfulness is a way of befriending ourselves and our experience.”

Jon Kabat-Zinn



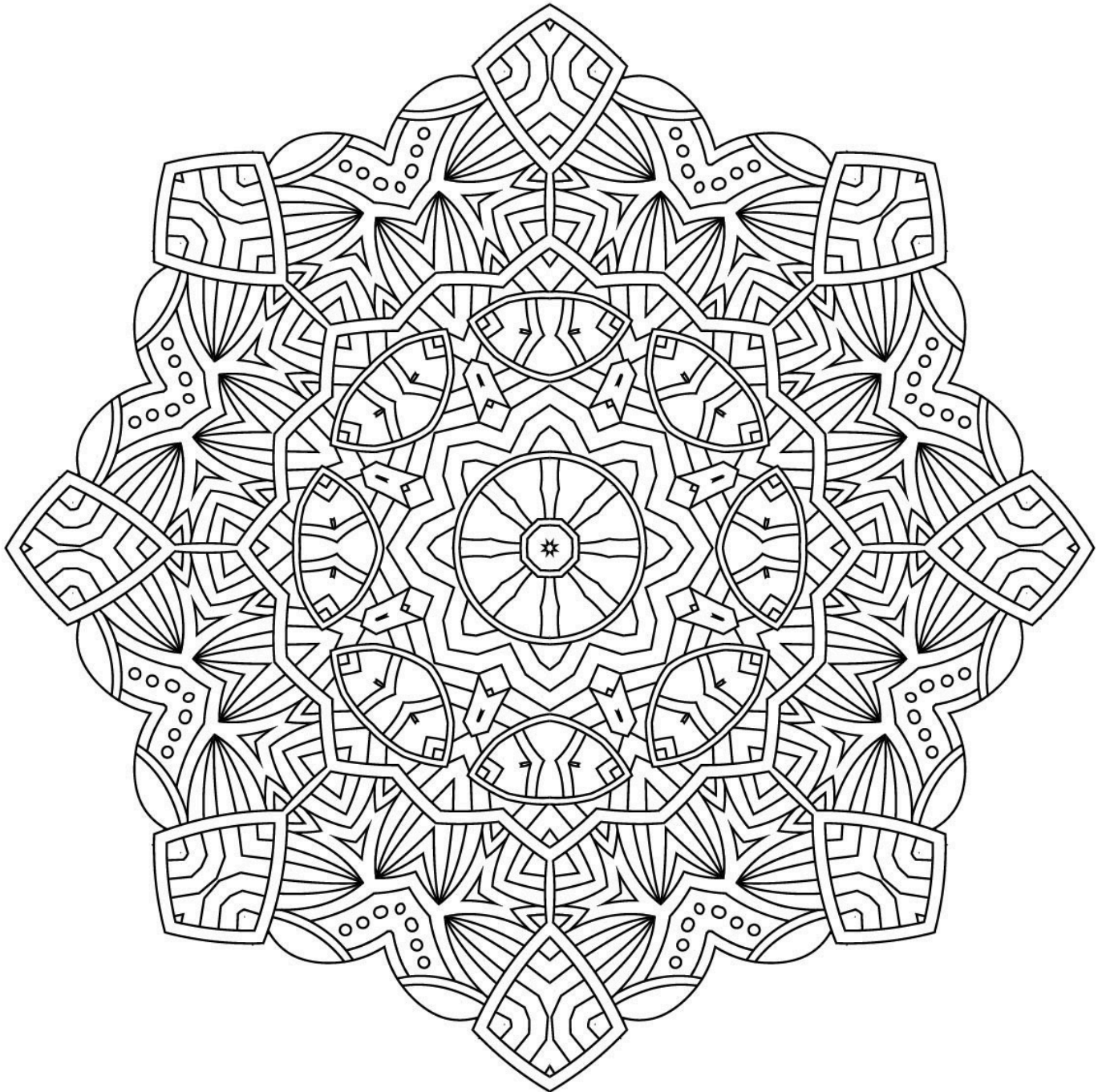
“Practicing mindfulness means being exactly where you are, feeling exactly what you feel, and wanting exactly what you want.”

Geneen Roth



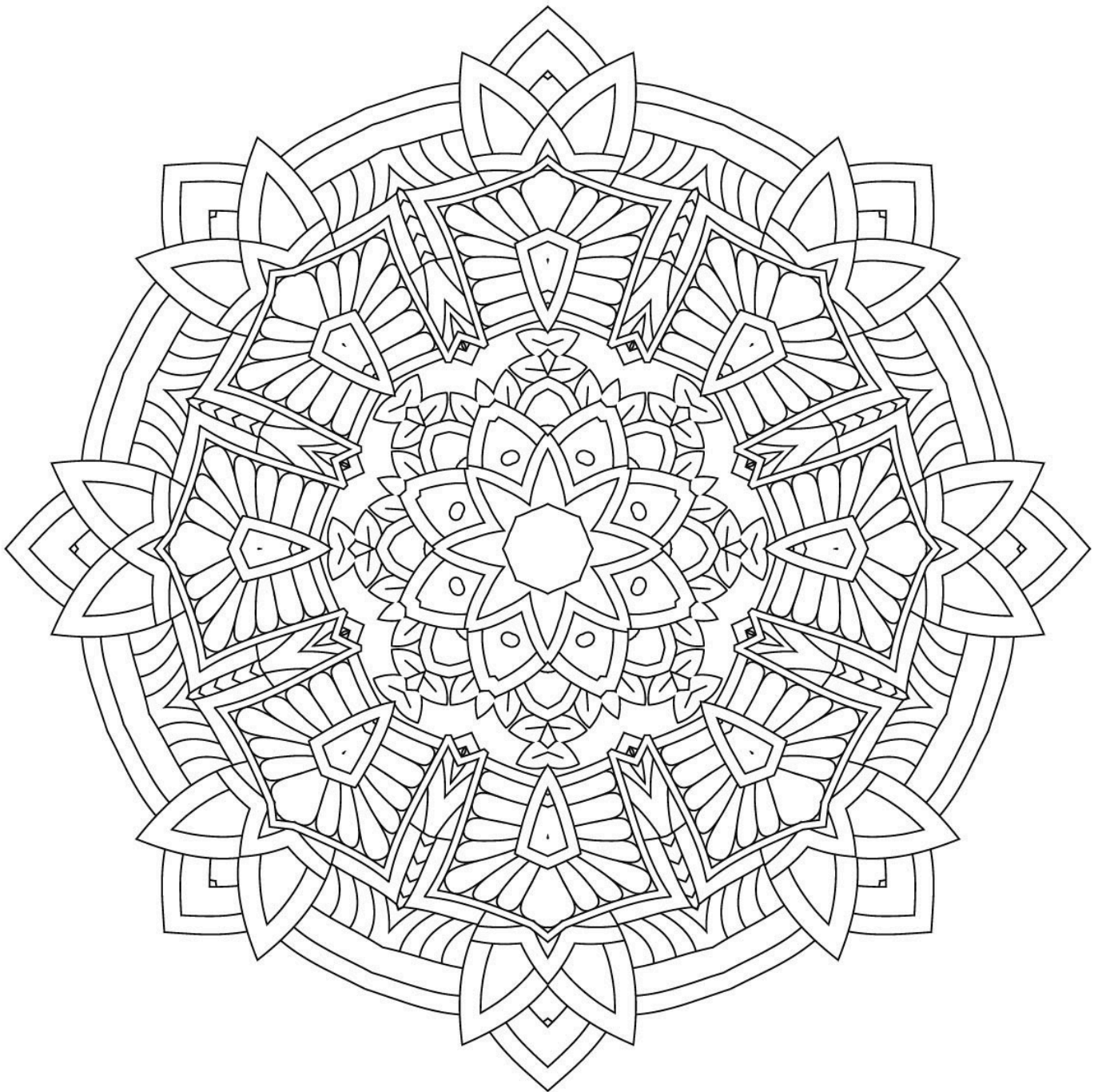
"Awareness is the greatest agent for change."

Eckhart Tolle



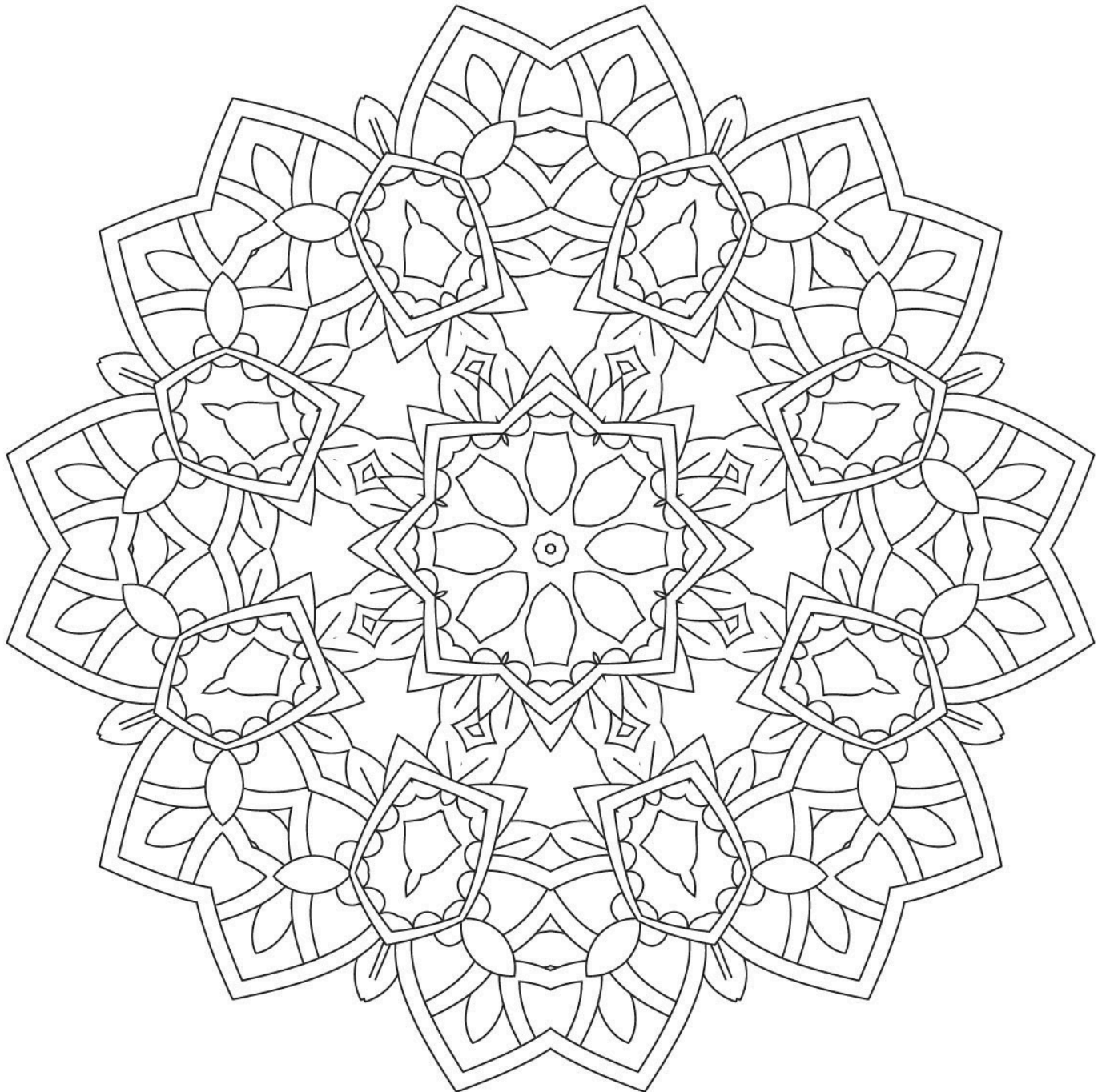
"The art of peaceful living comes down to living compassionately & wisely."

Allan Lokos



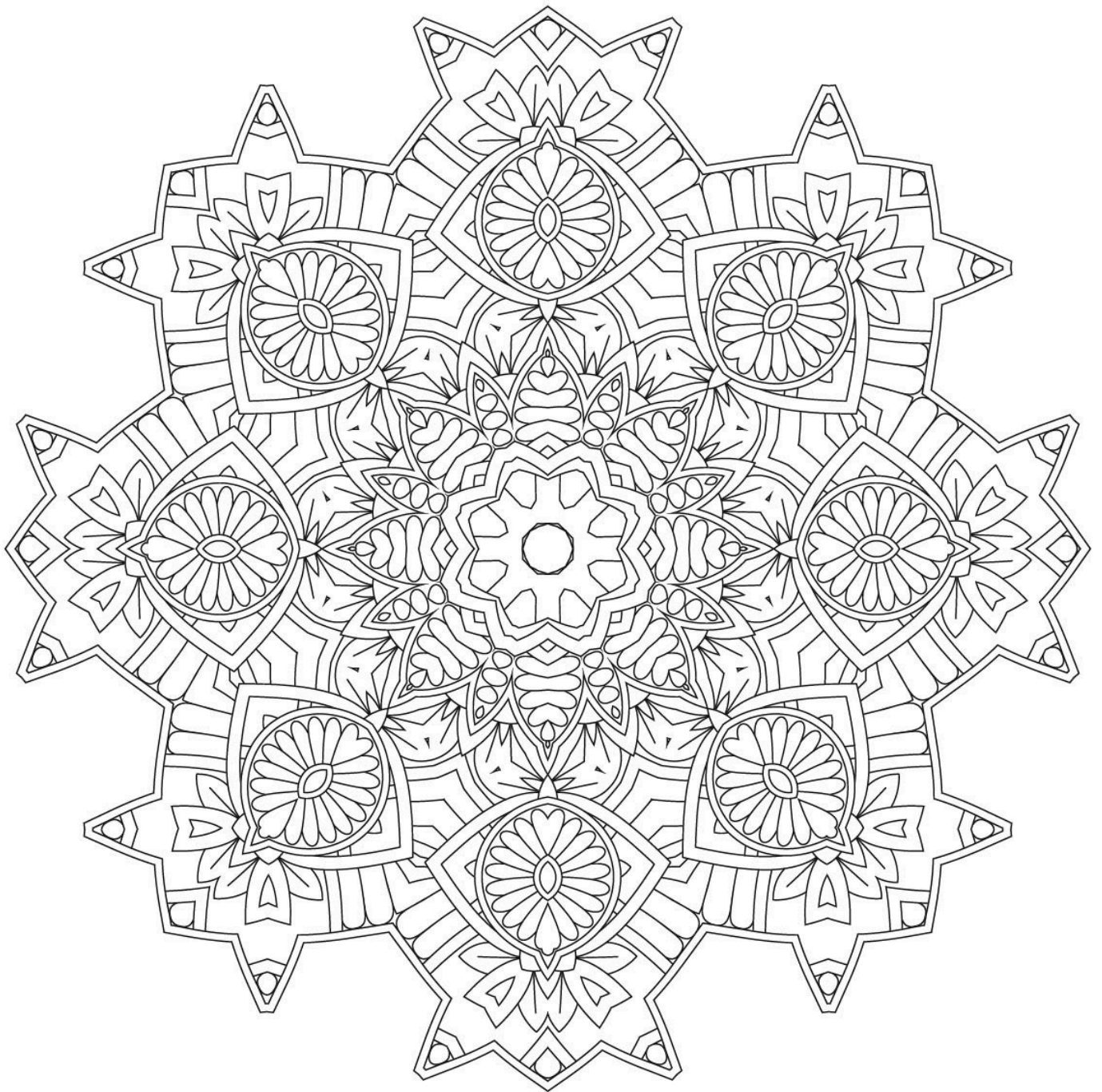
“Do every act of your life as though it were the last act of your life.”

Marcus Aurelius



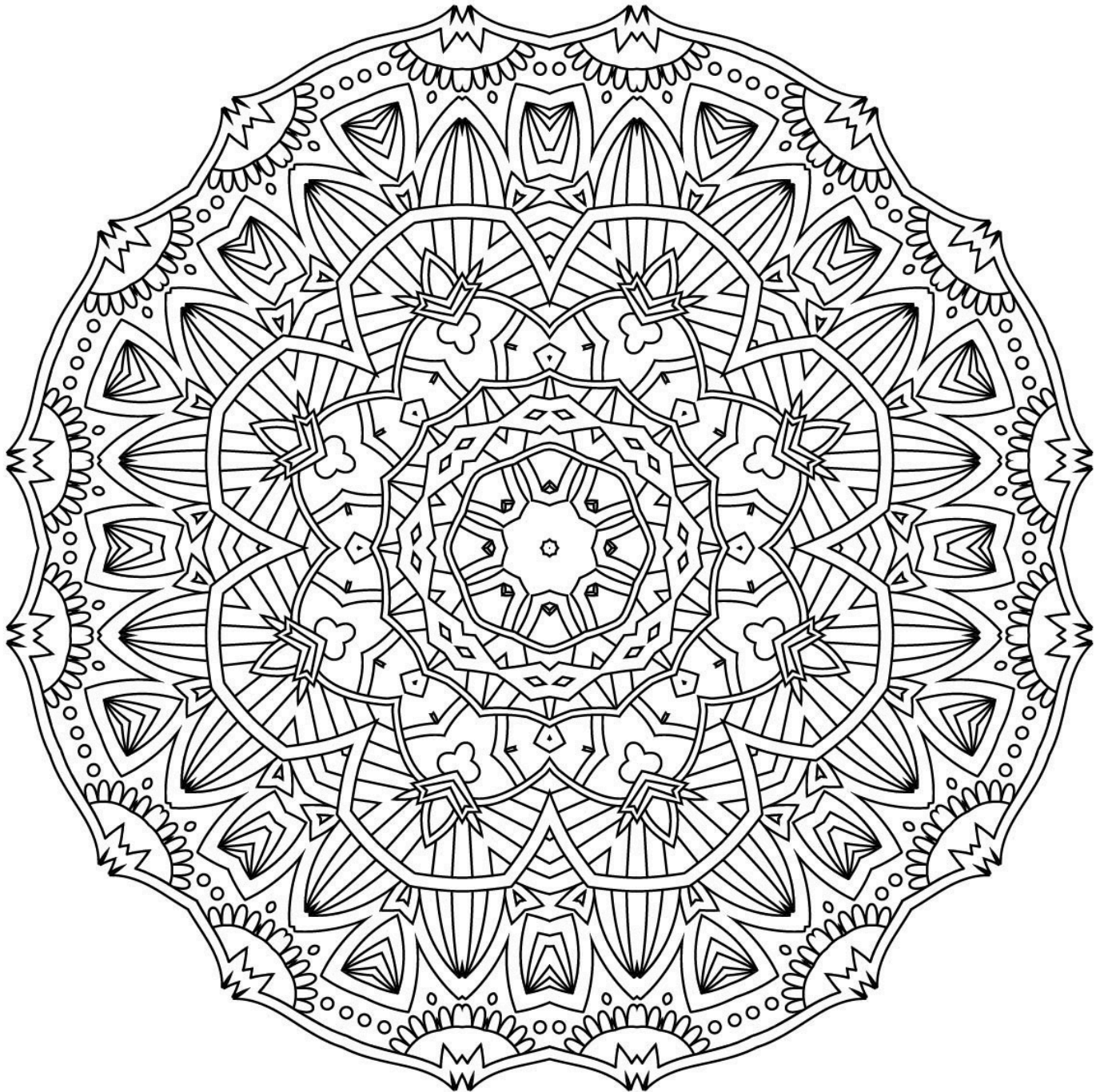
"Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure."

Oprah Winfrey



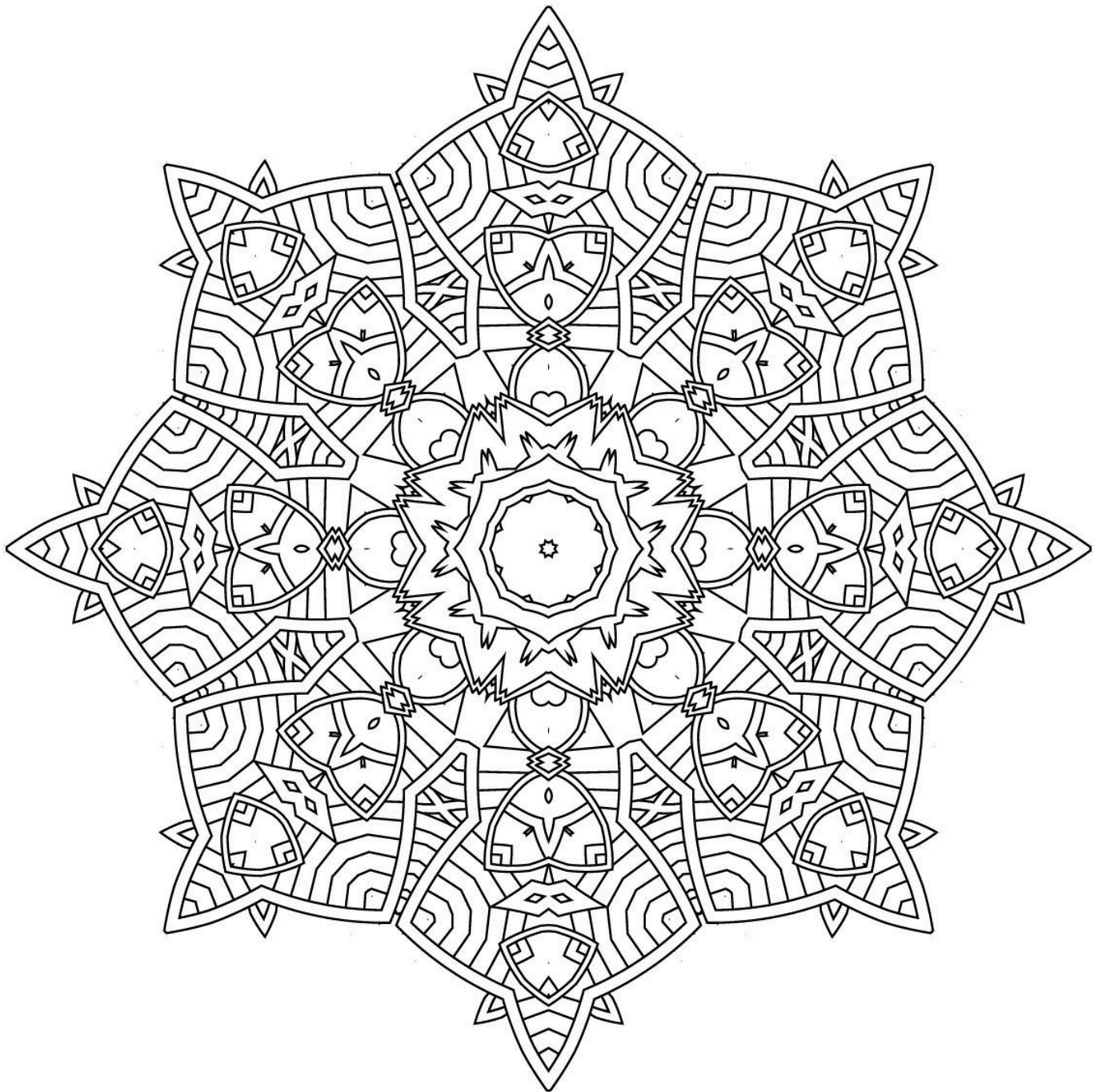
"Life is a dance. Mindfulness is witnessing that dance."

Amit Ray



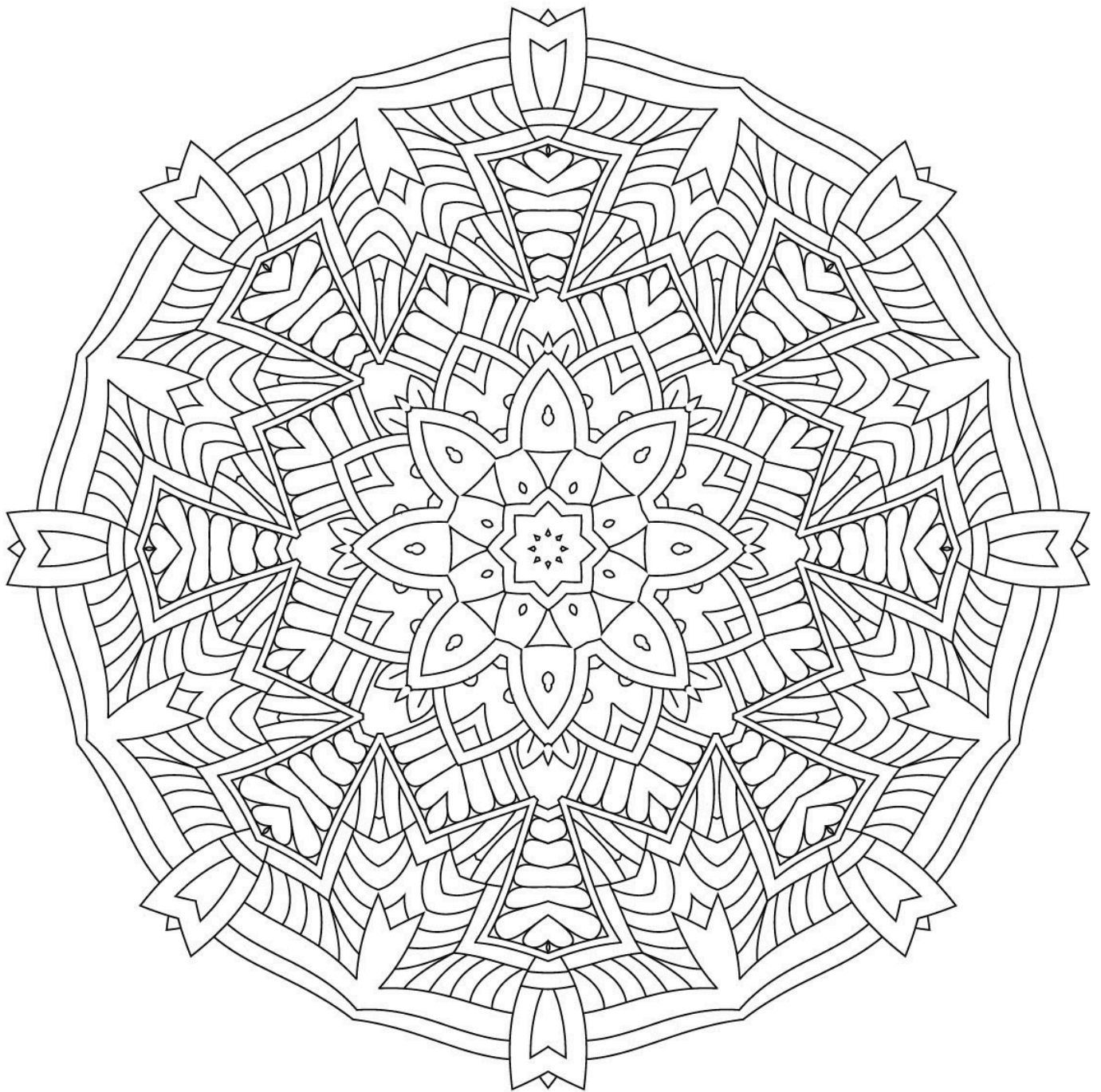
"If you are depressed you are living in the past. If you are anxious you are living in the future. If you are at peace you are living in the present."

Lao Tzu



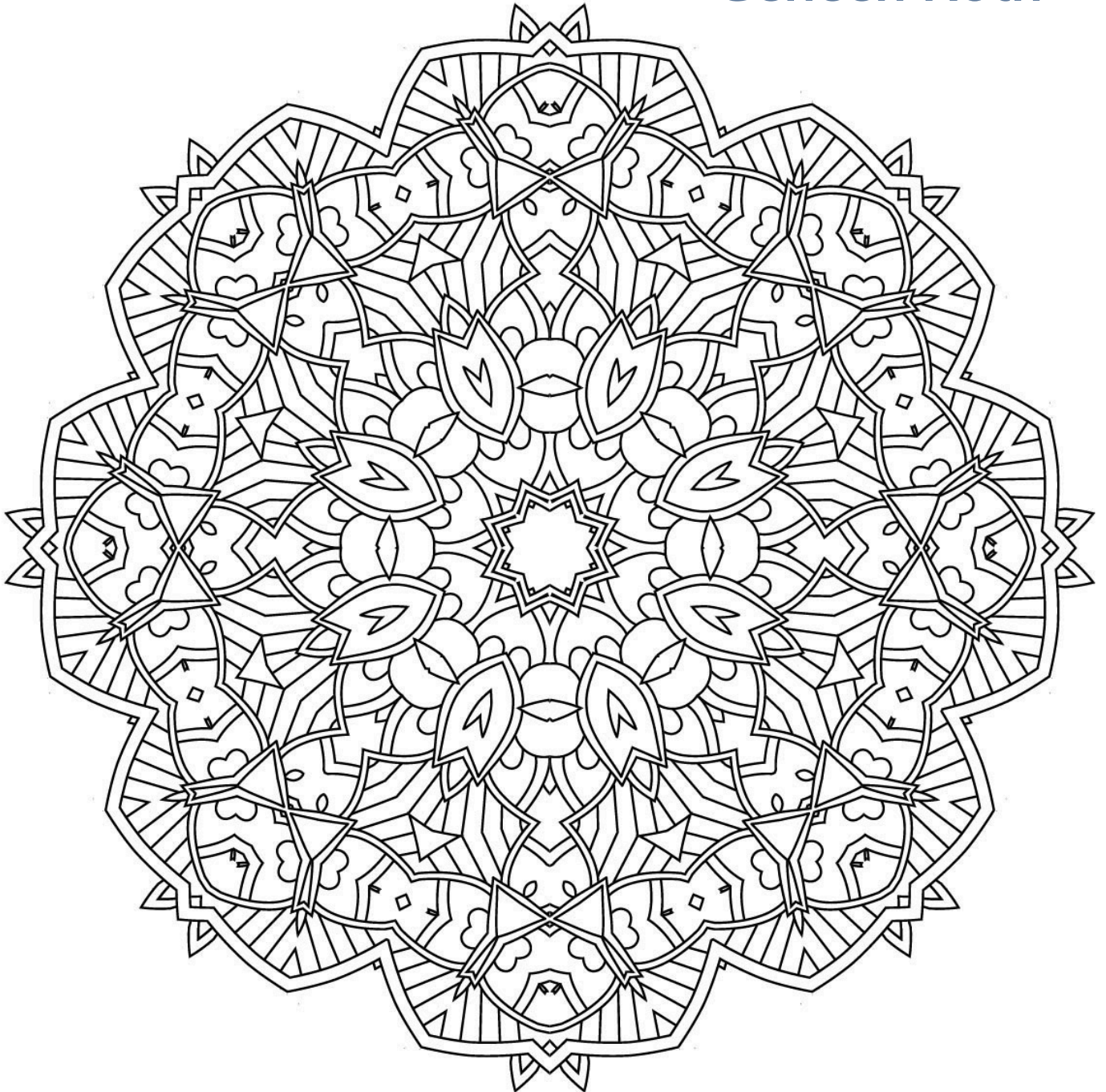
"Mindfulness is the aware, balanced acceptance of the present experience. It isn't more complicated than that."

Sylvia Boorstein



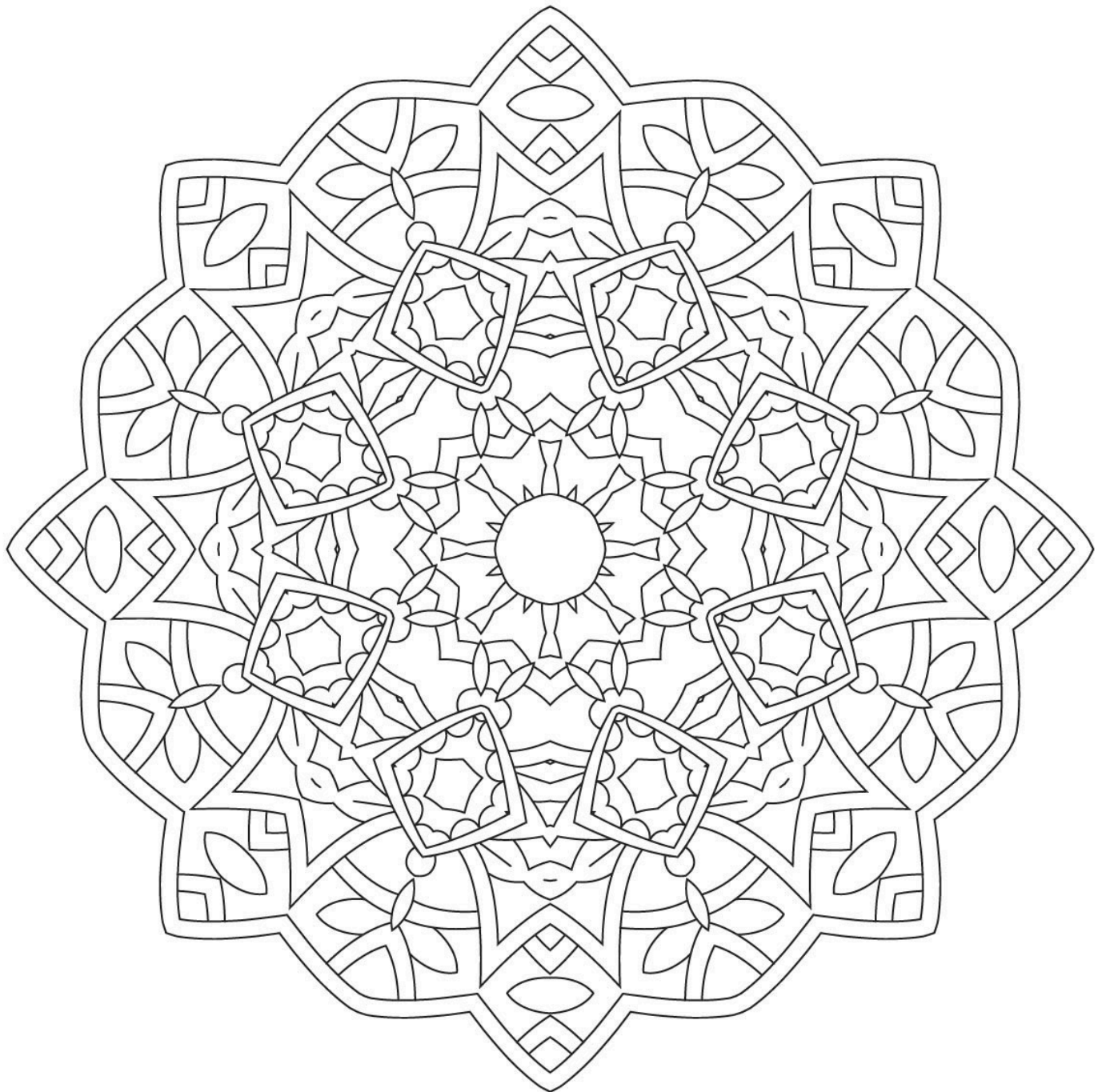
"Practicing mindfulness means being exactly where you are, feeling exactly what you feel, and wanting exactly what you want."

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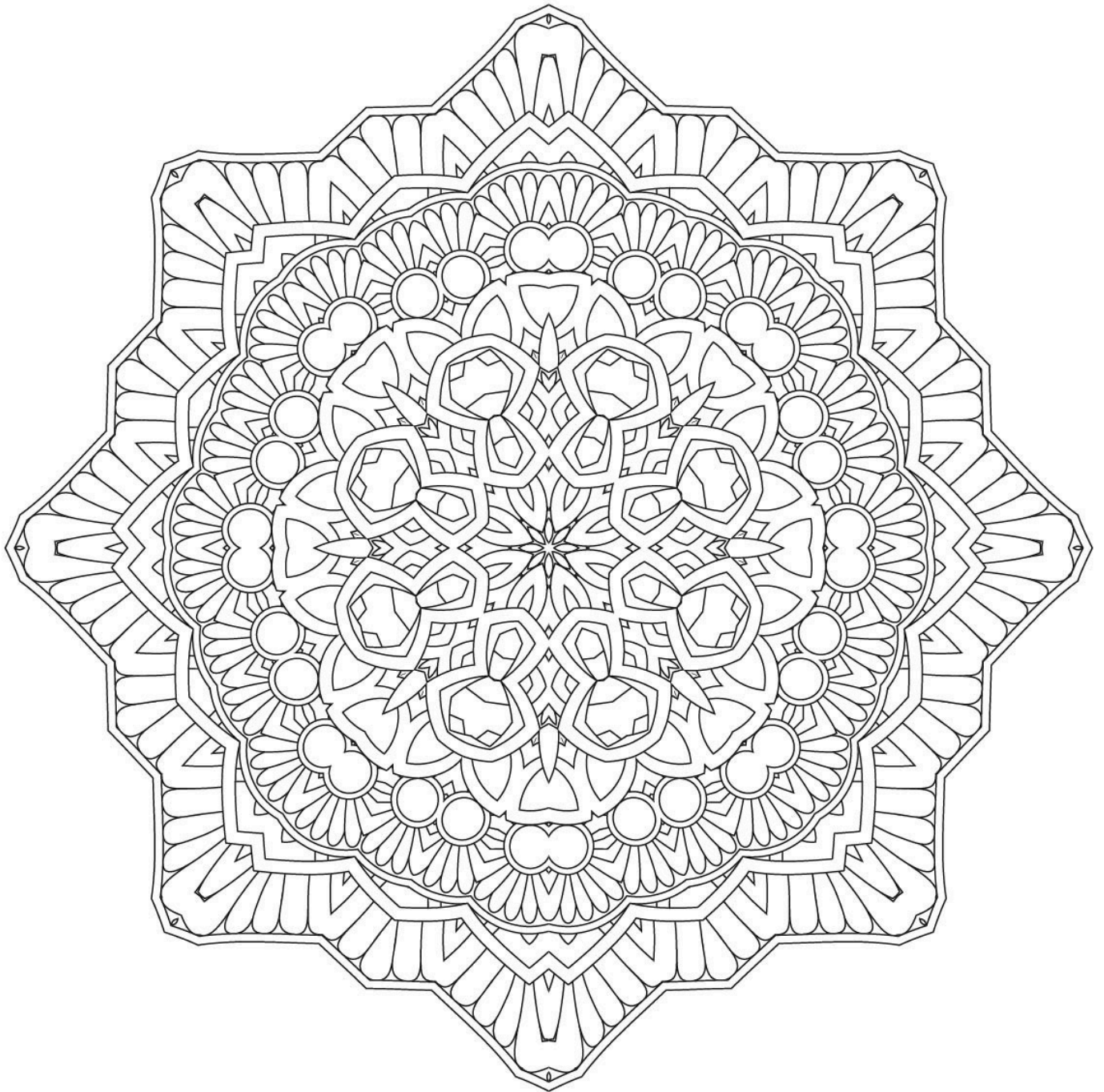
"Mindfulness is not just a word or a practice, but a way of being in the world."

Jon Kabat-Zinn



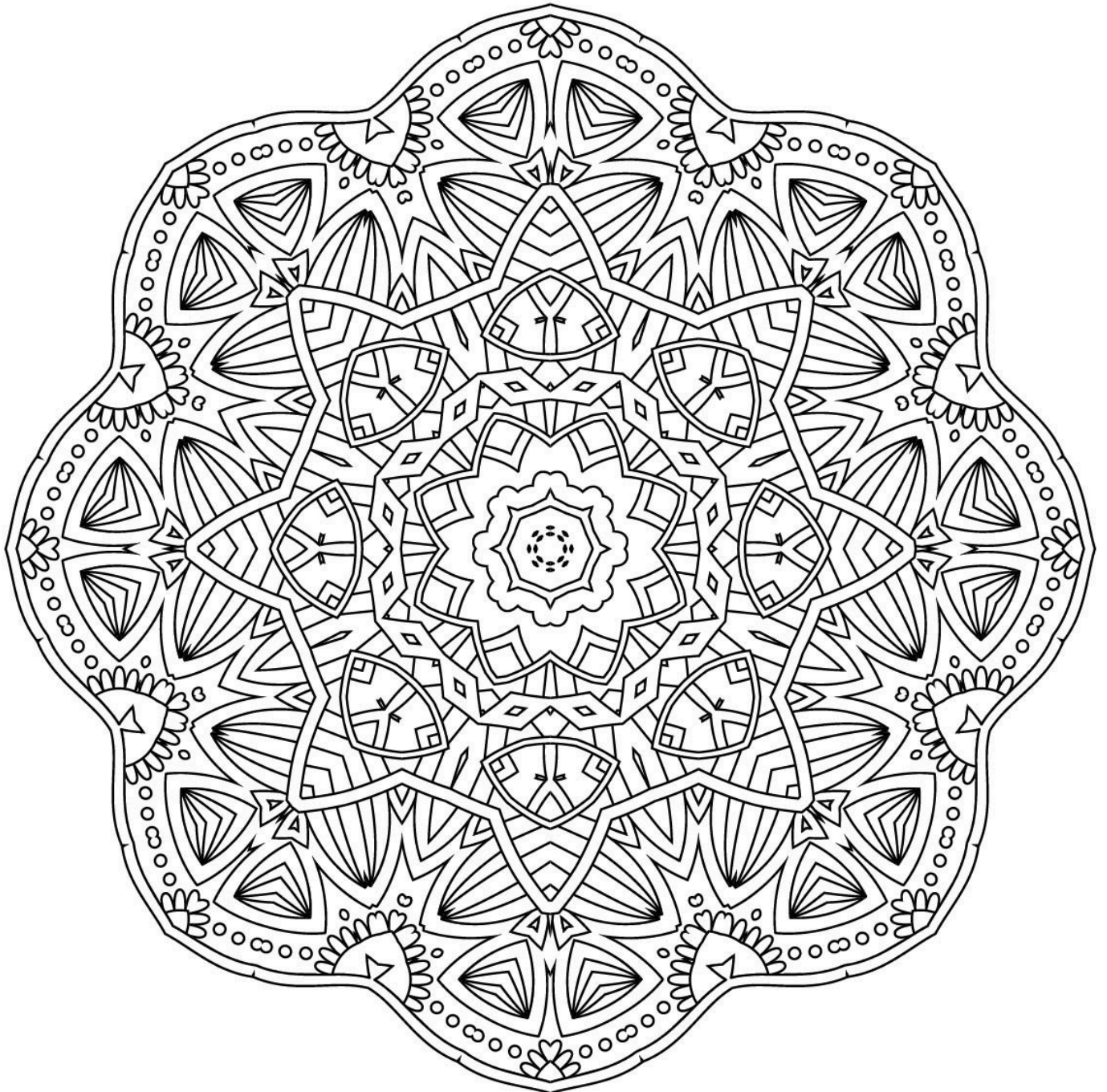
"Each morning, we are born again. What we do today is what matters most."

Buddha



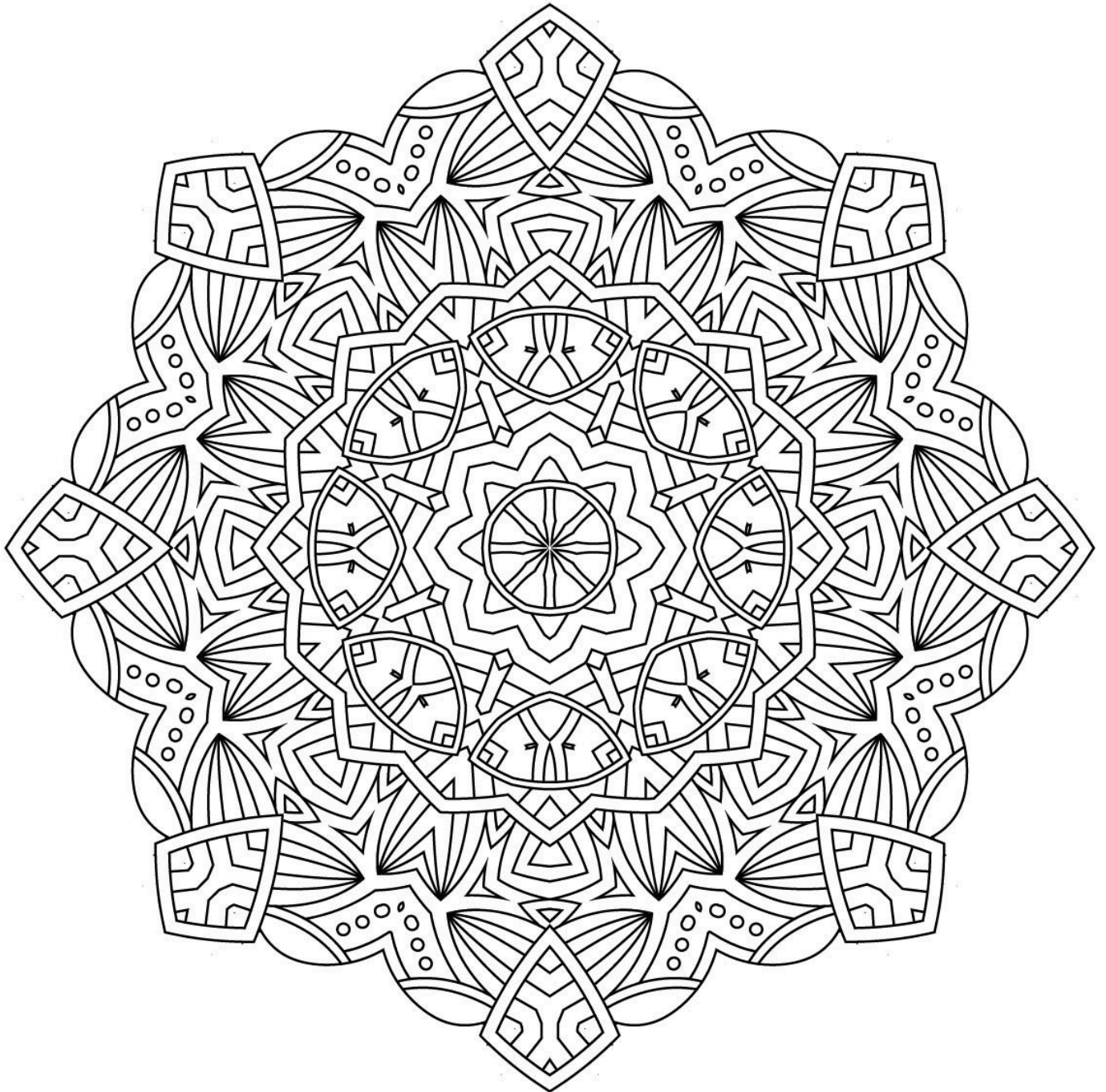
"Living fully in each moment is a way of life that needs practice."

Melli O'Brien



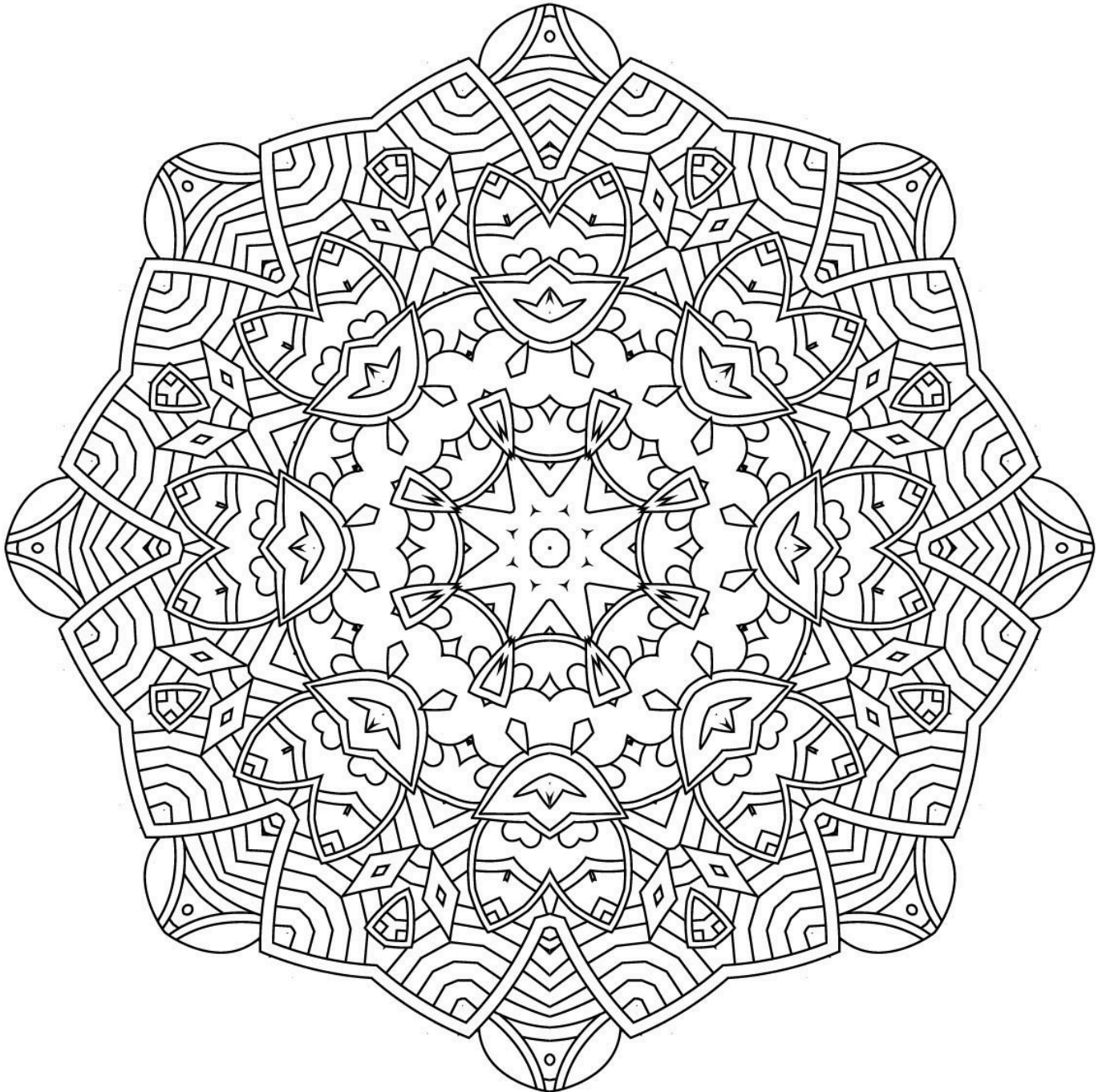
"Mindfulness is not chasing the moment but savoring it."

Richard Carlson



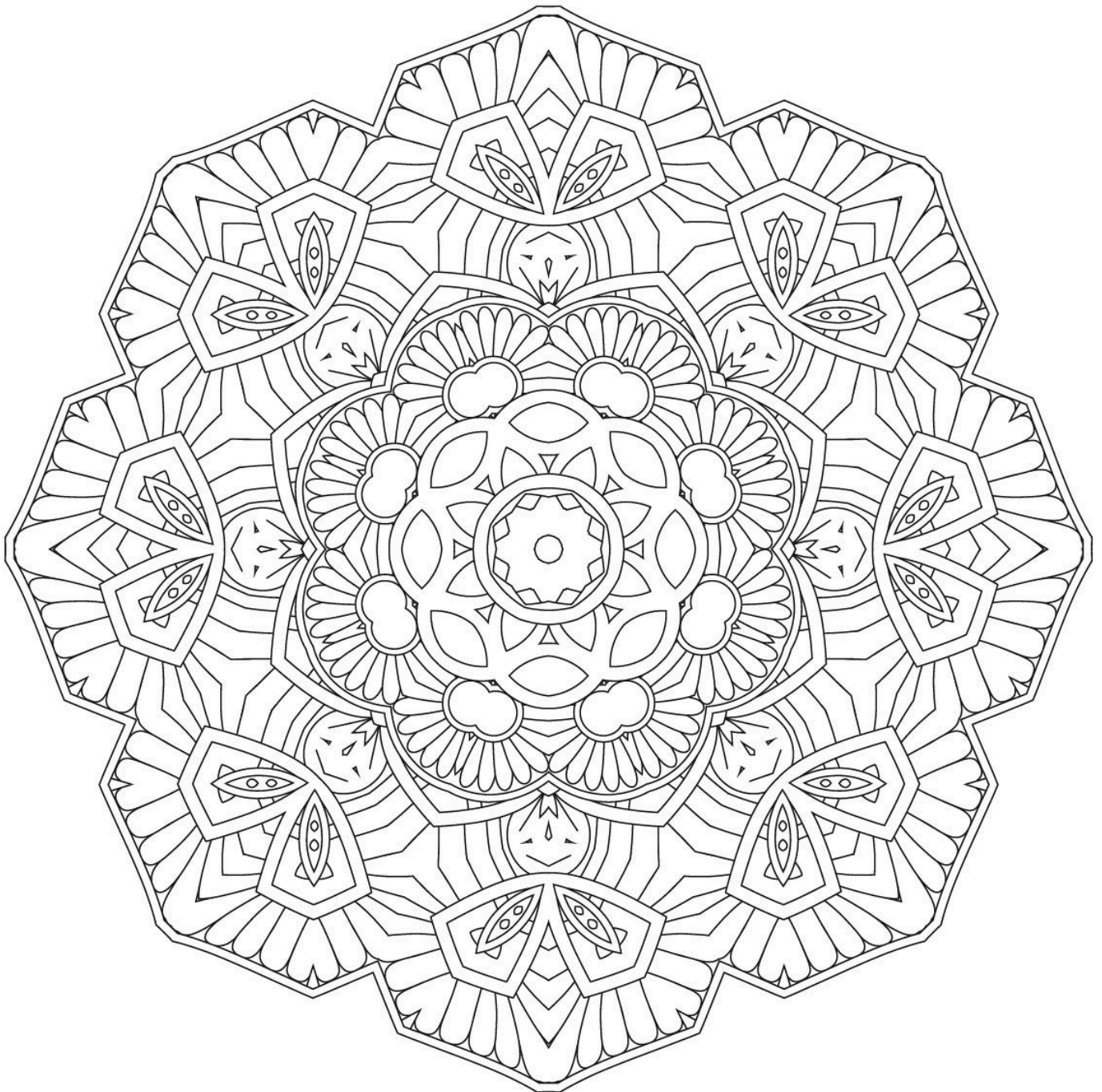
"Mindfulness clears the windshield of the mind so that we can see things as they really are."

Travis Eliot



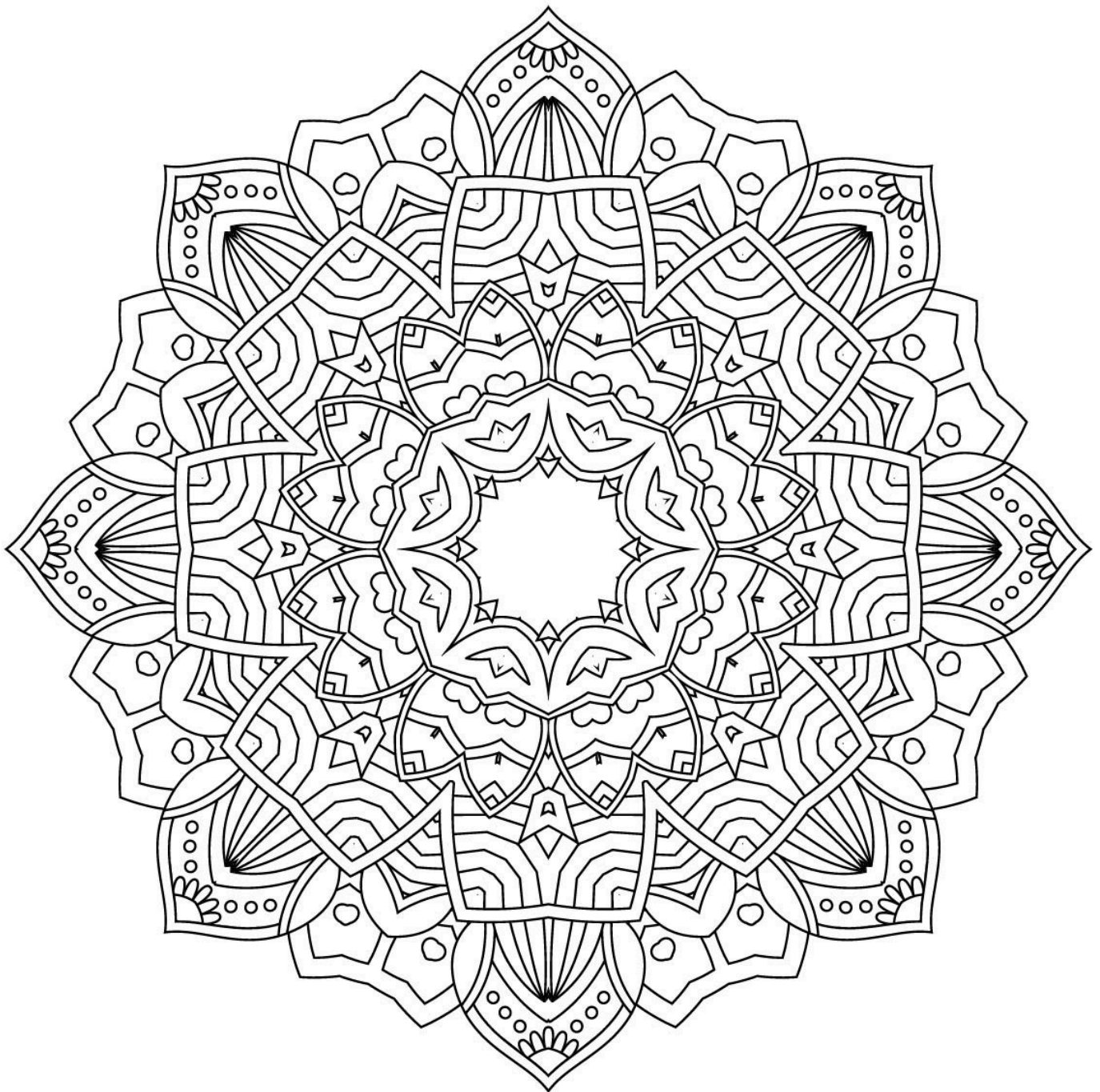
"Mindfulness is like a spotlight shining on what is occurring in our present experience."

Kristin Neff



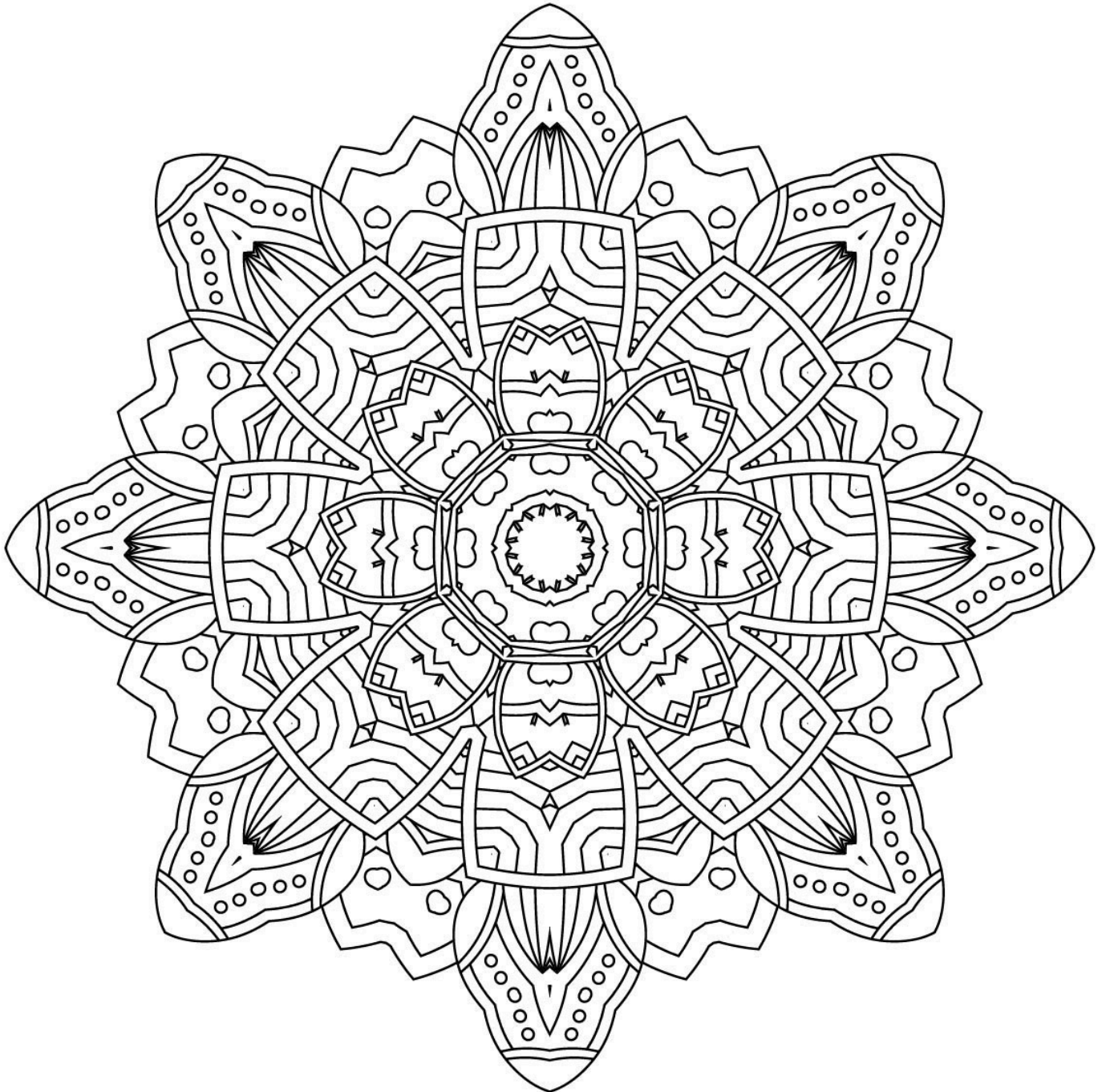
"Mindfulness is a pause – the space between stimulus and response: that's where choice lies."

Tara Brach



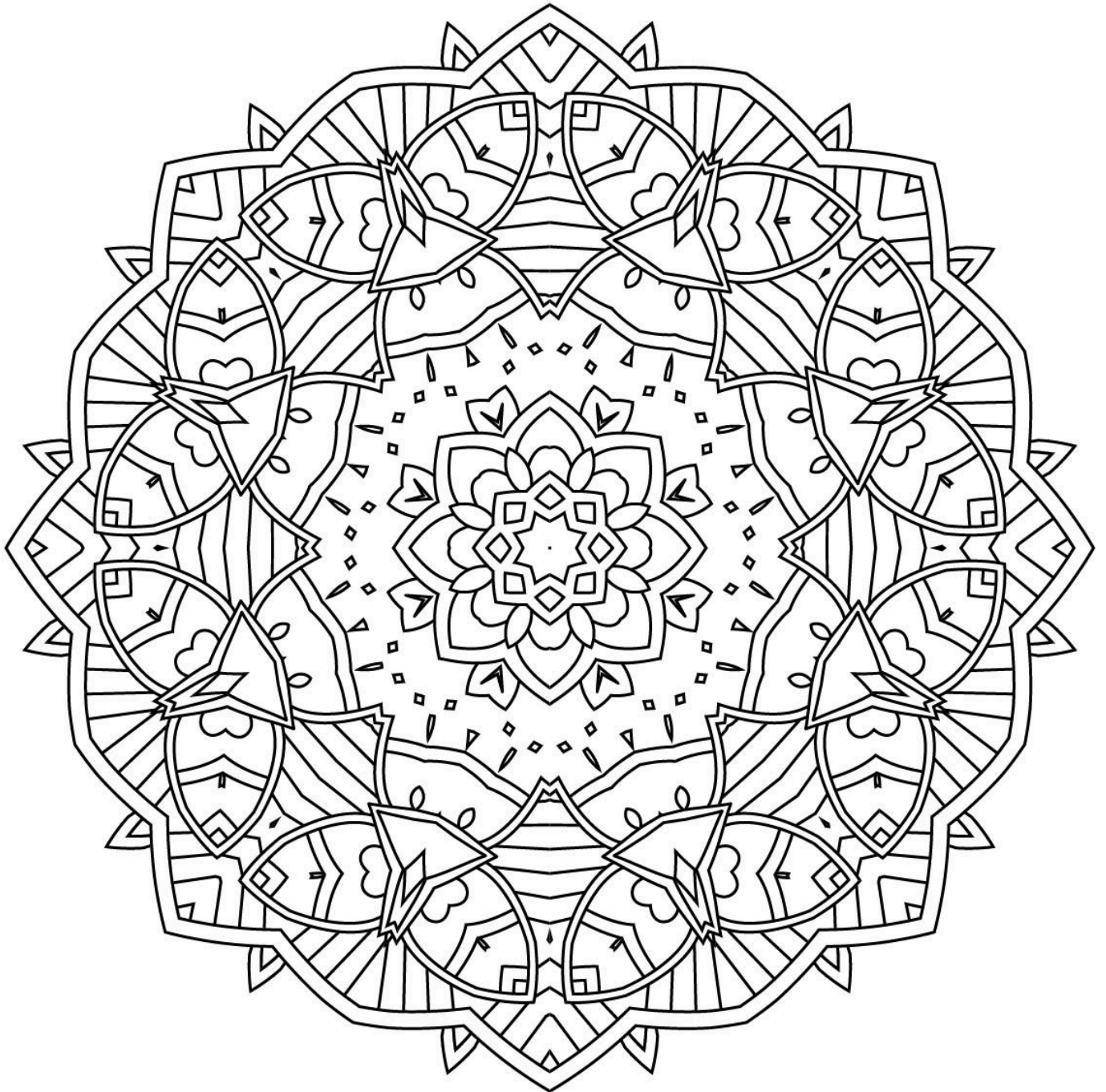
"Mindfulness means being present and at peace with what is."

Deepak Chopra



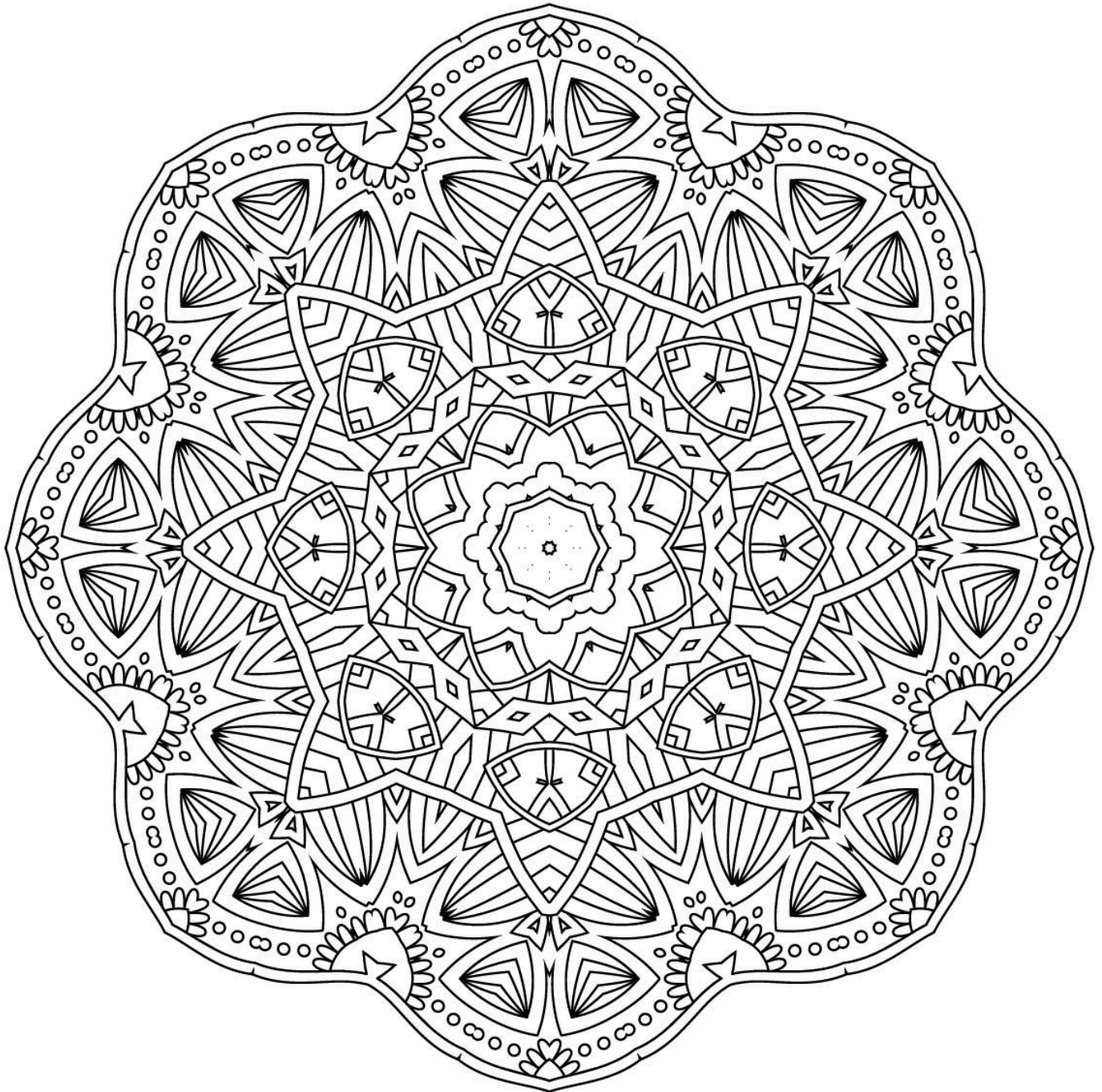
"The mind is everything. What you think
you become."

Buddha



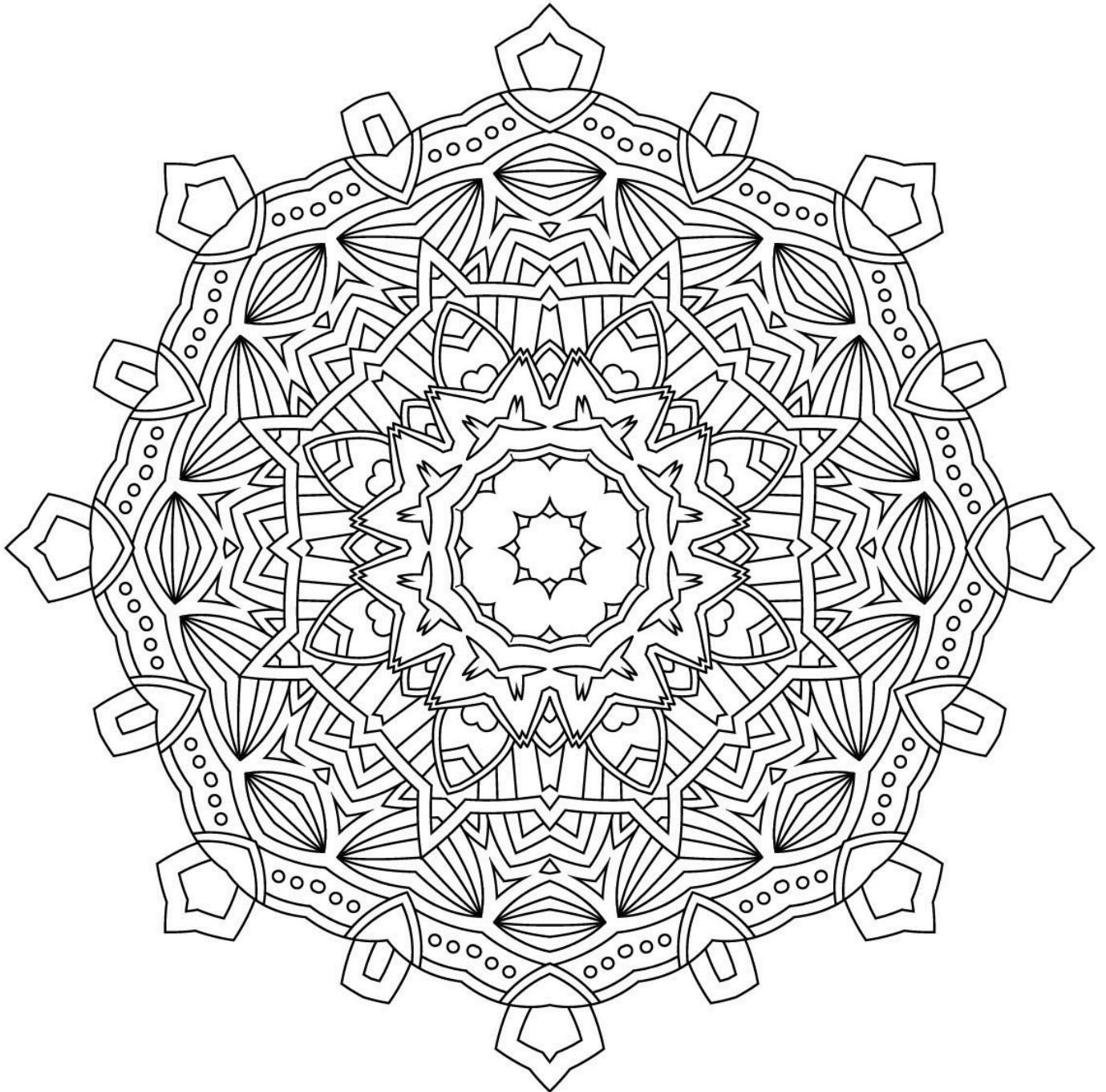
"Let go of your mind and then be mindful.
Close your ears and listen!"

Rumi



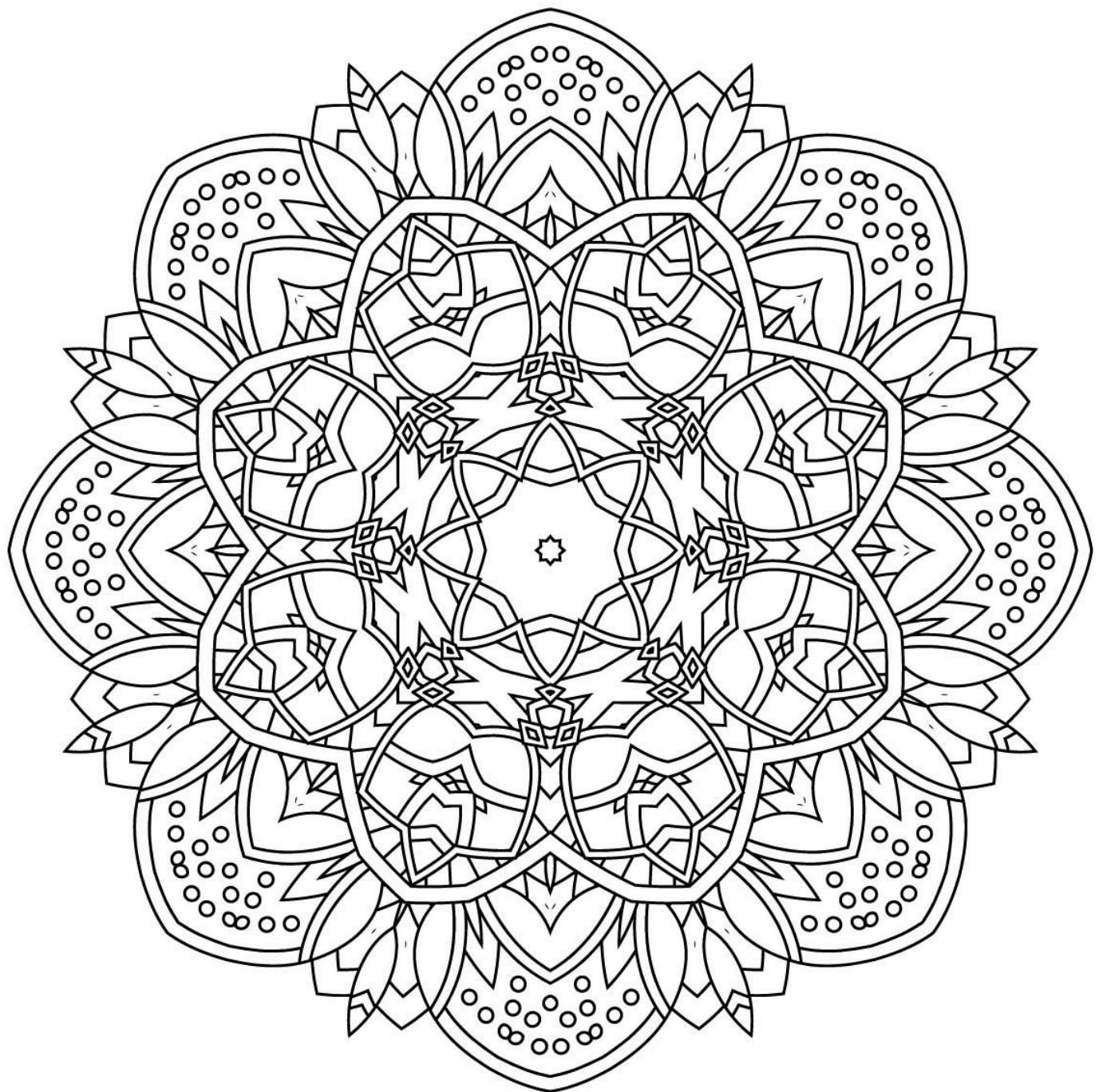
"Everything is created twice, first in the mind and then in reality."

Robin S. Sharma



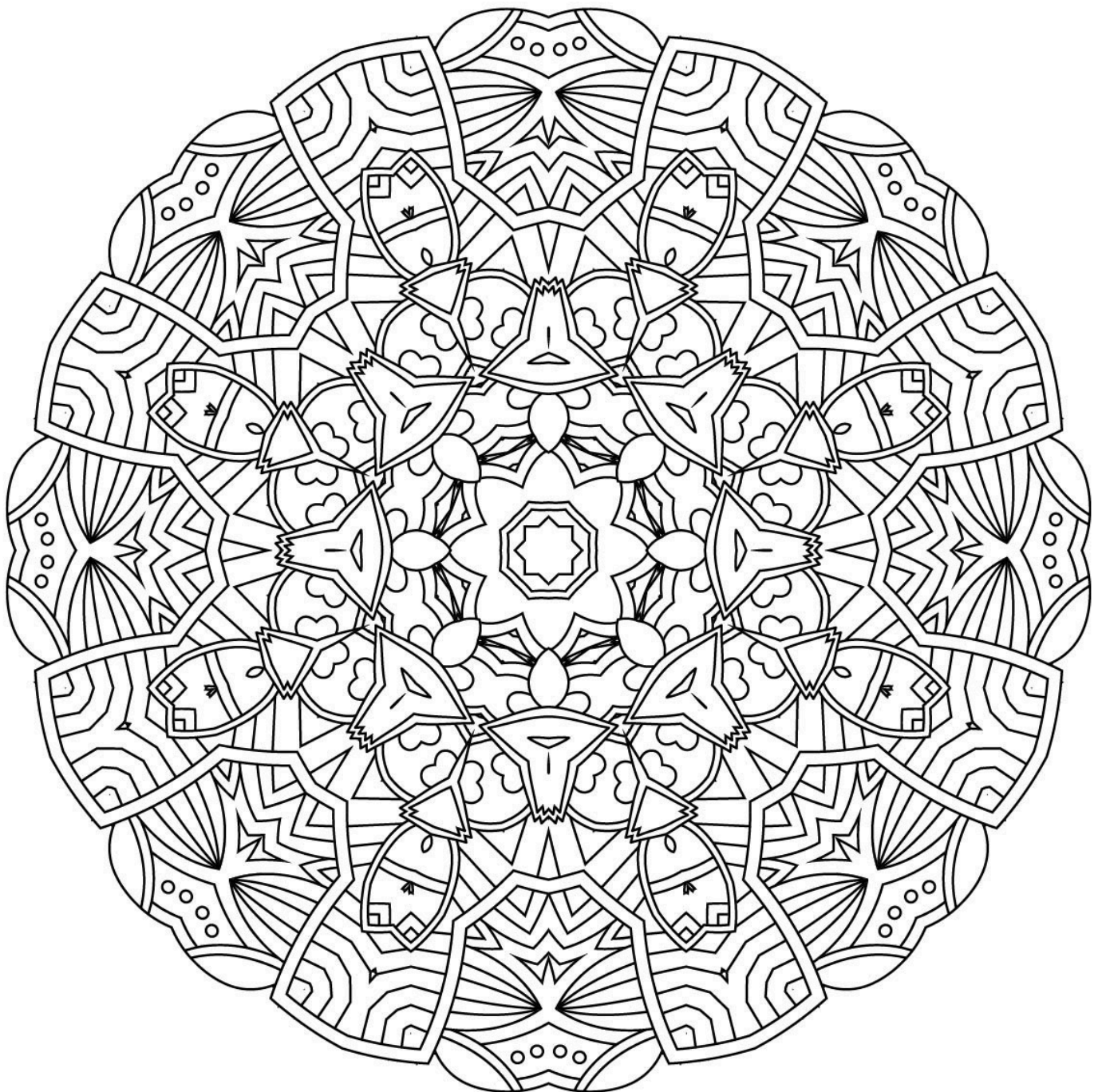
"A few simple tips for life: feet on the ground, head to the skies, heart open...quiet mind."

Rasheed Ogunlaru



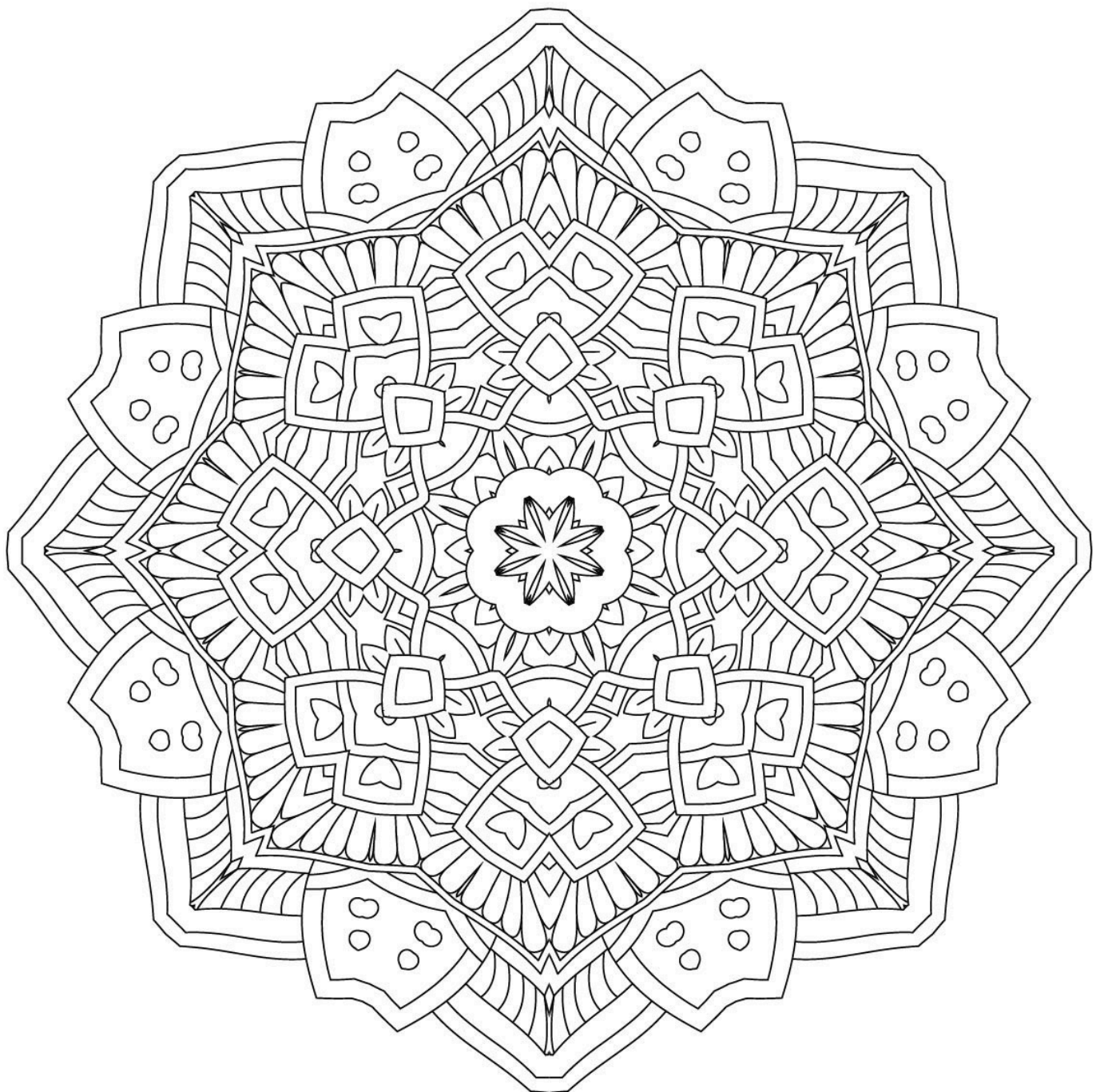
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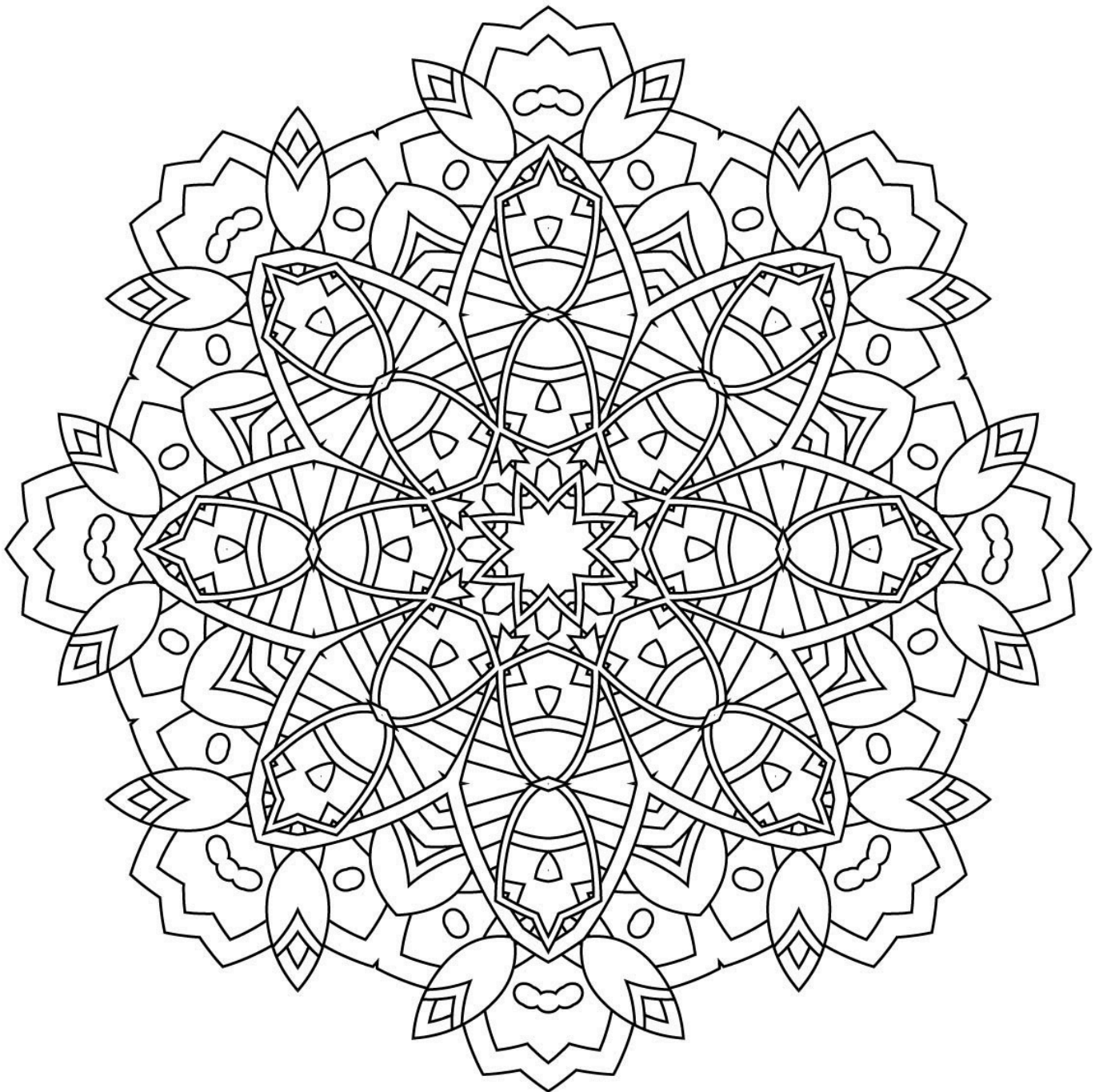
"Mindfulness is the intentional, accepting, and non-judgmental focus of one's attention on the emotions, thoughts, and sensations occurring in the present moment."

Dan Harris



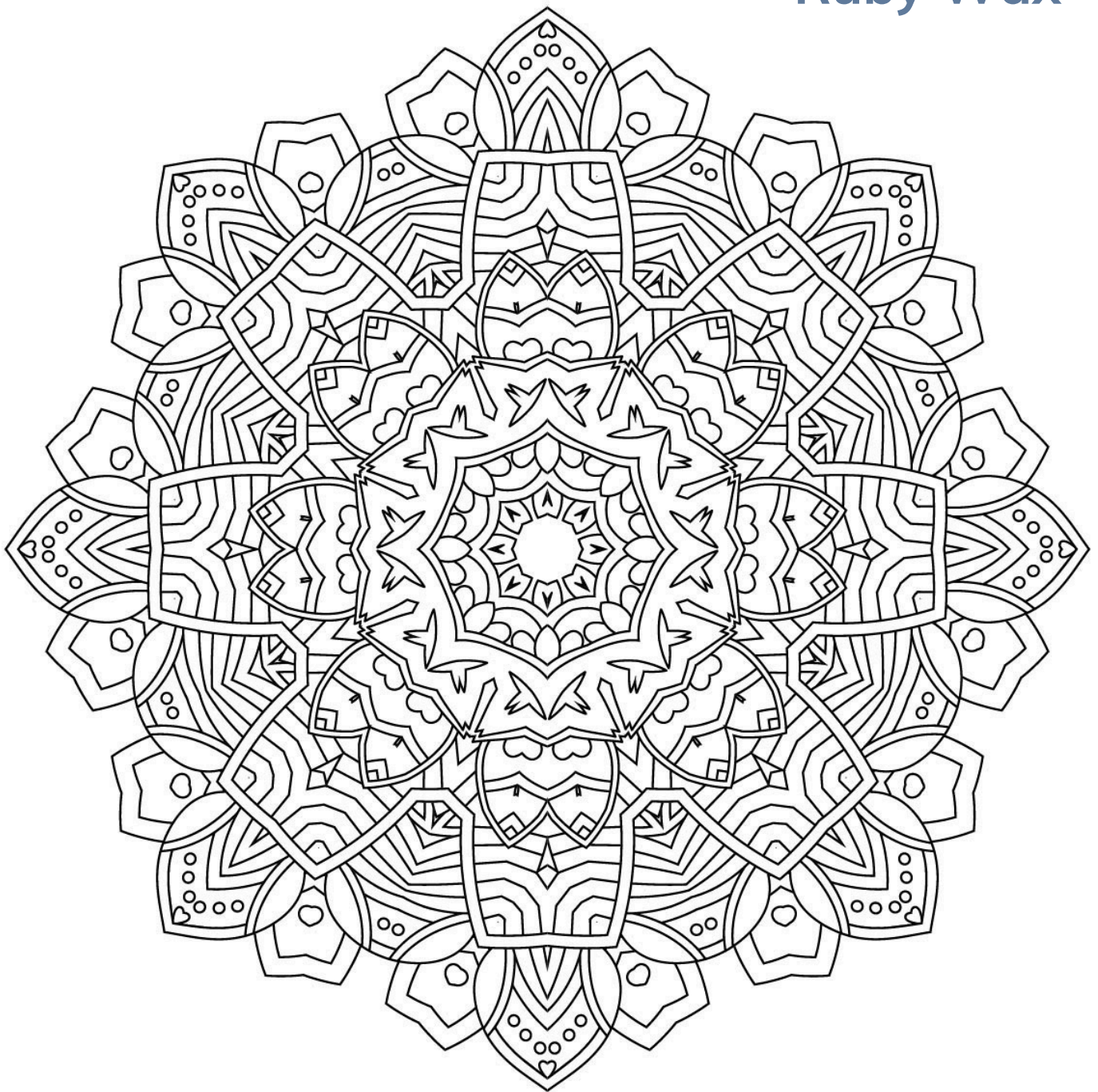
"The goal of mindfulness is to wake up to the inner workings of our mental, emotional, and physical processes."

Jon Kabat-Zinn



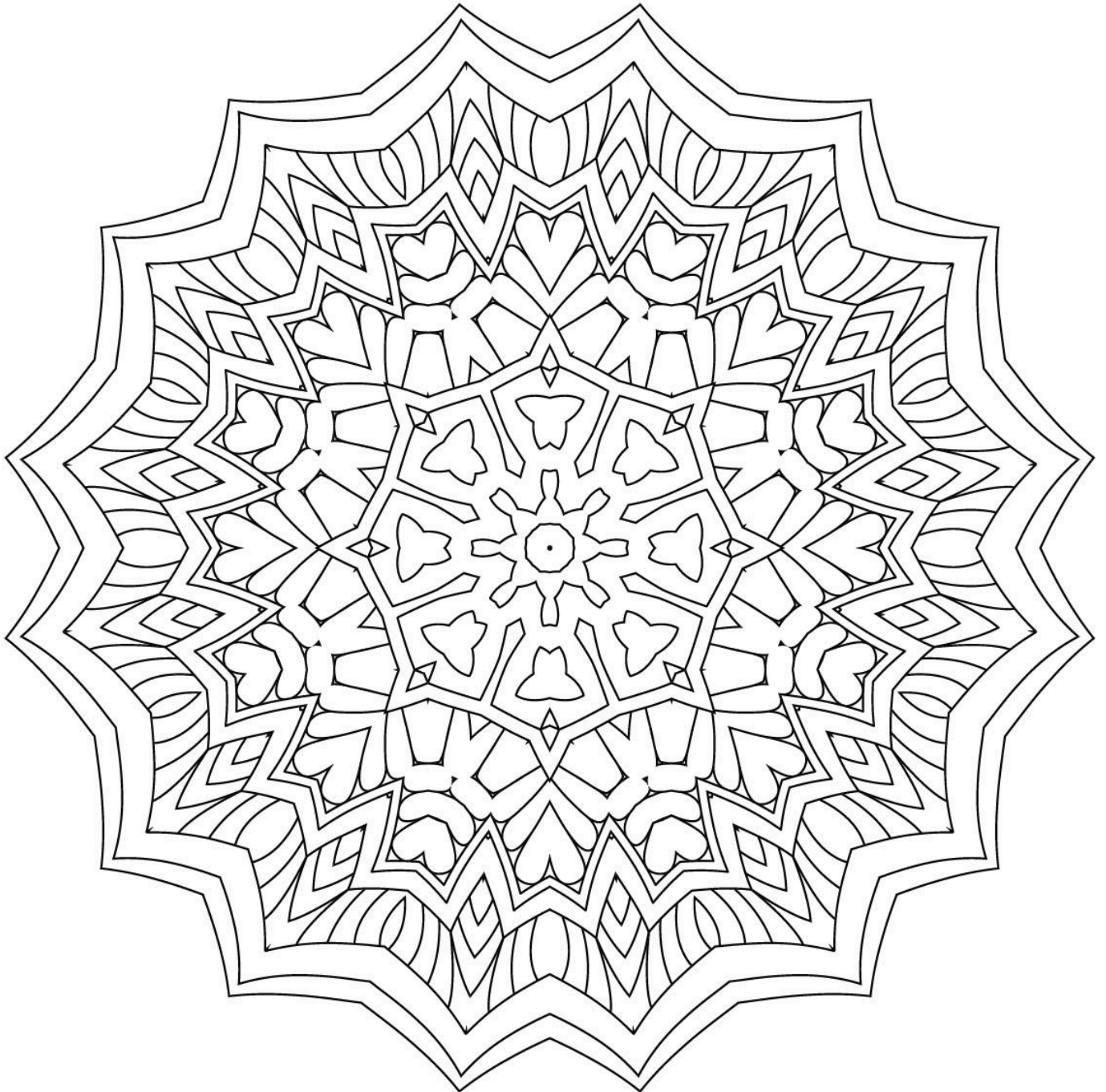
"Mindfulness isn't the answer to everything, and it's not something that magically cures all mental health challenges. However, it's a great tool for understanding your thoughts and feelings."

Ruby Wax



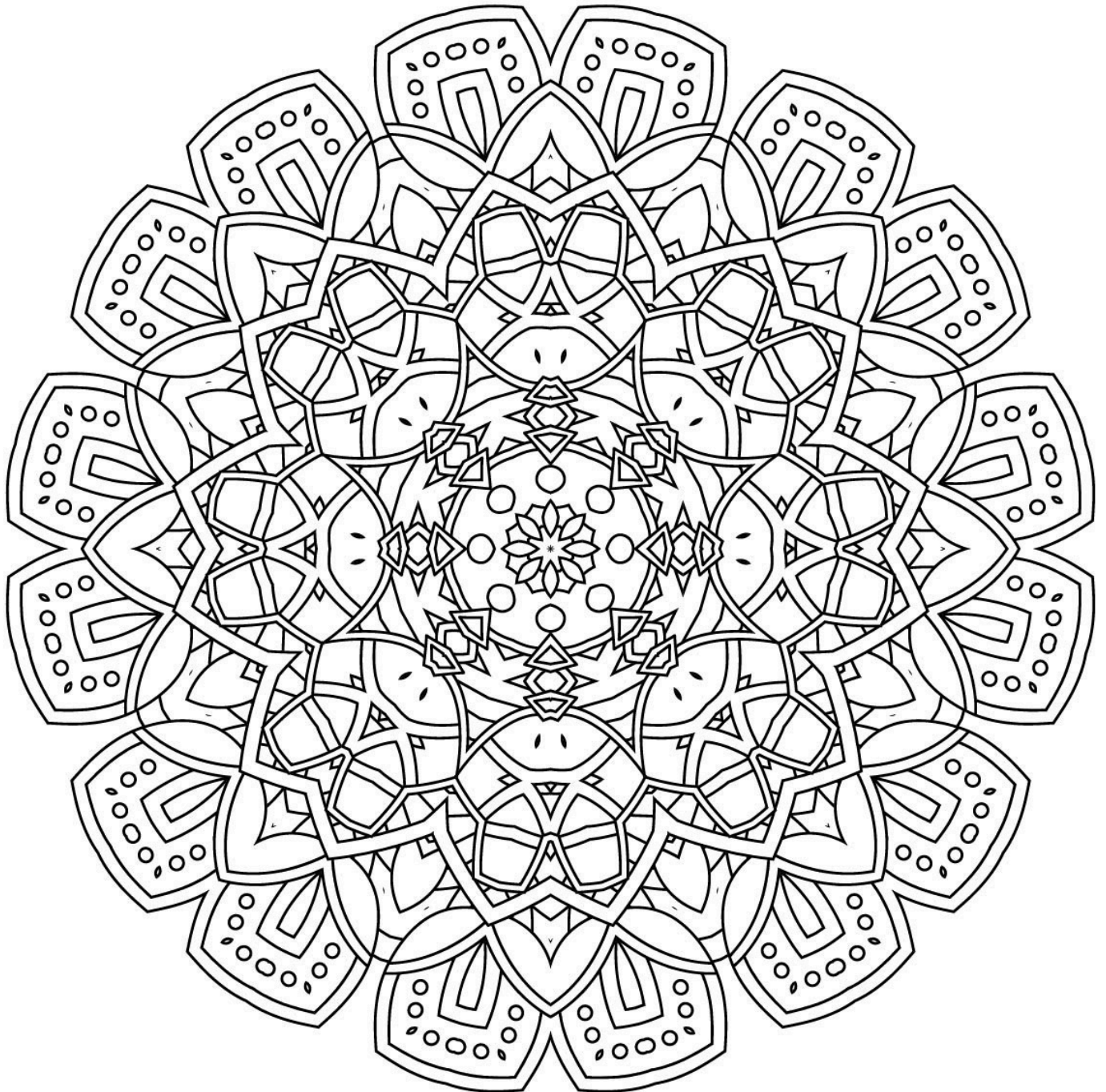
"Mindfulness is the art of observing your thoughts without judging them."

Unknown



“Mindfulness isn’t difficult, we just need to remember to do it.”

Jon Kabat-Zinn



"The beauty of life is in small details, not in big events."

Jim Jarmusch

