

Mindfulness(Pure peace of the present moment).

Keep your attention focused on each task, be alert and ready to handle ably and intelligently any situation which may arise. Look at mindfulness as a serene encounter with reality. How?: By taking hold of your breath. Your breath is the wondrous method of taking hold of your consciousness.

1. Acknowledge the presence of thoughts, fears, and worries. Recognize if the thought continues to exist. Recognize it in mindfulness like a palace guard who is aware of every face that passes through the corridor. Don't be dominated by the distinction between good and evil. Acknowledge each thought.
2. How can we live in the present moment, live right now with the people around us, helping to lessen their suffering and making their lives happier?

Benefits of mindfulness:

1. Relaxation that leads to a tranquil heart and clear mind. The breath remains the vehicle to unite body and mind to open the gate to wisdom.
2. To master our breath is to be in control of our bodies and minds.
3. Frees us of forgetfulness and dispersion (chaos/stress). Makes it possible to live fully each minute.
4. Miracle by which we master and restore ourselves.
5. Discipline to look at everyone with an open mind and with love.

Mindfulness

1. While lying in bed, always with a ½ smile, give thanks for another day.
2. Breathing exercise (4-4-4)
3. Slowly rise from bed mindful of your movements maintaining that ½ smile.
4. Each moment (eating breakfast, brushing teeth, showering) done in mindfulness, calm, and relaxing.
5. Discipline yourself to do each task in a relaxed way with all of your attention.
6. Enjoy and be one with each task.
7. Look at all beings through the eyes of compassion.
8. Use the 6 layer filtering system for your thoughts.
 - a. Is it true?
 - b. Is it noble?
 - c. Is it just?
 - d. Is it pure?
 - e. Is it lovely?
 - f. Is it positive?

