



**"Greater energy and greater passion is more extraordinary than greater genius."
— Lt. General Arjun Ray, (Retd.), PVSM, VSM**

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Dear Friends,

Mindfulness

Mindfulness is to **be present in the NOW**... being aware of the moment with complete focus, and being non-judgmental. To be in the NOW **is to be:**

- Aware of one's thoughts without being judgmental
- Aware of feelings
- Bodily sensations

When perfected, mindfulness leads to insight, reduces stress and develops emotional and spiritual intelligence, thus contributing to happiness.

To be in the NOW **helps to be:**

- Happy
- Focused and attentive
- Mentally robust
- Positive
- Grateful
- Peace with imperfection



- Compassionate
- Forgiving
- Stress reduction

We can learn a lot from children on how to be mindful in the present. Children do not carry the weight of the past into the NOW, they do not worry about the consequences of the NOW. Children are simply **in the NOW**, alert to their emotional, physical and spiritual presence in the situation with calm acceptance of all its positive and negative dimensions.

When we practice mindfulness, we are released from wasting our energy on fear, expectation, and judgement. We are able to target our complete energy on creating the most fulfilling present situation.

Mindfulness makes us open to exploration and new ideas, consciously and subconsciously, and allows us to – in that moment – act at our fullest potential.

With warm regards,

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Chief Executive Officer
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