

The Mindfulness Wheel

By Frederick Burggraf

The Mindfulness Wheel is a tool for bringing awareness and attentiveness into your life every day. It is a daily reminder to wake up, become aware, and appreciate each moment for what it is. Use the Wheel to train your mind to become more aware, more purposeful, more awake. Place the laminated card with the image of the Wheel in a conspicuous place---your desk, your kitchen counter, your bed stand. Then, put a glass bead (included) on one of the eight Stations of the Wheel and focus your attention and activities on the message there. Throughout your day, the Wheel and the position of your stone will remind of how you can be more deliberate and present in any activity.

In addition, there are three "Paths" you can follow as you circle the wheel. These paths are different perspectives on the eight Stations of the Wheel. Place another glass bead, also included, on one of the Paths and see the Wheel station through the lens of that Path.

Each day on the Wheel, on a Path, can be a new time of mindful discovery.

Visit www.DayOnePublishing.com/Wheel.html for more information.

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