

Mindfulness

Presented by LeAnn Wills



How
Mindfulness
Empowers
Us: An
Animation
Narrated by
Sharon
Salzberg



"I have two wolves
fighting in my heart"



How does she describe
Pink Wolf?

- Fearful
- Resentful
- vengeful
- Deceitful



How does She Describe
Blue Wolf?

- Loving
- Compassionate
- Generous
- Truthful
- Peaceful




The Wolf That Wins is the One We Feed.

What does that mean?

Peaceful
Wolf As a
Companion





"Mindfulness allows us
to see our thoughts as
they are beginning"



"We can choose what will strengthen...and we can choose what we will gently let go of."

It just takes practice!

You have the power!

References

- <https://www.youtube.com/watch?v=vzKryaN44ss>

