Mindfulness on the Move! Helpful quotes for the journey...

“Mindfulness is moment-to-moment, non-judgmental awareness, cultivated by paying attention.” Mindfulness arises naturally from living. It can be strengthened through practice. This practice is sometimes called Meditation. But meditation is not what you think. *Meditation is really about paying attention*, and the only way in which we can *pay attention* is through our senses, all of them, including the mind. *Mindfulness is a way of befriending ourselves and our experience*. Of course, our experience is vast, and includes our own body, our mind, our heart, and the entire world.”

**Unlived Moments**

“Each moment missed is a moment **UNLIVED**. Each moment missed makes it more likely I will miss the next moment, and live through it cloaked in **MINDLESS** habits of automaticity rather than living in, out of, and through **AWARENESS**.”

**Wholehearted**

“Life is surpassingly interesting, revealing, and awe-provoking when we *show up for it wholeheartedly and pay attention to the particulars*.”

**Now, Practice Living in the Present—Right Here, Right Now**

Mindfulness Quotes by Jon Kabat-Zinn found in his book “Arriving at your own door”