

# NOW



**Notice:** Where my attention is.

**Observe:** What I'm doing. Say to myself: "I am walking", "I am sitting", "I am breathing", then notice those sensations in your body.

**Wise Mind:** What now? How shall I continue? Doing or Being?



**If you want an explanation for your present, look at your past.**

**If you want to know your future, look at your present.**

*Buddha.*

## Mindfulness for Busy People

- Choose an activity to do mindfully throughout the day, for one, two or five minutes. For example: Drink a cup of tea. Walk. Wash the dishes.
- Whatever you are doing, be in that moment, right now. See, hear, smell, touch, feel, breathe.
- Simply notice whenever other thoughts and sensations come to mind, then re-focus on your chosen mindful activity.
- Be patient and compassionate with yourself.
- Describe... rather than judge good or bad, pleasant or unpleasant.
- It is as it is.
- It will pass.

*Everything Flows. Nothing is fixed. Heraclitus*

- 5** things I can see
- 4** things I can hear
- 3** things I can touch or feel
- 2** things I can smell or like the smell of
- 1** slow deep breath