

MINDFULNESS



Mindfulness
Association



MINDFULNESS

revelation
being
heart-opening
grounding
presence
sensing
contemplative
curiosity
growing
feeling
nature

sacred truth
unity
inspiration
receiving
inspiration
comfort
mind-expanding
wisdom
essence
beauty
depth

POETRY

& MYSTICAL POETRY

"Walk into what previously seemed like unobtainable realms,
in the passage of a few short lines" David Whyte

6 WEEK ONLINE COURSE

www.mindfulnessassociation.net