Session 1: Mindfulness Devotional

Dear One,

 There is a time for everything, and I have made everything beautiful in its time. Be mindful of the rewards of being in the present. Living in the moment is truly living, being mindful of my Presence in everything. Mindfulness is about trust—trust that putting aside anxious thoughts about the future, even the next moment, is receiving. Open your heart and mind to receive what is now there for you. When you let the thing you are unmindful of become full in your consciousness you are blessed with its own beauty. Savor every moment, there’s no hurry. Even in the most hectic schedule, if you live mindful of each moment, there is confidence, there is accomplishment, there is joy. Everything has a place. Each moment builds on the next. Be in the moment and do it well; the next will become easier. Time and energy are limited. Use them wisely. Be mindful, for there is a time for everything. Be mindful, for everything is made beautiful in its time.

*Ecclesiastes 3:1, 11*

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