



MINDFUL LIVING



A PRAYER TO BEGIN WITH

The first sign of faith is love. The message of the holy, divine Manifestations is love; the phenomena of creation are based upon love; the radiance of the world is due to love; the well-being and happiness of the world depend upon it. Therefore, I admonish you that you must strive throughout the human world to diffuse the light of love. The people of this world are thinking of warfare; you must be peacemakers. The nations are self-centered; you must be thoughtful of others rather than yourselves. They are neglectful; you must be mindful. They are asleep; you should be awake and alert. May each one of you be as a shining star in the horizon of eternal glory.

—Abdu'l-Bahá

At every morn she was mindful of Thee, and at every eve she centered her thoughts upon Thee.—*Abdu'l-Bahá*

Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.—*Romans 12:2*



Be happy in the moment, that's enough. Each moment is all we need, not more.—*Mother Teresa*



In today's rush we all think too much, seek too much, want too much and forget about the joy of just being.—*Eckhart Tolle*

Waking up this morning, I smile. Twenty-four brand new hours are before me. I vow to live fully in each moment and to look at all beings with eyes of compassion. —*Thich Nhat*

Hanh



The source of crafts, sciences and arts is the power of reflection. Make ye every effort that out of this ideal mine there may gleam forth such pearls of wisdom and utterance as will promote the well-being and harmony of all the kindreds of the earth.—*Bahá'u'lláh*



People usually consider walking on water or in thin air a miracle. But I think the real miracle is not to walk either on water or in thin air, but to walk on earth. Every day we are engaged in a miracle which we don't even recognize: a blue sky, white clouds, green leaves, the black, curious eyes of a child—our own two eyes. All is a miracle.

—Thich Nhat Hanh

Happiness will never come to those who fail to appreciate what they already have.—*Buddha*

Mindfulness is a pause—the space between stimulus and response: that's where choice lies.—*Tara Brach*

Mindfulness allows us to watch our thoughts, see how one thought leads to the next, decide if we're heading down an unhealthy path, and, if so, let go and change directions.—*Sharon Salzberg*

Before you speak, let your words pass through three gates:
At the first gate, ask yourself “Is it true?”

At the second gate ask, “Is it necessary?”

At the third ask, “Is it kind?” –*Rumi*



The most precious gift we can offer anyone is our attention. When mindfulness embraces those we love, they will bloom like flowers.—*Thich Nhat Hanh*



Most of us need to be reminded that we are good, that we are lovable, that we belong. If we knew just how powerfully our thoughts, words, and actions affected the hearts of those around us, we'd reach out and join hands again and again. Our relationships have the potential to be a sacred refuge, a place of healing and awakening. With each person we meet, we can learn to look behind the mask and see the one who longs to love and be loved.—*Tara Brach*

Make my heart overflow with love for Thy creatures and grant that I may become the sign of Thy mercy, the token of Thy grace, the promoter of concord amongst Thy loved ones, devoted unto Thee, uttering Thy commemoration and forgetful of self but ever mindful of what is Thine.—*Abdu'l-Bahá*

One moment can change a day, one day can change a life and one life can change the world.—*Buddha*



In His divine mercy and absolute virtue He has bestowed this upon us, even as Christ declared, “Many are called but few are chosen.” Verily, God has chosen you for His love and knowledge; God has chosen you for the worthy service of unifying mankind; God has chosen you for the purpose of investigating reality and promulgating international peace; God has chosen you for the progress and development of humanity, for spreading and proclaiming true education, for the expression of love toward your fellow creatures and the removal of prejudice; God has chosen you to blend together human hearts and give light to the human world. The doors of His generosity are wide, wide open to us; but we must be attentive, alert and mindful, occupied with service to all mankind, appreciating the bestowals of God and ever conforming to His will. –*Abdu’l-Bahá*