

## Mindfulness

### Quote

Be happy in the moment, that's enough. Each moment is all we need, not more. Mother Teresa

<http://www.goodreads.com/quotes/tag/mindfulness>

### Bible Verse

But Mary treasured up all these things and pondered them in her heart. Luke 2:19

### Inspiration

London 2012

<http://www.youtube.com/watch?v=TbsXUJITa40>

If you've got time listen to this: 'Treasure the Moment'.

<http://vimeo.com/42734142>

### Journaling

How can you be more 'in the moments' of your life?

Are there ways in which you record or remember the important moments?

Are there times you look back on and realise that what seemed a small moment was actually a momentous moment?

### Technique Challenge

Acrylic paint bleach out using acrylic paint and gesso

<http://www.youtube.com/watch?v=FdYmDcO3lp0>

or this one

[http://www.youtube.com/watch?v=ViXCFddIZ\\_I](http://www.youtube.com/watch?v=ViXCFddIZ_I)

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all we need, not more. mother teresa*

*But Mary treasured up all these things and pondered them in her heart.*

*Luke 2:19*