

**EVERYDAY MINDFULNESS - CHANGE YOUR LIFE BY
LIVING IN THE PRESENT (MINDFULNESS FOR
BEGINNERS)**

Jane Vallier

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71 Mindfulness Exercises for Living in the Present Moment

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What would you say if I told you that in just minutes a day, you can change that stressed state to one of serenity and peace? Shh! This is a well-guarded secret.

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On the contrary, these activities can be deeply relaxing and fulfilling. Mindfulness has three qualities according to Sakyong Mipham: familiarity, remembering, and non-distraction. Mindfulness is the quality of being present – the experience of being open and aware in the moment, without judgment or criticism, focusing your mind on the present rather than wandering.

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