With each breath, we connect to our Mindful Center.

Kind, Calm, Peaceful

Free, Accepting, Joyful, Boundless
Fresh, Attentive, Grounded, Strong
Wise, Perceptive, Boundless
Calm, Balanced, Insightful
Peaceful, Non-judgemental, Expansive
Resilient, Quiet, Non-attached
Aware, Open, Non-resistant
Wise, Curious, Present
Balanced, Happy, Whole
Peaceful, Light, at ease
Free, Attractive, Spacious
Kind, Content, Inviting
Calm, Stable, Centered
Resilient, Flexible, Alert
Peaceful, Happy, Neutral
Resilient, Clear, Alive