

MINDFULNESS FOR DAILY LIFE

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Have you ever left a meditation retreat feeling inspired to practice being mindful in your everyday life and within hours done something unskillful and wondered.

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With warmth, Melli Facebook. Mrs Mindfulness.

Ifwewouldjustgetoutofthewayoftheexperienceandstoptryingtogetridof Carrie Steckl, Ph. Bonus: OK, so you have a dishwasher, but you get the picture.

Insteadofthinkingofitasjustaboringchore,thetaskcanbecomesamindful – Life is not a to-do list.