

### Waking Up

Waking up this morning, I smile.  
Twenty-four brand new hours are before me.  
I vow to live fully each moment  
and to look at all beings with the eyes of  
compassion.

### Following the Breath

Breathing in, I calm my body.  
Breathing out, I smile.  
Dwelling in the present moment,  
I know this is a wonderful moment.

### Drinking Tea

This cup of tea in my two hands,  
mindfulness held perfectly.  
My mind and body dwell  
in the very here and now.

### Hugging Meditation

Breathing in,  
I am so happy to hug my loved one.  
Breathing out,  
I know my loved one is real and alive in my  
arms.

### Taking the First Step of the Day

Walking on the Earth  
is a miracle!  
Each mindful step  
reveals the joy of being alive

### Washing Your Feet

The peace and joy  
of one toe  
is peace and joy  
for the whole body

### Walking

The mind can go in a thousand directions  
But on this beautiful path I walk in peace.  
With each step, a gentle wind blows.  
With each step, a flower blooms.

### Experiencing Pain in the Body

Experiencing the pain in my body,  
I breathe in.  
Smiling to the pain in my body,  
I breathe out.  
Recognizing that this is a physical pain,  
I breathe in.  
Knowing that this is no  
more than a physical pain,  
I breathe out.

### Driving the Car

Before starting the car,  
I know where I am going.  
The car and I are one.  
If the car goes fast, I go fast.

### Smiling at Anger

Breathing in, I feel my anger.  
Breathing out, I smile.  
I stay with my breathing,  
so I won't lose myself.

### Beginning to Eat

With the first mouthful,  
I practice the love that brings joy.  
With the second mouthful,  
I practice the love that relieves suffering.  
With the third mouthful,  
I practice the joy of being alive  
With the fourth mouthful,  
I practice equal love for all beings.



## Ways to Incorporate Mindfulness Into Your Daily Life

Created by Jody Figgins, Member of the Order of Interbeing established by Thich Nhat Hahn.

Smile and take ten mindful breaths each morning when you wake up and again each evening before going to sleep.

Sit for 5 to 30 minutes each day. Remember, there is no right or wrong way to sit. Rely on your breath to show you the way.

Recognize the mindfulness bells in your daily life. There are many chances to pause, breathe, and smile during the day. It may be a red light, the clock chiming, telephone ringing, waiting for a program to load on the computer... whatever fits and works for you.

Practice indoor or outdoor walking meditation. Follow your breathing and bring your awareness into your feet.

Practice walking mindfully during your normal daily routine. Picking certain places you walk each day may help you remember to practice, and solidify a "happiness habit." Be aware of your feet and your breath going in and out as you walk.

Practice deep listening. Offer your whole presence to the other person as you listen.

Practice loving speech using words that inspire joy, confidence, and hope.

Take time to focus with awareness on parts of your body while breathing in and out, and send it love and gratitude.

Eat mindfully. Pause and take three breaths before each meal, perhaps saying a prayer or verse before eating. Look at your food and experience it with all your senses as you eat.

Perform one or more daily tasks with the energy of mindfulness (ex., shower, brushing teeth, preparing food, driving). What specific activities do you want to bring greater awareness to?

Poems (also called gathas) written by Thich Nhat Hanh are on the other side of this sheet. You may wish to memorize or write down a poem to use and hang it where it can remind you to be mindful. When using a poem, breathe in while reciting the first line, breathe out with the second, in with the third, and out with the fourth, and so on. This can be done during daily activities, or during sitting or walking meditation.

*Be gentle with yourself as you establish your practice. What will remind you to be mindful? What indicators will remind you if you drift off to mindlessness? Choose one or two of the mindfulness practices above and think about how to incorporate them into your daily life. Be specific and imagine the process and each step necessary to make it happen. You may wish to write it down to help you remember.*