

Touchstones Theme: Mindfulness



“We will still misplace our keys. We will still forget people’s names. We will still say and do things that may hurt others, including those we love. We will say the exact wrong thing at exactly the wrong time. But in each of these instances, with mindfulness we may do it just a bit less. We may see the humor in our mistakes and be able

to laugh at ourselves more. We may be just a little less critical of others, and of ourselves. Or we may deal with our mistakes more quickly and with a more sincere and kind heart. We may more easily forgive the people who have hurt us. We may sit down and have civil political conversations with those who strongly disagree with us.” *Rep. Tim Ryan*

Stand still. The trees ahead and the bushes beside you are not lost. Wherever you are is called “Here,” and you must treat it as a powerful stranger, must ask permission to know it and be known. The forest breathes. Listen. It answers, “I have made this place around you. If you leave it you may come back again, saying ‘Here.’”

No two trees are the same to Raven. No two branches are the same to Wren. If what a tree or a bush does is lost on you, you are surely lost. Stand still. The forest knows where you are. You must let it find you.

David Wagoner



Join us in exploring Mindfulness

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