

A scenic photograph of a mountain range covered in snow. In the foreground, a small, calm pond reflects the surrounding landscape. The sky is filled with soft, grey clouds, creating a moody atmosphere. The text is overlaid in a white, serif font, centered on the image.

A CHILD'S LIFE IS LIKE
A PIECE OF PAPER ON
WHICH EVERY PERSON
LEAVES A MARK.
— CHINESE PROVERB

Always we hope

Someone else has the answer
Some other place will be better,
Some other time it will all turn out.

This is it.

No one else has the answer
No other place will be better,
And it has already turned out.

At the center of your being|

You have the answer,

You know who you are
And you know what you want.

There is no need

To run outside

For better seeing.

Nor to peer from a window.

Rather abide at the center of your being;
For the more you leave it, the less you learn.

Search your heart

And see

The way to do

Is to be.

By

Lao Tzu

A scenic view of a river flowing through a lush green forest. The water is calm, reflecting the surrounding trees and sky. In the distance, a person is standing on the bank, looking towards the water. The overall atmosphere is peaceful and natural.

AWARENESS IS THE
GREATEST AGENT
FOR CHANGE.

— ECKHART TOLLE

FOFBOC- Feet on Floor, Bottom/ Body on chair (3-5mins)

Begin by focussing our torchlight of attention on the feel of the sensations of your bottom/body on the chair and your feet on the floor.

Then settle your focus of attention on any sensations you feel in your feet, as they make contact with the floor .We are bringing an attitude of friendly interest and exploring in our practice.

Maybe noticing, tingling, buzzing or warmth. Gradually expanding your torchlight of attention to include your ankleslower legsknees.....upper legsbottom on your chair. Exploring and being curious about what sensations you notice in different parts of the body.

Inviting you now to settle your attention in the lower parts of your body (your feet, legs and bottom) as an anchor or a steady base for a few moments. Then connecting with the feeling of the breath moving in the tummy alongside your sensations alongside holding awareness of your steady base.

Then bring attention to the whole body sitting here right now, your posture and the room.

Daily Meditation



"Now, let's begin the lesson with a Paws b practice."

(Ask the children to stand up / or sit – refer to the bubble and choose to have eyes closed or open).

"So now let's pause and be, choosing to pay attention in the present moment. Beginning by sensing the soles of the feet on the floor. What do you notice? Feeling the way, the ground supports you as you stand. Let your focus of attention expand and broaden to the whole of your body. Standing here in this moment. Tuning in now to the feeling of the body breathing."

Allow 2-3 minutes of practice.

It is helpful to say "If the puppy mind wanders, that's ok. Bringing it back to the breath. Noticing the in breath coming in and the out breath flowing out."

Allow space in between for the children to tune into the breath.

At the end of the practice, ask the children to open their eyes if they have them closed and to sit back down, with awareness of their body and breath.

Nadine Stair

If I had my life to live over, I'd dare to make more mistakes next time. I'd relax, I would limber up. I would be sillier than I have been this trip. I would take fewer things seriously. I would take more chances. I would climb more mountains and swim more rivers. I would eat more ice cream and less beans. I would perhaps have more actual troubles, but I'd have fewer imaginary ones.

You see, I'm one of those people who lived sensibly and sanely, hour after hour, day after day. Oh, I've had my moments, and if I had to do it over again, I'd have more of them. In fact, I'd try to have nothing else. Just moments, one after another, instead of living so many years ahead of each day. I've been one of those persons who never goes anywhere without a thermometer, a hot water bottle, a raincoat and a parachute. If I had to do it again, I would travel lighter than I have.

If I had my life to live over, I would start barefoot earlier in the spring and stay that way later in the fall. I would go to more dances. I would ride more merry-go-rounds. I would pick more daisies.

By Nadine Stair (Age 85)

From Condensed Chicken Soup for the Soul

Pause. B Practice (2-5minutes)

So now let's Pause and Be, choosing to pay your attention to the present moment.

Beginning by sensing the soles of your feet on the floor. What do you notice? Feeling the way the ground supports you.

Let your focus of attention expand/broaden to the whole of your body sitting or standing here in the moment.

Tuning in now to the feelings of the body breathing.

Choosing to notice the in breath coming in and the outbreath flowing out.

If the mind wanders away, this is not a problem, all we need to do is bring your attention back to the breath in this moment.

Remember the more we practice our Mindfulness the easier it becomes and is helpful in training our focus of attention.

The Cookie Thief by Valerie Cox

A woman was waiting at an airport one night
With several long hours before her flight
She hunted for a book in the airport shop
Bought a bag of cookies and found a place to drop
She was engrossed in her book but happened to see
That the man beside her as bold as could be
Grabbed a cookie or two from the bag between
Which she tried to ignore to avoid a scene
She munched cookies and watched the clock
As this gutsy cookie thief diminished her stock
She was getting more irritated as the minutes ticked by
Thinking "If I wasn't so nice I'd blacken his eye"
With each cookie she took he took one too
And when only one was left she wondered what he'd do
With a smile on his face and a nervous laugh
He took the last cookie and broke it in half
He offered her half as he ate the other
She snatched it from him and thought "Oh brother
This guy has some nerve and he's also rude
Why he didn't even show any gratitude"
She had never known when she had been so galled
And sighed with relief when her flight was called
She gathered her belongings and headed for the gate
Refusing to look back at the thieving ingrate
She boarded the plane and sank in her seat
Then sought her book which was almost complete
As she reached in her baggage she gasped with surprise
There was her bag of cookies in front of her eyes
"If mine are here" she moaned with despair
"Then the others were his and he tried to share"
"Too late to apologize she realized with grief"
That she was the rude one, the ingrate, the thief.

Valerie Cox, "A story of wrong perceptions" in "Chicken Soup for the Soul", editor Jack Canfield

Yesterday

IS HISTORY

Tomorrow

IS A MYSTERY

Today

IS A
GIFT

That's why it's

called the PRESENT