

A 3D rendering of a puzzle with one red piece standing out among white pieces. The red piece is in the foreground, slightly to the left, and is the only one of its color. The white pieces are arranged around it, some overlapping. The lighting creates soft shadows, giving the pieces a three-dimensional appearance.

Where do I start?

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- Start a daily meditation practice
 - Find a teacher you want to learn from
 - Our website - wtm.thebreathproject.org

A hand is shown from the bottom left, holding a glowing, golden orb. The background is a soft, warm sunset or sunrise with a blurred horizon. The overall mood is serene and contemplative.

ATTENTION

Notice by tuning in to your WHOLE PERSON intelligence™

Bring curiosity and start to BE with yourself.

- Body - sensations, senses, movement
- Emotions – messengers, ignored, blocked
- Mind – thoughts, patterns, unconscious behaviours/responses
- Social – relationship with self and others
- Spiritual – purpose, intuition, connection with a greater sense of being

COMPASSION

- Bring compassion to YOURSELF and to others
- Compassion can be yin – (inward, softer, gentler) and it can be yang (outward, action, bolder)
- Offer yourself the same grace and kindness you would naturally give to others





SELF-AUTHORSHIP

- Develop your witness consciousness
- Let go of judgement, embrace discernment
- Create calm vs chaos
- Pause to respond vs react
- Release expectations and welcome acceptance
- Look for joy, humour, goodness, & kindness
- Celebrate life with gratitude
- Set an intention to become more mindful every day

TITLE .

SCENE .

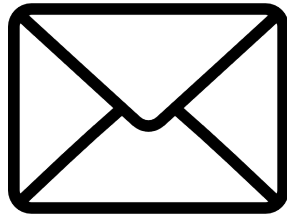
SILKROAD
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DATE .

MEMO .



“Mindfulness has several meanings and functions – all of which are key to the growth of wisdom. Understanding this richness of meaning opens up new potential for it’s power to transform our lives.” Joseph Goldstein



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mindfulness.for.life