

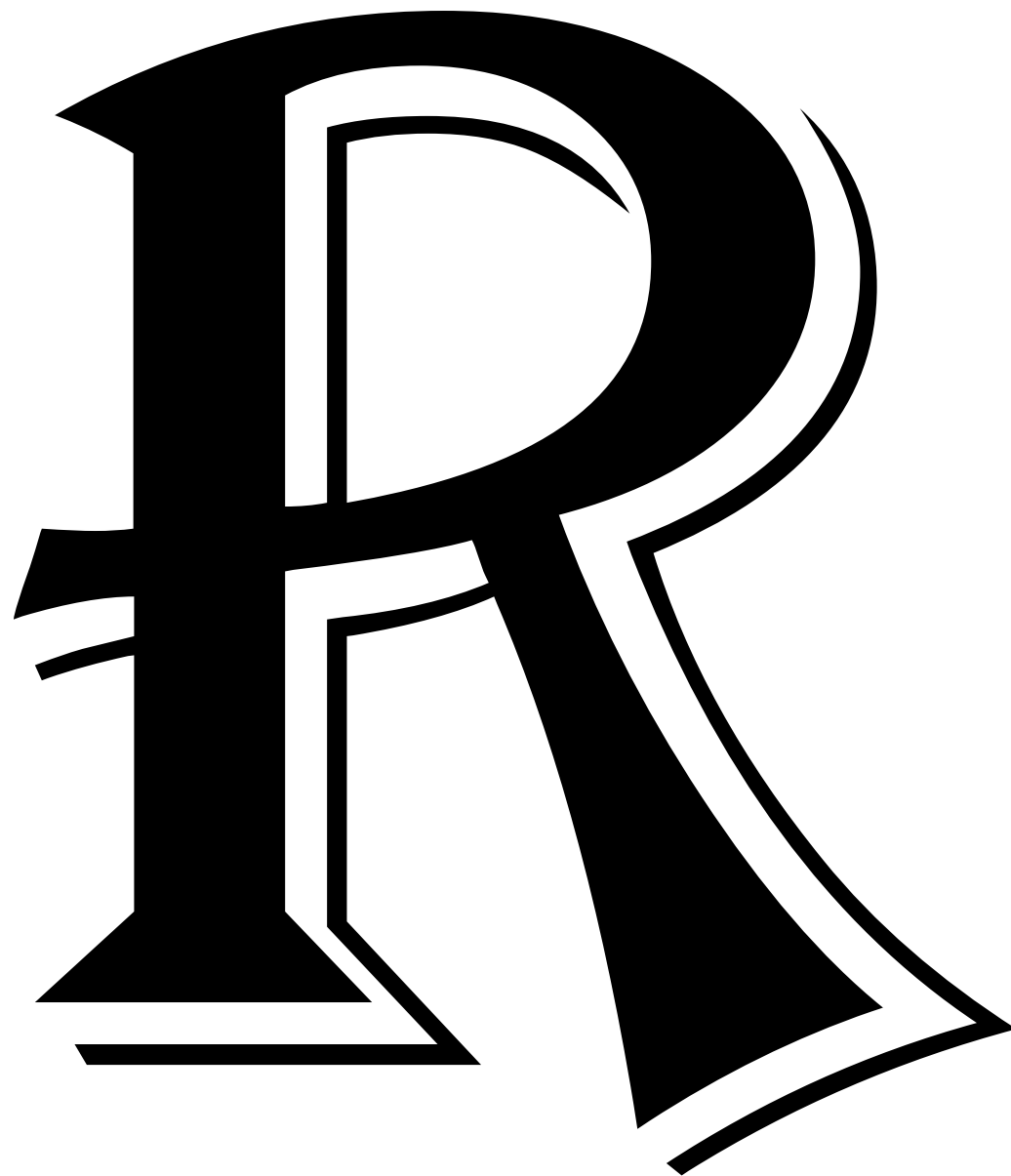
**M M**

**Mindful**  
present-moment-recollection.  
*Remember to remember!*



# Awareness

of what is happening right now, in this very moment. *What is the experience?*



## Responds

as opposed to reacting automatically or habitually. *You do have a choice!*



# Appropriately

wisely & skilfully - with kindness - to  
whatever situation you find yourself in.

*“I see you Mara!!!”*