

## Gathas for Our Day of Mindfulness

### **Washing Your Hands**

*Water flows over these hands  
May I use them skillfully  
To preserve our precious planet.*

### **Inviting the Bell**

*Body, speech, and mind held in perfect oneness,  
I send my heart along with the sound of the bell.  
May the hearers awaken from forgetfulness  
And transcend all anxiety and sorrow.*

### **As you hear the bell, the gatha is:**

*Listen, listen  
This wonderful sound  
Brings me back  
To my true home.*

### **Breathing**

*Breathing in, I know I'm breathing in.  
Breathing out, I know I'm breathing out.  
Breathing in, I smile to my in-breath.  
Breathing out, I smile to my out-breath.  
Can be shortened to:  
In, Out.  
Smile in.  
Smile out.*

### **Releasing Tension**

*Breathing in I am aware of my whole body.  
Breathing out I am aware of my whole body.  
Breathing in I am aware of my body.  
Breathing out I release the tension in my body.*

### **You can breathe and smile to any or all organs in your body, for example:**

*Breathing in, I smile to my heart.  
Breathing out, I release all tension in my heart.*

### **Hugging Meditation**

*Darling, you are precious to me.  
I am sorry I have not been mindful and considerate.  
I have made mistakes.  
Allow me to begin anew.  
I Promise.*