



The Art of being Mindful.

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Mindfulness

@MindfulEveryday

Choose intentions, not goals. A goal is an imaginary target fixed somewhere in the future whereas an intention is a course you set, starting from wherever you are right now.

#Mindfulness

@BruceVH

Inhale. Exhale. If you can do that, you have everything you need at this moment.



*Mind
fulness*

Mindfulness

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@MeLinNature

Not until we are lost do we begin to understand ourselves.

#

Mindfulness

@AnneScottlin

The beauty of simplicity is its clarity of purpose and its ease on the mind.

#Mindfulness

@kEspinozaFit

Mindfulness is paying attention on purpose in the moment. It cultivates a connection with the present moment where one can live with acceptance to what our experience is.



*Mind
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Mindfulness

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@Gulraizzali

There are two types of people in this world.

Avoid both.

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Mindfulness

@nurhayatikayah

Shift your energy away from the things you can't control and towards what you can create.

#Mindfulness

@antsared

In the middle of nowhere, is where I want to be, no reason to be somewhere, just happy to be free, I leave the time to wander, so I can make the most, a space to sit and ponder, by rivers, hills or coast..



*Mind
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Mindfulness

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@lexiin2nd

Over 30 second graders gathered on Zoom to practicing breathing techniques and mindful moments! We aren't letting staying home keeping us from flowing!

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Mindfulness

@derrick_green

I am not my thoughts. I am the
witnesser of my thoughts.

#Mindfulness



@JuveArya

Real life is on pause. Take this time to
reconnect with yourself.

*Mind
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Mindfulness

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@DrMaxineWalters

Be selective in your battles. Sometimes peace
is better than being right.

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Mindfulness

@BethFratesMD

"You are not a drop in the ocean. You
are the entire ocean in a drop." _ Rumi

#Mindfulness

@jenfish23

A new day. It's completely OK to let go of what's out of your control - because it's heavy.



*Mind
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Mindfulness

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@Guys_page

Allow your mind to drift to calm places. Despite all that is going on at the moment, the world is beautiful. Stay safe. Be calm

#

Mindfulness

@911well

Someday you'll look back & know
exactly why it had to happen like it did.

#Mindfulness

@BruceVH

Your mind is a garden. Your thoughts are the seeds. You can grow flowers or you can grow weeds.



*Mind
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Mindfulness

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@Dianne_LadyD

Every Little Thing You Do Matters So Much.

#

Mindfulness

@iamfearlessoul

You don't have to raise your voice,
when you speak the TRUTH.

#Mindfulness

@calm

Notice the ways that you rush through life.
What if there was no race to win? Where can
you take a little more time?



*Mind
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Mindfulness

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@DrKristieLeong

Down every road you travel, slow down and
smell the flowers.

#

Mindfulness

@BruceVH

The difference between “nowhere” and
“now here” is a little space.

#Mindfulness



@Guys_page

Happy people focus on what they have.
Unhappy people focus on what's missing.
Be content.

*Mind
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Mindfulness

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@911well

In the end, kindness will be the only thing that really matters .. Integrity is everything

#

Mindfulness

@MindfulEveryday

New things are coming;
make room for them.

#Mindfulness



@LouiseMcB_lyit

It's ok to have a bad day, novid day, no exercise day. Our frontline staff are human too, dont always feel like heros, heroines or Angels, it's ok to say I didnt have good day. Some days are just like that, note it & remember tomorrow is another day.

*Mind
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Mindfulness

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@KariJoys

Be fearless in the pursuit of what sets your soul
on fire.

#

Mindfulness

@agargmd

You can't pour from an empty cup.
Take care of yourself first.

#Mindfulness

@clothofnature

Sharing the first whisper of the Silver birch trees, newly in full leaf. A moment in which nature ushered my mind, be still.



*Mind
fulness*

Mindfulness

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@DrDannyPenman

If you know your true worth, you do not need anyone else to confirm it

#

Mindfulness

@911well

Stay positive. Always focus on how far
you have come, not how far is left to go.

#Mindfulness

@MindfulEveryday

Forgive the past. It is over. Learn from it
and let go.



*Mind
fulness*

Mindfulness

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@TheVineetMittal

Happiness cannot be asked for, it can only be given. It is a snowball that grows bigger upon contact with new souls. Happiness is a journey that can be engineered via gratefulness & mindfulness. Thankfully, it resides deep within us & we only need to awaken it!

#

Mindfulness

@MindfulEveryday

There are two primary choices in life: to accept conditions as they exist, or accept responsibility for changing them.

#Mindfulness



@SriMSpeaks

A tranquil mind is the tarmac from which one takes off to the blissful state of total freedom.

*Mind
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Mindfulness

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@mrtom101

Live a "want to" life, not a "have to" life.

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Mindfulness

@MeLinNature

Nothing lasts forever not even our troubles.

#Mindfulness



@DaviesBooks

"Kindness is the language which the deaf can hear and the blind can see." ~ Mark Twain

*Mind
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Mindfulness

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@BruceVH

If you are sad, you're thinking of the past. If you are anxious, you're in the future. Peace and happiness are available now!

#

Mindfulness

@yourmindschool

Meditation may help to prevent major depressive disorder in people with subclinical depression.

#Mindfulness

@BethFratesMD

When we experience moments of mindfulness, connecting with our body and our breath, we can go deeper into our own reservoir of wisdom and light allowing us to see things more clearly.



*Mind
fulness*

Mindfulness

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@AnneScottlin

Life's waves are ever present, powerful, untamed; you can hear their roar and still walk the shore with a peaceful heart.

#

Mindfulness

@ChoonaraImraan

It's the little things in life that hurt. You can sit on a mountain, but not on a needle. Let's be mindful of what we say and do.

#Mindfulness



@EveyHammond19

Albert Einstein : "Imagination is more important than knowledge. For knowledge is limited, whereas imagination embraces the entire world, stimulating progress, giving birth to evolution."

**Mind
fulness**

Mindfulness

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@MindfulEveryday

The journey is the destination.

Mind - fulness

Produced by Katie Hughes