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Mindful

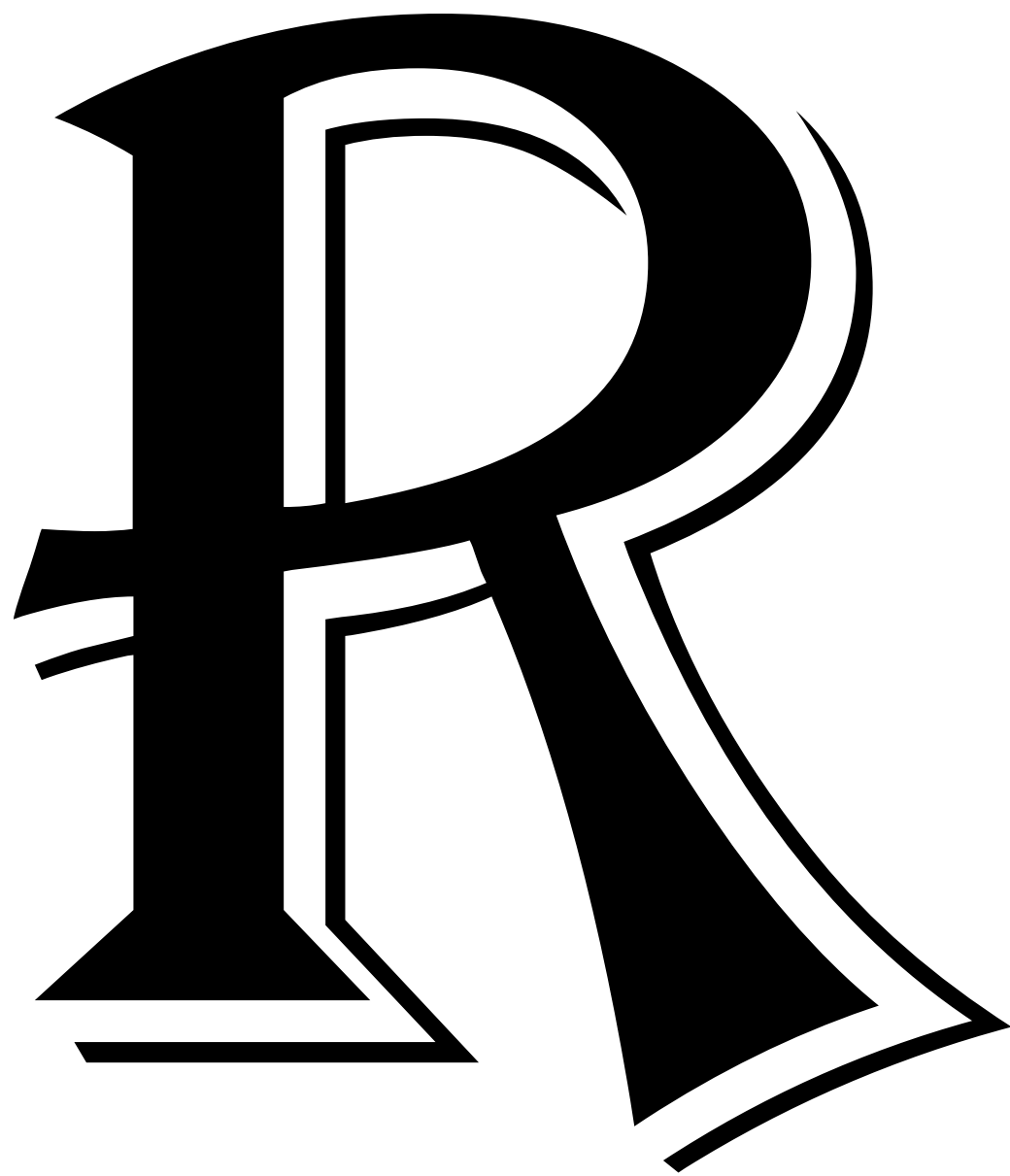
present-moment-recollection.

Remember to remember!



Awareness

of what is happening right now, in this very moment. *What is the experience?*



Respond

as opposed to reacting automatically or habitually. *You do have a choice!*



Appropriately

wisely & skilfully - with kindness - to
whatever situation you find yourself in.

“I see you Mara!!!”