

## **MINDFUL LIVING PRESCRIPTION, offered by Thu Nguyen**

At the Claymont Court Retreat last December, Thu shared this invitation to deepen our daily practice with very concrete suggestions.

### **Mindful Living Prescription**

1. Waking up in the morning take 3 mindful breaths, smile and welcome a new day. Or you can recite the Morning Gatha:

*"Waking up this morning I smile. Knowing there are 24 brand new hours before me, I vow to live fully in each moment, and look at all beings with eyes of compassion."*

2. When transitioning from one physical position to another take 1 deep breath and smile before you changing your posture (and he noted that this was especially good for people with injuries and chronic diseases).
3. At the beginning and end of a work task, activity or exercise, start with a deep breath and smile, and end the activity with a relaxed breath and smile.
4. During an activity observe your rooting and bodily alignments; maintain relaxation in the body and a smile on your lips; and continue mindful breathing during the activity.
5. When getting in touch with the refreshing elements around you, say silently to yourself "thank you" and take at least 1 mindful breath and smile.
6. When a feeling or emotion arises in you, smile to that feeling or emotion and take at least 3 mindful breaths.
7. When going to sleep, do 10 relaxed yawns and then practice total body relaxation.

#### Supplements/Extra Vitamins

1. Practice yawning throughout the day.
2. Do outdoor walking when you have nothing to do.