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Mind: Mindfulness Is An Art: A Guidebook For Anyone On Creating A Better Life Now (Meditation, Stress Free, Love, Happiness, Passion) (Mindset, Mind Control, Mind Diet, Mind Games, Mindful Eating 5)

D.D. Tai

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Develop Your Mental Powers and Achieve Your Goals!

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- Understand the past, present, and future
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And much, much more!

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"Your eyes see some pretty amazing things in every moment that they are awake. From the moment you

wake up in the morning, really look at what they are seeing. For example, instead of merely asking what kind of weather it’s going to be today, open the curtains and observe. Feel the changes of the seasons, the cold and the warm and accept each for what it is. Each moment of seeing things is a moment of acceptance. Don’t criticize or judge, simply observe. Use your sense of smell to notice great aromas and to take in the perfume of the flowers or the aroma of a curry. Use your ears to open up your senses of sound and your sense of touch to feel different textures, softness or solidity."

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Kristen Blasingame:

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