

Principles for Mindful Living

Physical: I care for my body and my physical environment.
This cultivates health, beauty, and order.

Emotional: I listen to the wisdom of my emotional guidance system.
This cultivates safety, integrity and trust.

Mental: I choose to direct my thinking in ways that make me feel good.
This cultivates focus, optimism, and creativity.

Spiritual: I nurture my connection to the community of life.
This cultivates empathy, collaboration, and inspiration.

**My actions express these principles and I am at peace
with the world and myself.**



Affirmation

- ☞ sit quietly opening my mind and heart to the wisdom of eternal silence.*
- ☞ mindfully embrace each moment listening to quiet whispers of truth.*
- ☞ open myself to a new way of living and celebrate the knowledge of stillness.*

©CR 2005