Mindfulness Now

X Z D P E H C T K E X G A F E M S
Y U W K S X A C W B F F O O C Q O
T S H B P S F C V Y S O D V I T U
I D A B E Z J N C L B C W S T V P
N P R D D D P R D E Q U N A O C P
E L M T U A H R T O P S I B N T U
R D O E T U Q D E B T T J H Q R B
E C N E I T A P X S C S A Q U E G
S J Y C T C R O D E E A B N Y F O
H Z F N A C H J O R L N Q W C L V
U U S E R W W W O V I E C Z B E B
I U V L G O K P O E N Y I E A C L
I M R I W A W A R E N E S S L T D
L A G S W C A L M N E S S L A I N
G N I D N U O R G Y X K N J N O A
N E B V H M J W J O Z U X T C N G
M Y P R H M A G Y S O Q T H E Q H

PATIENCE
CALMNESS
GROUNDING
SILENCE
REFLECTION

HARMONY
GRATITUDE
FOCUS
SERENITY
OBSERVE

PRESENCE
AWARENESS
NOTICE
ACCEPTANCE
BALANCE

MINDFUL REMINDER

There's no need to change this moment. Notice what's here, without needing to alter it.

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