

## Mindfulness



As I turn within I become aware of my inner world.... There's so much noise in here..... It's difficult to know what to listen to.... **The stiller I am, the more I can hear and feel where best to let my mind roam.... There's no right or wrong way to listen, I simply need to listen.....** And as I do, what needs my attention becomes increasingly clear.... My intuition grows.... My insight becomes clearer.... I come to trust my inner knowing as it has

my best interests at heart.... Silence is such a beautiful pastime.... Why don't I spend more time with myself in this way? ..... What am I afraid of? .... As I listen, the answers to my questions float their way to the top....There is nothing to fear here..... Solitude only wishes me well..... The more time I spend in this space, the better I come to know myself..... I have unfathomable beauty and wisdom and the more time I spend looking within, the more I step into the truth of who I am..... My masks fall away.... My ego has no need to fight to be seen.... What benefit is there in conflict anyway?.... I choose peace and peace chooses me.... Turning within is such an easy thing to do..... I must make more time for it each day.... It offers me rich rewards..... There's a lovely, warm glow growing inside of me..... It melts away my fears..... I realise I can choose to partake in my destiny and so I do.... I take responsibility for my life and I am set free.... I blame no one and forgive those who have trespassed against me.... And I ask to be forgiven for my mistakes.... The more I think kind and uplifting thoughts the more my life unfolds in accordance with my desires.... I love being quiet in this way and generating a quiet trickle of pure positive thoughts every day.....**This is the way I now choose to be and as a result I now better see myself and the world.... I'm mindful.... I feel empowered....**