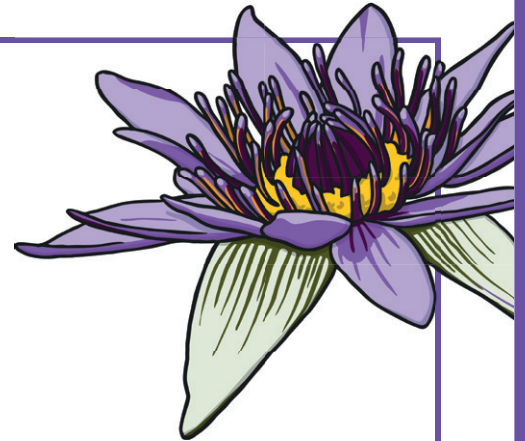


# Mindfulness for Busy People

## NOW



### Notice:

Where my attention is

### Observe:

What I'm doing.  
Think: "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?

- 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 and breathe in the moment.
- Notice whenever other thoughts and sensations come to mind, acknowledge them, and let them go. Then re-focus on your chosen mindful activity.
- Be patient and compassionate with yourself. You are doing wonderfully.
- It is as it is and as it should be.

**'Everything Flows. Nothing is fixed.'**

- Heraclitus

